“What if...

...a world full of FAS/E parents all got together on the 9th hour of the 9th day of the 9th month of the year, and asked the world to remember that during the 9 months of pregnancy a woman should not consume alcohol?

What if we made a noise?

Would the rest of the world listen?”

– Bonnie Buxton Toronto Canada Co-founder first FAS Day, 1999
September 9, 2003
On the ninth day, of the ninth month, communities around the world hold events to raise the awareness of Fetal Alcohol Spectrum Disorders (FASD). The original organizers of International FAS Awareness Day were the parents of children with these disorders. This special day continues, and helps to further an understanding of the effects of prenatal exposure to alcohol and the resulting disabilities. The day is started with a “minute of reflection,” defined by the ringing of bells throughout the world.

At the end of the “minute of reflection,” perhaps a lullaby could be sung for those babies born with Fetal Alcohol Spectrum Disorders. If a lullaby does not come to mind, a wish for the future health and happiness of all our children would be in order, along with a wish that all children now living with FASD might receive the care, respect, love and support they need.

Those born with FASD present special challenges, which we are just beginning to understand. The consequences of not working effectively with children with FASD leads to higher school dropout and juvenile delinquency rates. For children who do not receive appropriate support, understanding and accommodations, their problems become more troubling and tragic in adolescence and adulthood. An early FASD diagnosis can lead to a better outcome, if the services and programs are in place to support these children and their families.

There is no cure for FASD, but FASD is preventable. The solutions are complex, but the cause is clear. FASD occurs only when developing babies are exposed to alcohol during pregnancy.

The Office of FAS would like to help support your efforts for International FAS Awareness Day in Alaska, please feel free to contact us:

**e-mail:**
fas@health.state.ak.us

**traditional mail:**
Office of Fetal Alcohol Syndrome
Alaska Department of Health and Social Services
Division of Behavioral Health
P. O. Box 110609
Juneau, Alaska 99811-0609

**telephone:**
(877) 393-2287

**website:**
http://www.hss.state.ak.us/fas/
Getting the Message Out

1. What One Person Can Do
2. Public Speaking
3. Media Advisory
4. Community Organizing and Participation
5. Meeting with Your Legislator
6. The Office of FAS Media Campaign

What One Person Can Do

Newspapers generally publish a page of opinion columns and letters to the editor. The letters page is an effective and easy way to raise awareness of an issue.

Here are some tips for writing and placing a letter:

- Make an outline. It will help you stay focused and act as a reminder to cover the key points you want to make.
- Express an opinion. Be clear and concise from the start and stay with one subject.
- Do not assume that readers understand the issue or your views. Give them enough information to help them clearly understand your issue and its importance.
- Keep the information local and pertinent to your community.
- Be clear and direct in your approach.
- Keep your letter short, around 200-400 words, depending on the policy for letter submission to your local paper. Longer is not always better.

You can reach a publication with your op-ed letter in three ways: phone, mail, or email. Begin by looking in the letters section of the paper or by calling the paper to find out the procedure for submitting a letter. By submitting it in the preferred format, your chances for publication will be increased. Give your article a week or so to arrive and then call the publication to be sure your letter was received and to answer any questions. Regardless of how you choose to approach a publication, be sure to include your name, hometown, daytime telephone number, and one line stating your credentials.

2. Public Speaking

Many people find public speaking to be one of the most stressful activities out there, but keep in mind effective public speaking is a critical tool for getting the message out. Some tips for reducing the stress of speaking in public include:

- Develop an outline
- Use easy to grasp key points
- Remember, your audience wants you to do well
- Keep a good speaking pace, not too slow or fast
- Speak with conviction and passion
Two of the slogans that the Office of FAS will be using are, “During Pregnancy: No Alcohol, not even a drop” and “Together we can prevent FAS.” Feel free to use either of these or any of the other materials found in this kit.

For further information on public speaking, a useful site is the Allyn & Bacon Public Speaking Website which can be visited at: http://www.abacon.com/pubspake/.

## 3. Media Advisory

A media advisory is a simple way to inform local media outlets about an upcoming press conference, briefing, or community activity. A media advisory provides print, broadcast, and internet reporters with the information they need to plan and cover your activity. Below are some suggestions for successfully distributing your advisory.

Place it on the calendar of events or “daybook,” which is a daily listing of all activities that the media are invited to attend—the week before, the day before, and the day of the event. Ask for the name of the news or features editor and the fax number. Also try to place the advisory in the daily or weekly calendar listings of local newspapers and business publications that feature upcoming activities. Send the advisory to local media outlets in your community one week before your event. These contacts can also be used when distributing your press release. Here are some tips to get you started:

1. Once you have determined the phone numbers and addresses, call each news outlet to verify the information and to determine which editors and/or reporters are the most appropriate for your news.

2. For each news outlet, create a list with the following information: name, address, telephone number, fax number, and the names and titles of specific reporters or editors who cover health-related issues. Today, most reporters and editors prefer information be emailed to them; therefore secure an email address where possible. You should also determine the best time to call each reporter (i.e., how far in advance/what time of day) about your event.

3. Be sure to include specialized media on your list. Specialized media that you may wish to include are university/college newspapers; television and radio stations; small community papers or neighborhood newsletters; and publications produced by local organizations, such as businesses, hospitals, women’s centers, health care clinics, professional associations, churches and other faith-based
institutions, drug stores, and local clubs.

4. Follow up. After you email or fax the media advisory, contact reporters by phone to determine their interest in attending or covering the event. Sometimes the personal touch can make a difference in generating media interest.

From the Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services. For more information visit the SAMHSA Recovery Month website at: http:www.recoverymonth.gov or call 1-800-729-6686

4. Community Organizing and Participation

The best resources available already exist in your community; those resources are your family, friends, co-workers and neighbors. Whether it is getting ready for an annual event or meeting a new challenge, those are the people we look to for help and support in our lives. Often people would like to help, but they do not know how or they are overwhelmed because the problem seems too big to solve. An event like International FAS Day gives people a place to start and by doing activities and events to mark this special day we can get people involved and get the information out to more people. Ask for a defined amount of time from volunteers, it is better to have many people do a little, rather than relying on a few to do everything. With small organizations, volunteer burnout is a constant concern. Part of community organizing is building a community of people committed to the same cause or principle and often if you just ask, people will help. One suggestion for getting the whole community involved is to have, the Mayor, the Assembly or Tribal council proclaim September 9th as FAS Awareness Day.

(see the resources section for sample proclamations in the Resources section)

5. Meeting with Your Legislator

This is a perfect opportunity to meet with your local legislator. If you are planning an event you can invite them, or you can call and make an appointment to visit your representative. Be specific about what you would like them to understand about FASD and use the opportunity to educate them on your topic. Remember, the more exposure you and your topic have the better your legislator will understand the needs of the community. Even in small and rural communities, a legislator is unable to get out and meet everyone, so make a point of arranging a meeting with your legislator to help them become better informed and involved with FAS Awareness Day. Often, causes and social problems get a stereotypical “face” put on them; let your legislator see the real “face” of the people in your community who are involved with your project. You can also meet with your legislator in a group to increase the message that your community cares about this issue, and it can be less intimidating for people who have not had the opportunity to meet with their local representatives.

☞ See page 23, “Resources” for names of Alaska’s officials.
The Office of FAS Media Campaign

In January 2002 the Office of FAS began the creative design portion of a multi-strategy media campaign to inform Alaskans that drinking alcohol during pregnancy may cause life-long brain damage to a developing baby.

The first phase of the campaign premiered on September 9, 2002, in conjunction with International FAS Awareness Day.

The Office of FAS media campaign has been sent to newspapers, radio and TV. Your local media outlet should have a copy, which can be used for FAS International Awareness Day.

Also, feel free to personalize or translate these messages into a language or local dialect that will have a stronger impact in your community.

Two Themes were created:

- **I Have the Power to Prevent FAS** aimed at women who are social drinkers and do not know that alcohol may harm their developing baby.
- **Thankfully There are People Who Will Help Her... Are You One of Them?** developed to reach the partners, family and friends of women who have a problem with alcohol and are pregnant, helping them find the resources they need to stop drinking.

Public Service Announcements (PSAs) for Radio
PSAs are available on-line at our website and have also been distributed to radio stations throughout Alaska. Five different versions have been created:

1. **“Candle” (62 second radio spot)**

   **Announcer:** It may the hardest thing you ever do, but when you think about it, it’s a small sacrifice for such a big reward.

   **Voice Over:** I wasn’t sure I could do it, stop drinking, but I wanted a baby and I knew drinking could cause permanent brain damage to my child. Thankfully, I found strength, I stopped drinking and now I have Sarah, my 2 year old and Sam, who’s just 8 months.

   **Announcer:** Because you want what’s best for your baby, choose not to drink and celebrate your strength, and your baby’s health.

   If you are even thinking about having a baby, the sooner you stop drinking, the better. It’s never too late.

   For more information about preventing Fetal Alcohol Syndrome, FAS, call 877-393-2287, that’s 877-393-2287. Paid for by the DHSS Office of Fetal Alcohol Syndrome
2. “Glass” (59 second radio spot)

Voice Over: I didn’t know that I wasn’t supposed to drink alcohol when I was pregnant, that any amount could cause permanent brain damage to my baby, I didn’t know, but my grandmother did, and I’m glad she said something.

Announcer: If you know someone who is pregnant and drinking, take the time to say something to them, help them find the resources and support to stop drinking now, because we all want what’s best for the baby.

Voice Over: With the support of family and friends, I found the strength not to drink.

A small sacrifice for such a big reward.

Announcer: For more information about preventing Fetal Alcohol Syndrome, FAS, call 877-393-2287, that’s 877-393-2287. Paid for by the DHSS Office of Fetal Alcohol Syndrome.

“Community Care,” (30 second radio spot)

Voice Over: It’s not your baby. Maybe not your concern. But if you know a pregnant woman who is drinking, your help could make a lifetime of difference for her baby. That’s because drinking - in any amount - can cause brain damage in a developing baby. You don’t have to be a doctor to help a friend in need. You just need to care. For information on how you can help prevent Fetal Alcohol Syndrome, call the State of Alaska Office of FAS at 1.877.393.2287.

“Empowerment,” (15 second radio spot)

Voice Over: It may not be easy to stop drinking before and while you’re pregnant. But because drinking - in any amount - can cause brain damage in your baby, avoiding alcohol is the healthy thing to do. A message from the State of Alaska, Office of Fetal Alcohol Syndrome.

“Prevention” (10 second radio spot)

Voice Over: Drinking alcohol during pregnancy can cause brain damage in your developing baby. For information on how you can prevent Fetal Alcohol Syndrome, call the State Office of FAS at 1.877.393.2287.
Suggestions

1. Event Ideas
2. Prevention
3. Information for Men

Event Ideas

Starting with one person resonates out to many

The Minute of Reflection symbolizes the worldwide circle of community which links all of us who care about FAS, all of us who are working towards prevention, all of us who are trying to help children and adults with Fetal Alcohol Spectrum Disorders (FASD) reach their full potential. The day is started with a “minute of reflection,” defined by the ringing of bells throughout the world.

Here are some suggestions:

1. Organize a picture drawing contest for school children at your local elementary school. With a theme that resonates with you and International FAS Day.

2. Send a letter to the editor of your local paper, explaining FAS Awareness Day. You can include your ideas for marking the occasion and your connection to the day or someone with FASD.

3. Sing a children’s lullaby, song or hymn.

4. Take the rest of the day off as a time-out to take care of yourself. In order to take care of someone else, we also need to take care of ourselves.

5. Start to make a Dream Catcher for someone with FASD or someone you know who is pregnant.

6. Show a video, have a reading at a local library or bookstore or make FASD presentations in your community.

7. Donate a book or videotape related to FASD to a local school, community center or public library.

8. Have a bell ringing contest.

9. Distribute FASD materials to coffee bars, restaurants, and lounges. Invite local restaurants and bars to join in FASD prevention efforts by offering pregnant women free non-alcoholic beverages all day on September 9th.

10. You may find 9:09 a.m. inconvenient and may prefer to mark the Minute of Reflection at 9:09 p.m., and light a candle to symbolize your concern for individuals living with FAS and your desire to eradicate this preventable birth defect.
11. Say a prayer or recite a poem appropriate to your beliefs or culture.

12. Simple silence. You may want to focus on the wonderful gifts and strengths of the person(s) with FASD in your life. Each person with FAS is different, and those of us who love them respect their differences. Respecting each other while working together is what FAS Awareness Day is about.

• Some of these suggestions and more may be found at FASworld: http://www.fasworld.com/
• Suggested materials for research, book or video information may be found at: http://www.hss.state.ak.us/fas/Resources/fasresources/

2. Prevention

Nine things you should know about FAS:

1. Drinking during pregnancy can cause permanent damage to a developing fetus.

2. FASD are one of the most common causes of mental retardation, and is the only cause that is entirely preventable.

3. According to recent State of Alaska DHSS surveillance data, more than 126 children are born at risk for FASD each year in Alaska.

4. Prenatal exposure to alcohol can cause brain damage and other permanent birth defects.

5. Obtaining an FAS diagnosis can improve an individual’s ability to function in the world, and may reduce secondary disabilities like depression and school failure.

6. FASD are found in all races and all socio-economic groups – wherever women drink alcohol FASD exists.

7. There is no safe level of alcohol consumption during pregnancy.

8. Women should stop drinking prior to trying to conceive – alcohol can cause damage to a developing fetus even before a woman knows she is pregnant.

9. With the right diagnosis, support and understanding, many individuals with FASD are living happy and full lives.

Preventing FASD is the goal and part of the solution is learning how to talk to women about the dangers of drinking alcohol during pregnancy. Here are some points to consider when developing materials.

➽ Everyone deserves respect and though it may be hard to have respect for the choices people make, try to see the person behind their problems.
➽ It is absolutely necessary to meet people where they are. You cannot help guide someone towards help from your vantage point, only theirs.
Be direct, try to keep the conversation focused, and try not to argue semantics. It can be difficult to contain the discussion to the problem, instead of the words themselves.

Remember that change is incremental; it takes time, sometimes a great deal of time.

Don’t wait until the problem has overcome them (i.e., “hitting bottom”), treatment and intervention strategies can be effective at any point that an individual is willing and able to seek treatment. It is, of course, especially necessary to discuss alcohol and drug use with all pregnant women.

Provide support unconditionally.

Look for motivations that may help direct someone towards treatment, such as the health and well-being of their children. Be gentle, but firm.

Find out what kinds of treatment options are available in your community for drug and alcohol treatment.

In many communities drinking alcohol is a socially acceptable activity, and many people drink in moderation, but even moderate drinking can cause FASD. Women are often not aware they are pregnant for several weeks (a critical period for a developing fetus).

3. Information for Men

Fathers

Fathers play an important role in the development of their children. What are the effects of alcohol and drugs on sperm? Alcohol and drugs can damage mature sperm and can cause fertility problems. The research on the transmission of paternal birth defects due to teratogens (any substance that can cause harm to a fetus), is less clear and often contradictory, more research is needed to gain a better picture on how these and other factors effect fetal development.

There is clear evidence that women who use alcohol and other drugs are involved with men who do, and these partners can be the greatest barrier to dealing with substance use and abuse problems. A supportive partner is necessary for a healthy pregnancy, so both partners should be as healthy as they can be.

It is important to reinforce the fact that women do not become pregnant by themselves. Certainly, the greatest potential for problems over an average length pregnancy tends to be related to a woman’s overall health and well-being and FASD is caused by maternal drinking. But, men play a significant role throughout the pregnancy of their partners, and the importance of support at this period of life can not be diminished.

For men who are sexually active, there are a few key points to stress and foremost is the idea that every time they have sex they could become fathers’. It is important to stress male involvement and the ability of men to help prevent FAS. Here are some questions that may help focus a discussion on men:
Is being a father a responsibility that you want? If your partner is a woman who has a problem with alcohol you could become the father of a child with FAS. When you choose to have sex, you are responsible for the outcome. So, be responsible for protecting yourself against unwanted pregnancies unless you are ready to be a father and you and your partner are ready for an alcohol-free pregnancy. To insure that your baby is healthy, give it a healthy start.

The role of men and father’s in the outcome of pregnancy and child development is not as well discussed as a woman’s role. It is an important discussion and topic, which more men need to participate in, so they can more fully understand their responsibilities and learn how they can help prevent FASD.
Ideas

1. Activities From 2002
2. Getting Started
3. Things You Can Make
4. Alaska Alcohol Facts

Activities from 2002

Copper Center
The Copper Center area FAS Diagnostic Team utilized both the distribution of educational materials and the local radio station to distribute information about FASD across the region. The radio talk show transmitted to Valdez, Cordova, Whittier, Fairbanks and surrounding communities.

Kotzebue/Northwest Arctic Borough
On September 9th churches in the region were asked to ring their bells for one minute at 9:00 a.m. to remind people that drinking alcohol anytime during pregnancy is not safe. KOTZ Radio hosted a Morning Report at 8:30 a.m. The Maniilaq Health Center passed out prevention messages to all lunch customers both in the cafeteria and on patient trays as well! The Empress Restaurant in Kotzebue also included prevention messages with all orders throughout the day. In conjunction with FAS Awareness Day the local FAS Team hosted a two-day parent conference “Building Support for Families and Caregivers of Children and Adults Affected by Prenatal Exposure to Alcohol.”

Nome
A variety of activities took place including the distribution of educational flyers throughout Nome and an announcement about FASD and upcoming activities in the Nome Nugget, the area’s weekly newspaper. The local hospital participated with a FASD informational bulletin board in the main hall of the hospital, an inter-hospital email notifying people of FAS Day and its activities, and a FASD Open House with cake and information in the hospital cafeteria.

Nanwalek
The Chugachmiut Healthy Start project sponsored a Teddy Bear Picnic for all the babies born in the last year in the community of Nanwalek. All of the families had received prenatal support services through the clinic and the project and the picnic provided a time to celebrated the good health of the babies and the sobriety of the families.

Anchorage
Prior to September 9th members of the Youth-In Action program and youth from McLaughlin Youth Center did a great job preparing awareness materials including tying hundreds of FAS knots! The Alaska Women’s Recovery Project worked with area grantees to recruit local coffee shops and restaurants to participate by placing
The Kenai Peninsula FAS Diagnostic Team made and distributed 2,500 FAS Awareness Day information cards with attached FAS Knot pins. Letters to the Editor were sent to area newspapers thanking the many volunteers who made the FAS knots, outlining their significance. Lori Evans, Editor in Chief of the Peninsula Clarion wrote a wonderful editorial about FASD and the work being done on the Peninsula to prevent FASD and to improve services to local families. Public Service Announcements developed by the Kenai Team were distributed to local newspapers and radio stations highlighting FAS Awareness Day and its importance. In addition, Mayors David R. Carey of Soldotna, Edgar Blatchford of Seward and John J. Williams of the City of Kenai all issued proclamations recognizing International FAS Awareness Day.

2. Getting Started

Sit down with paper and pen, a calendar, this kit, and a couple of friends or co-workers. Choose something “do-able.” Make lists and set dates for task completion.

Here are some things to consider:

✔ What would we like to do? Do we have enough time? Money? People?
✔ Who else do we think we can count on to help?
✔ What kind of help can they give us?
✔ Who do we want to reach with this event?

Start with people you know will be interested. Then add others you hope to reach, such as:

✔ Local, state, federal and tribal employees and officials
✔ Social workers, school teachers, school counselors
✔ Boys and Girls Club, Big Brothers/Big Sisters staff and volunteers
✔ Public health nurses, community health aides, doctors
✔ Village safety officers, judges, lawyers, correction facility staff
✔ Teachers, teacher’s aides, school counselors
FAS Day Resource Kit

How will we reach them?


✔ When will we hold this event?

FAS Awareness Day is on a Tuesday this year, you might want to hold an event at lunchtime, on Saturday, or any other day that week. Also, you might want to observe the “Minute of Reflection” with a candlelight gathering at 9:09 p.m., rather than with bells and drums at 9:09 a.m.

✔ Where should we hold this event? Is it available? Cost?
✔ How many people can we reasonably expect to attend?
✔ Will we require child care? A kitchen? Food service equipment?
✔ Will we need a sound system? Video equipment?
✔ Do we know any parents, children or professionals who they could interview?

3. Things You Can Make

Placemats

You can make placemats with FAS education and prevention messages to be used in cafes, restaurants, or hospitals (in the cafeteria, or on patient trays?). If you are working for a program or agency, you might be able to use your brochures (unfolded) as placemats.

Stickers

Make stickers with FAS awareness and prevention messages. Perhaps there is a copy shop where you can have labels printed on colored stickers. Or simply print them on your copier, using sheets of press-apply labels made for copiers. You could even use address labels, if that’s all you have available. The message will need to be very short. The type should be large enough to be easy to read at a glance. Where can you use these stickers? Ask local businesses, clinics and doctors offices to put the stickers on the outside of any envelopes they will be mailing out the week before FAS Day. Or, pass them out to parents and children at school open houses in September.

See page 27, “Resources” for more ideas and artwork.

The FAS Knot

See page 26, “Resources” for illustrated instructions on how to use the FAS knot.

Each knot can be made easily and cheaply in less than a minute, and a small group can make several hundred in an hour or so. The cord is tied in a square knot, sometimes called a reef knot, the favored knot for reconnecting a broken line or cord. The knot is stronger than the cord itself, and cannot be broken or snapped.
1. White rope (approximately 3/16” thick, and about 8 inches long for each knot)
2. Paper (preferably 60# paper or cover stock)
3. Small safety pins
4. Small adhesive labels (for sealing the Knot Cards after folding – optional)

You can photocopy the Knot card designs or make your own.

Make two-sided copies on paper, preferably something heavier than regular copier paper. (You might need to “sheet-feed” it into your copier, instead of loading it into the regular bulk paper tray.)

To make the FAS Knot, volunteers in the U.S. and Canada have been using an eight-inch piece of 3/16” white cord, available in most hardware stores for a few cents per foot. Volunteers in New Zealand and Germany have made smaller and more discreet FAS Knots, using thinner cord.

Whatever size you choose, make a circle approximately the size of your thumb (possibly smaller if you use a thinner cord), then tie right over left and under; left over right and under. It should look like two loops intertwined. Using a straight pin or safety pin, pin this to your lapel or other garment.

The circle symbolizes the womb, a baby’s head, the human brain, the earth. And we, a planet-size network of people who care about people living with FAS, are the knot that will make them whole. If women did not drink in pregnancy, FAS would be totally eliminated. The long-range goal is to rename this small piece of cord, “The FAS Not!”

The FAS Knot was designed by Bonnie Buxton and Brian Philcox, trademark pending. They encourage groups supporting FAS/E endeavours to use it for promotion or fund-raising, and ask only that you notify them before doing so. To contact them write: 250 Scarborough Golf Club Road, Toronto, ON M1J 3G8, fax them at (416) 264-8111, or email them at ogrady@pathcom.com

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**4. Alaska Alcohol Facts**

**Alaska’s Alcohol Index**

**Year 2000**

- ✔ Enough alcohol was sold in Alaska in FY99 to add up to 516 drinks for every man, woman and child. That’s based on an Alaska population of 627,000 and 323,689,076 drinks of beer, wine or spirits.

  *State of Alaska, Departments of Labor and Revenue.*

  ✔ Approximately 30% of Alaskan adults don’t drink.

  ✔ The negative consequences of alcohol abuse generate costs to the U.S. taxpayer at about 77 cents a drink. In Alaska, that meant at least $249 million in FY99.

  *NIAAA - “The Economic Cost of Alcohol and Drug Abuse in the U.S.”*
A national study just released by the Center for Addictions and Substance Abuse at Columbia University ups the number substantially. In a state by state analysis, it calculated Alaska’s cost of substance abuse at $374 million in FY98. This included the negative consequences of tobacco as well as alcohol and other drugs.

How Does Alaska Stack Up?

- Alaska ranks first among all states in alcohol mortality.
- Alaska’s arrest rate for driving under the influence (DUI) and Alaska’s rate of alcohol-related vehicle fatalities are among the highest in the nation.
- As many as half of people with serious mental illnesses develop alcohol or other drug problems at some point in their lives.

  *Mental Health: A Report of the Surgeon General*

- In many Alaskan communities beer is cheaper than milk, fruit juice or brand name soft drinks.
- Nearly 60,000 Alaskans misuse, abuse or are addicted to alcohol. About 14,000 seek alcohol prevention or treatment services in programs that receive state funds.

  *State of Alaska, Division of Alcoholism and Drug Abuse*

- The prevalence of alcohol dependence and alcohol abuse in Alaska is just about twice the national average. About 7% nationally, and nearly 14% for Alaska.

  *Gallup Corporation Telephone Survey for the State of Alaska Division of Alcoholism and Drug Abuse*

- Alaska has the highest known incidence of Fetal Alcohol Syndrome (FAS) in the United States.
- FAS is totally preventable. Lifetime costs for an FAS birth are at least $1.4 million. State of Alaska, Department of Health and Social Services

  *Alaska’s Greatest Hidden Tax: The Negative Consequences of Alcohol & Other Drug Abuse and Dependence. State of Alaska, Advisory Board on Alcoholism and Drug Abuse, ANNUAL REPORT - February 2000*

Information from the Centers for Disease Control and Prevention

Alaska is one of five state’s who comprise the Fetal Alcohol Syndrome Surveillance Network (FASSNet), a collaboration between CDC, Arizona, Colorado, New York, Wisconsin and Alaska to develop a standardized, multi-source FAS surveillance method that can begin to provide consistent and comparable FAS prevalence rates across the country.

- From 1991 to 1995, CDC reported a fourfold increase in frequent (seven or more drinks per week) and binge (five or more drinks on any one occasion) drinking during pregnancy. While the overall rate of any alcohol use (at least one drink) among pregnant women has declined since 1995; rates of frequent and binge drinking remain at high levels.

- CDC estimates that more than 130,000 pregnant women per year in the United States consume alcohol at levels shown to increase the risk of having a
baby with FAS or other alcohol-related conditions.

➽ One in 30 women who know they are pregnant reports “risk drinking” (7 or more drinks per week, or 5 or more drinks on any one occasion).

➽ Recent CDC findings indicate that one in seven women of childbearing age (18 to 44 years of age) who report not being pregnant engage in “risk drinking.” If a woman is pregnant and does not know it, these alcohol levels can pose a threat to the fetus.

➽ Birth defects associated with prenatal alcohol exposure can occur in the first 3 to 8 weeks of pregnancy, before a woman even knows she is pregnant.

➽ The prevalence of FAS is not known. Different studies show prevalence rates for the United States that range from .3 to 2.2 cases per 1,000 births. This means that each year in the United States, between 1,200 and 8,800 babies are born with FAS. Many more are born with alcohol-related neurodevelopmental disorder (ARND).

The National Center on Birth Defects and Developmental Disabilities (NCBDDD) at the Centers for Disease Control and Prevention (CDC) seeks to promote optimal fetal, infant, and child development; prevent birth defects and childhood developmental disabilities; and enhance the quality of life and prevent secondary conditions among children, adolescents, and adults who are living with a disability.

(The web page was last reviewed on Monday May 19, 2003.
http://www.cdc.gov/ncbddd/fas/)
Resources

1. Internet Links
2. Innovative Community Grants
3. Alaska Diagnostic Teams
4. Trainer’s List
5. Sample Proclamation
6. Alaska Legislative Contact List
7. Alaska Congressional Delegation Contact List
8. FAS Knot Card
9. Promotional Material

Internet Links

Early Decisions:
http://www.earlydecisions.org/about_ruralcap.php

FAS Center for Excellence:
http://fascenter.samhsa.gov/index.cfm

Fetal Alcohol Spectrum Educational Dynamics
http://fased.com/

FASworld (SAMSHA):
http://www.fasworld.com/

March of Dimes:
http://www.modimes.org/

Motherisk: The Journal of FAS International-a peer review journal dedicated to all aspects of Fetal Alcohol Spectrum Disorder (FASD):
http://www.motherisk.org/JFAS/

National Alcohol and Drug Addiction Recovery Month (Recovery Month):
http://www.recoverymonth.gov or call 1-800-729-6686.

NOFAS (National Organization on Fetal Alcohol Syndrome):
http://www.nofas.org/main/index2.htm

SAMHSA (Substance Abuse and Mental Health Services Administration):
http://ncadi.samhsa.gov/promos/coa/

State of Alaska: DHSS, Division of Behavioral Health, Office of FAS:
http://health.hss.state.ak.us/fas/

State of Alaska: Department of Education & Early Development’s
Fetal Alcohol Spectrum Disorders:
http://www.eed.state.ak.us/tls/fasd/home.html

Stone Soup Group:
http://www.stonesoupgroup.org/fas/strategies.html
<table>
<thead>
<tr>
<th>Agency</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>National Council on Alcoholism and Drug Dependence (NCADD)</strong></td>
<td>Juneau, Alaska&lt;br&gt;Contact Person: Matt Felix&lt;br&gt;(907) 463-3755</td>
</tr>
<tr>
<td><strong>REACH, Inc.</strong></td>
<td>Juneau, Alaska&lt;br&gt;Contact Person: Erin Briscoe&lt;br&gt;(907) 586-8228</td>
</tr>
<tr>
<td><strong>Cordova Family Resource Center</strong></td>
<td>Cordova, Alaska&lt;br&gt;Contact Person: Jill Simpson&lt;br&gt;(907) 424-5674 <a href="mailto:cfc@ptialaska.net">cfc@ptialaska.net</a></td>
</tr>
<tr>
<td><strong>REACH, Inc</strong></td>
<td>Juneau, Alaska&lt;br&gt;Contact Person: Kate Wolfe&lt;br&gt;(907) 586-8228</td>
</tr>
<tr>
<td><strong>Yupiit School District</strong></td>
<td>Akiak, Alaska&lt;br&gt;Contact Person: April Pruitt&lt;br&gt;(907) 765-4629</td>
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<tr>
<td><strong>Resource Center for Parents and Children</strong></td>
<td>Fairbanks, Alaska&lt;br&gt;Contact Person: Coleen Turner&lt;br&gt;(907) 456-2866</td>
</tr>
<tr>
<td><strong>ACCA</strong></td>
<td>Fairbanks, Alaska&lt;br&gt;Contact Person: Susan Kessler&lt;br&gt;(907) 456-4003</td>
</tr>
<tr>
<td><strong>Salvation Army</strong></td>
<td>Anchorage, Alaska&lt;br&gt;Contact Person: Joyce Guest&lt;br&gt;(907) 279-0522 <a href="mailto:booth@ak.net">booth@ak.net</a></td>
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</tbody>
</table>

*Agencies listed more than once have multiple grants*
### Alaska Diagnostic Teams

<table>
<thead>
<tr>
<th>Team Name</th>
<th>Service Area</th>
<th>Referral Criteria</th>
<th>Approximate Wait Time*</th>
<th>Contact Person</th>
</tr>
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<tbody>
<tr>
<td>Ketchikan Area FASD Community Diagnostic Team</td>
<td>Ketchikan, Prince of Wales Island, and Metlakatla</td>
<td>Priority for ages 3-18 years *will accept 2 adult referrals per year</td>
<td>4 months</td>
<td>Jasmine Nelson, Ketchikan Indian Corporation 907.225.4061</td>
</tr>
<tr>
<td>Yukon-Kuskokwim FASD Diagnostic Team</td>
<td>Bethel and the Yukon Kuskokwim Delta, (58 tribes)</td>
<td>Priority for ages 3-18 Years * will accept adult referrals on a case by case bases</td>
<td>2-6 months, depending on the referral source</td>
<td>Sarah Pearson, Yukon Kuskokwim Health Corporation 907.543.6456</td>
</tr>
<tr>
<td>Kenai Peninsula FASD Multidisciplinary Team</td>
<td>Kenai Peninsula Priority, But will consider referrals outside of this area</td>
<td>All ages</td>
<td>Approximately 1 month</td>
<td>Margaret Parsons-Williams, Frontier Community Services</td>
</tr>
<tr>
<td>Kodiak Compass Project</td>
<td>Kodiak Borough</td>
<td>All ages</td>
<td>Approximately 1-2 weeks to begin initial appointments</td>
<td>Naomi Foody, Kodiak Area Native Association 907.486.3671</td>
</tr>
<tr>
<td>Fairbanks Fetal Alcohol Community Evaluation Services</td>
<td>Fairbanks North Star Borough</td>
<td>Ages 5-14 years</td>
<td>Approximately 2-4 months</td>
<td>Sheree Dohner, Fairbanks Public Health Center, 907.451.1636</td>
</tr>
<tr>
<td>Multidisciplinary Developmental Disability Team (MD3 Team)</td>
<td>AHTNA region (Copper River Region)</td>
<td>All ages; Limited to Alaska Natives, however possible to receive consultation for non-beneficiaries</td>
<td>Approximately 1-3 weeks</td>
<td>Gay Wellman, Copper River Native Association 907.822.5241</td>
</tr>
<tr>
<td>Bristol Bay FAS Multidisciplinary Diagnostic Team</td>
<td>Bristol Bay Area</td>
<td>All ages</td>
<td>Approximately 2-3 weeks, depending on records availability</td>
<td>Luisa Hanson, Bristol Bay Area Health Corporation, 907.842.3404</td>
</tr>
<tr>
<td>Southcentral Foundation FAS Diagnostic Team</td>
<td>Priority to Anchorage, but will accept statewide referrals</td>
<td>Ages 3-18 years, limited to Alaska Natives</td>
<td>5-6 months</td>
<td>Mike Baldwin, Southcentral Foundation, 907.729.4250</td>
</tr>
<tr>
<td>Northwest Arctic FASD Diagnostic Team</td>
<td>Northwest Arctic Region and Point Hope</td>
<td>Monitoring for ages 0-3 years; Priority for ages 3-18 years; will accept referrals from any age</td>
<td>Team is in start-up process; waitlist information pending</td>
<td>Erin Garlinghouse 907.442.7696</td>
</tr>
<tr>
<td>Sitka Neurodevelopmental Clinic</td>
<td>Sitka residents have priority, but will accept referrals from surrounding villages and other communities in Southeast Alaska</td>
<td>Ages 3 years and up</td>
<td>Approximately 2 months</td>
<td>David Sliefert 907.966.8629 <a href="mailto:david.sliefert@search.org">david.sliefert@search.org</a></td>
</tr>
<tr>
<td>Norton Sound FASD Diagnostic Team</td>
<td>Norton Sound Region (Nome and 15 outlying villages)</td>
<td>3 months to 6 years priority, but will accept all referrals</td>
<td>*info pending, team to be trained in 09/03</td>
<td>Andrea Longpre-Macht Norton Sound Health Corporation 907.443.3494</td>
</tr>
<tr>
<td>Upper Tanana FAS Team</td>
<td>*info pending, team to be trained in 03/03</td>
<td>*info pending, team to be trained in 03/03</td>
<td>*info pending, team to be trained in 03/03</td>
<td>Tony Lee Upper Tanana Headstart 907.883.2672</td>
</tr>
<tr>
<td>Mat-Su Fetal Alcohol Resource Project</td>
<td>Mat-Su Borough</td>
<td>Priority for ages 3-18, will consider other referrals on a case-by-case basis</td>
<td>Approximately 1-2 months</td>
<td>Teresa Sprague, Mat-Su Services for Children &amp; Adults, Inc. 907.352.1200</td>
</tr>
<tr>
<td>Juneau Community Diagnostic Team</td>
<td>*info pending, team to be trained in 09/03</td>
<td>*info pending, team to be trained in 09/03</td>
<td>*info pending, team to be trained in 09/03</td>
<td>Ric Iannolino 907.796.7230</td>
</tr>
</tbody>
</table>
**Trainer’s List**

In June 2003 the Office of FAS initiated the FASD Training Certification Program.

Seventeen (17) Certified trainers are now certified and available in areas throughout the state to provide comprehensive FASD training.

For more information or to arrange for a training in your community Check our website or contact us at the Office of FAS.

**Certified Trainers include:**
- James Angayiq, Nunapitchuk
- Joleen Fagundes, White Mountain
- Kimberly Fearnside, Anchorage
- Maggie Hamley, Juneau
- Diane Ivy-Dahlin, Wrangell
- Shannon Johnson, Togiak
- Juanita Lesley, Nome
- George McCoy, Gakona
- Elaine Loomis Olsen, Kodiak
- Brenda Ross, Anchorage
- Stephanie Scott, Haines
- Robert Seward, Juneau
- Scott Sidell, Bethel
- Edith Qannik Tegoseak, Barrow
- Keith Thayer, Anchorage
- Sarah Wallner, Anchorage
- Wayne Young, Seward
Sample Proclamation

State Proclamation for International Fetal Alcohol Syndrome (FAS) Awareness Day

Healthy children are the most important resource in the State of Alaska.

Fetal Alcohol Syndrome (FAS) is the leading cause of mental retardation in Alaska, the United States, and all of western civilization and is 100% preventable.

Within Alaska 1.4 births per 1,000 live births are born with FAS; 12.6 births are affected by other alcohol related birth defects, equaling over 140 affected births per year.

Fetal Alcohol Spectrum Disorders (FASD) are a major cause of numerous social disorders including learning disabilities, school failure, juvenile delinquency, homelessness, unemployment, mental illness and crime.

Researchers estimate that the annual cost to Alaskans in health care and social services related to FAS is between $21 and $42 million.

On September 9, 2003 people around the world will be observing the fourth International Fetal Alcohol Syndrome Awareness Day, in order that on the ninth day, of the ninth month of the year, the world will remember that during the nine months of pregnancy a woman should abstain from alcohol.

NOW, THEREFORE, I, __________________, do hereby proclaim September 9, 2003 as:

Fetal Alcohol Syndrome Awareness Day

In Alaska, to promote awareness of the effects of prenatal exposure to alcohol, to increase compassion for those individuals so affected, to minimize further effects, and to ensure healthier communities across Alaska in the future.
## State Legislative Contact List

### Alaska State Senate

<table>
<thead>
<tr>
<th>NAME</th>
<th>PHONE #</th>
<th>FAX #</th>
<th>TOLL FREE #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bunde, Con.</td>
<td>465-4843 (Labor &amp; Commerce)</td>
<td>465-3871</td>
<td>800-892-4843</td>
</tr>
<tr>
<td>COWDERY, John</td>
<td>465-3879 (Rules)(Transportation)(Wld Trade) 465-2069</td>
<td>888-269-3879</td>
<td></td>
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<tr>
<td>Davis, Bettye</td>
<td>465-3822</td>
<td>465-3756</td>
<td>800-770-3822</td>
</tr>
<tr>
<td>Dyson, Fred.</td>
<td>465-2199 (HESS)</td>
<td>465-4587</td>
<td>800-342-2199</td>
</tr>
<tr>
<td>Ellis, Johnny</td>
<td>465-3704 (Minority Leader)</td>
<td>465-2529</td>
<td>888-330-3704</td>
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<tr>
<td>Elton, Kim</td>
<td>465-4947</td>
<td>465-2108</td>
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<tr>
<td>FRENCH, Hollis</td>
<td>465-3892</td>
<td>465-6595</td>
<td>866-465-3892</td>
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<tr>
<td>Green, Lyda</td>
<td>465-6000 (Finance Co-Chair)</td>
<td>465-3805</td>
<td>877-465-6601</td>
</tr>
<tr>
<td>Guess, Gretchen</td>
<td>465-2435</td>
<td>465-6615</td>
<td>800-550-2435</td>
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<tr>
<td>Hoffman, Lyman</td>
<td>465-4453</td>
<td>465-4523</td>
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<tr>
<td>Lincoln, Georgianna</td>
<td>465-3732</td>
<td>465-2652</td>
<td>888-461-3732</td>
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<tr>
<td>Ogain, Scott</td>
<td>465-3876 (Resources)</td>
<td>465-3265</td>
<td>800-862-3876</td>
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<tr>
<td>Olson, Donny</td>
<td>465-3707</td>
<td>465-4821</td>
<td>800-597-3707</td>
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<tr>
<td>Seekins, Ralph</td>
<td>465-2327 (Judiciary)</td>
<td>465-5241</td>
<td>800-336-7383</td>
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<tr>
<td>Stevens, Ben</td>
<td>465-4993 (Majority Leader)</td>
<td>465-3872</td>
<td>866-465-4993</td>
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<tr>
<td>Stevens, Gary</td>
<td>465-4925 (State Affairs)</td>
<td>465-3517</td>
<td>800-821-4925</td>
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<tr>
<td>Taylor, Robin</td>
<td>465-3873 Leg Council)</td>
<td>465-3922</td>
<td>877-463-3873</td>
</tr>
<tr>
<td>Therriault, Gene</td>
<td>465-4797 (President/Admin Reg Review) 465-3847</td>
<td>800-860-4797</td>
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<tr>
<td>Wagoner, Thomas</td>
<td>465-2828 (C&amp;RA)</td>
<td>465-4779</td>
<td>800-966-5733</td>
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<tr>
<td>Wilken, Gary</td>
<td>465-3709 (Finance Co-Chair)(Armed Svs Co) 465-4714</td>
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### Alaska State House of Representatives

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<tbody>
<tr>
<td>Anderson, Tom</td>
<td>465-4939 (Labor &amp; Commerce)</td>
<td>465-2418</td>
<td>800-465-4939</td>
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<tr>
<td>Berkowitz, Ethan</td>
<td>465-4919 (Minority Leader)</td>
<td>465-2137</td>
<td>888-465-4919</td>
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<tr>
<td>Chenault, Mike</td>
<td>465-3779</td>
<td>465-2833</td>
<td>800-469-3779</td>
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<tr>
<td>Cissna, Sharon</td>
<td>465-3875</td>
<td>465-4588</td>
<td>800-922-3875</td>
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<td>Coghill, John</td>
<td>465-3719 (Majority Leader)</td>
<td>465-3528</td>
<td>877-465-3719</td>
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<tr>
<td>Crawford, Harry</td>
<td>465-3438</td>
<td>465-4565</td>
<td>888-478-3438</td>
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<td>Croft, Eric</td>
<td>465-4998</td>
<td>465-4419</td>
<td>800-689-4998</td>
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<tr>
<td>Dahlenstrom, Nancy</td>
<td>465-3783</td>
<td>465-2293</td>
<td>877-460-3783</td>
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<td>Fate, Hugh 'Bud'</td>
<td>465-4976 (Resources)</td>
<td>465-3883</td>
<td>866-465-4976</td>
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<tr>
<td>Foster, Richard</td>
<td>465-3789</td>
<td>465-3424</td>
<td>800-478-3789</td>
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<td>Gara, Les</td>
<td>465-2647</td>
<td>465-3518</td>
<td>888-465-2647</td>
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<tr>
<td>Gatto, Char</td>
<td>465-3743 (Education)</td>
<td>465-2361</td>
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<td>Griebenberg, Max</td>
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<td>465-3766</td>
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<td>Guttenberg, David</td>
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<td>465-3519</td>
<td>800-928-4457</td>
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<tr>
<td>HARRIS, John</td>
<td>465-4859 (Finance Co-Chair)(Armed Svs Co) 465-3799</td>
<td>888-465-4859</td>
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<tr>
<td>Hawker, Mike</td>
<td>465-4949 (Ways &amp; Means Co-Chair)</td>
<td>465-4979</td>
<td>800-478-4950</td>
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<tr>
<td>Heinez, Cheryll</td>
<td>465-4930 (Economic Development &amp; Tourism) 465-3834</td>
<td>800-331-4930</td>
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<tr>
<td>Holm, Jim</td>
<td>465-3466 (Transportation Co-Chair)</td>
<td>465-2937</td>
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<tr>
<td>Joule, Reggie</td>
<td>465-4833</td>
<td>465-4586</td>
<td>800-782-4833</td>
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<td>Kapsner, Mary</td>
<td>465-4942</td>
<td>465-4589</td>
<td>800-323-4942</td>
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<td>Kerittula, Beth</td>
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<td>465-4748</td>
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<td>Koring, Vic.</td>
<td>465-2186 (Oil &amp; Gas)</td>
<td>465-3818</td>
<td>800-468-2186</td>
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<td>Kookesh, Albert</td>
<td>465-3473</td>
<td>465-2827</td>
<td>888-288-3473</td>
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<td>Kott, Pete</td>
<td>465-3777 (Speaker)</td>
<td>465-2819</td>
<td>800-861-5688</td>
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<tr>
<td>Lynn, Bob</td>
<td>465-4931 (Military &amp; Veterans Affairs) 465-4316</td>
<td>800-870-4931</td>
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<td>Masek, Beverly</td>
<td>465-2679 (Transportation Co-Chair)</td>
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<td>McGuire, Lesil</td>
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<td>800-365-2995</td>
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<td>Meyer, Kevin</td>
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<td>Morgan, Carl</td>
<td>465-4527 (C&amp;RA)</td>
<td>465-2917</td>
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<td>Moses, Carl</td>
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<td>800-988-4451</td>
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<td>Ogg, Dan</td>
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<td>Rokeberg, Norman</td>
<td>465-4968 (Rules)</td>
<td>465-2040</td>
<td>800-773-4968</td>
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<td>Samuels, Ralph</td>
<td>465-2095 (LBB&amp;A)</td>
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<td>Seaton, Paul</td>
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<td>800-665-2689</td>
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<tr>
<td>Stoltze, Bill</td>
<td>465-4959</td>
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<td>Weyhrauch, Bruce</td>
<td>465-3744 (State Affairs)</td>
<td>465-2273</td>
<td>800-968-6744</td>
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<tr>
<td>Whitaker, Jim</td>
<td>465-3004 (Ways &amp; Means Co-Chair)</td>
<td>465-2070</td>
<td>877-465-3004</td>
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<tr>
<td>Williams, Bill</td>
<td>465-3424 (Finance co-chair)</td>
<td>465-3793</td>
<td>800-303-2455</td>
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<tr>
<td>Wilson, Peggy</td>
<td>465-3824 (NESS)</td>
<td>465-3175</td>
<td>800-886-3824</td>
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<tr>
<td>Wolf, Kelly</td>
<td>465-2693</td>
<td>465-3835</td>
<td>800-463-2693</td>
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This information is available online at [http://w3.legis.state.ak.us/infodocs/tollfree.pdf](http://w3.legis.state.ak.us/infodocs/tollfree.pdf)
### Alaska Congressional Delegation Contact List

<table>
<thead>
<tr>
<th>Phone number</th>
<th>Mailing/Location Addresses</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SENATOR TED STEVENS</strong></td>
<td></td>
</tr>
<tr>
<td>Washington, DC Office</td>
<td></td>
</tr>
<tr>
<td>Carol White</td>
<td>(202)224-3004</td>
</tr>
<tr>
<td>Chief of Staff</td>
<td>Fax (202)224-2354 Washington DC20510-0201</td>
</tr>
<tr>
<td>TTY (202)224-1070</td>
<td></td>
</tr>
<tr>
<td>Dave Russell</td>
<td>(202)224-3004</td>
</tr>
<tr>
<td>Legislative Director</td>
<td>Fax (202)224-2354</td>
</tr>
<tr>
<td><strong>Anchorage Office</strong></td>
<td></td>
</tr>
<tr>
<td>Marie Nash</td>
<td>271-5915</td>
</tr>
<tr>
<td>State Office Manager</td>
<td>Fax 258-9305</td>
</tr>
<tr>
<td><strong>Fairbanks Office</strong></td>
<td></td>
</tr>
<tr>
<td>Ruth Burnett</td>
<td>456-0261</td>
</tr>
<tr>
<td>Special Assistant</td>
<td>Fax 451-7290</td>
</tr>
<tr>
<td><strong>Juneau Office</strong></td>
<td></td>
</tr>
<tr>
<td>Connie McKenzie</td>
<td>586-7400</td>
</tr>
<tr>
<td>Special Assistant</td>
<td>Fax 586-8922</td>
</tr>
<tr>
<td><strong>Kenai Office</strong></td>
<td></td>
</tr>
<tr>
<td>Becky Hultberg</td>
<td>283-5808</td>
</tr>
<tr>
<td>Special Assistant</td>
<td>Fax 283-4363</td>
</tr>
<tr>
<td><strong>Ketchikan Office</strong></td>
<td></td>
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<tr>
<td>Sherrie Slick</td>
<td>225-6880</td>
</tr>
<tr>
<td>Special Assistant</td>
<td>Fax 225-0390</td>
</tr>
<tr>
<td><strong>Mat-Su Office</strong></td>
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<tr>
<td>Carol Gustafson</td>
<td>376-7665</td>
</tr>
<tr>
<td>Special Assistant</td>
<td>Fax 376-8526</td>
</tr>
<tr>
<td></td>
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<tr>
<td><strong>SENATOR LISA MURKOWSKI</strong></td>
<td></td>
</tr>
<tr>
<td>Washington DC Office</td>
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</tr>
<tr>
<td>Alexander Polinsky</td>
<td>(202)224-6665</td>
</tr>
<tr>
<td>Chief of Staff</td>
<td>Fax (202)224-5301 Washington DC20510-0202</td>
</tr>
<tr>
<td>Webpage: <a href="http://murkowski.senate.gov">http://murkowski.senate.gov</a></td>
<td></td>
</tr>
<tr>
<td><strong>Anchorage Office</strong></td>
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FAS Day Resource Kit

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One idea for distributing the FAS Knots you make:

Attach them (with the safety pins) to note cards which have FAS awareness and prevention messages.

You could use only the cover design of one of the Knot Card copy masters provided in this kit, and write your own FAS awareness and prevention messages inside.

The Knot Card copy masters in this kit have small lines printed on them to help guide folding and cutting.

You may want to seal the cards (after folding) with small press-apply stickers

FAS Knot pinned here

"Did you know..."

YOUR FAS AWARENESS MESSAGE HERE

Local contact/ sponsor info. & logo
9. Promotional Materials

Here are some of the ways that the FAS Day artwork can be used to promote International FAS Day in your community.

The artwork on the following pages can be photocopied and used directly or placed in brochures for advertising as appropriate for your area.

Computer versions of this artwork are available online at http://www.hss.state.ak.us/fas/fasday/ or call the office directly at 877-393-2287.
Artwork for 2 1/4 inch round buttons (fits many standard button makers): Photocopy and cut

Artwork for 2 inch square stickers. Photocopy and cut:

This artwork is available online at http://www.hss.state.ak.us/fas/
During Pregnancy:

NO ALCOHOL
Not Even A Drop!
Alaska’s Comprehensive FAS Project
Fetal Alcohol Syndrome

Office of FAS
Office of FAS, State of Alaska, DHSS Divisions of Behavioral Health
(877) 393-2287 toll-free statewide
(907) 465-3033 Juneau
www.hss.state.ak.us/fas
fas@health.state.ak.us

In 1998, the State of Alaska began a renewed effort to address the devastating problem of prenatal exposure to alcohol, and the resulting life-long birth defects, establishing the Office of Fetal Alcohol Syndrome within the Department of Health and Social Services (DHSS).

The mission of the Office is to prevent all alcohol-related birth defects and to improve the delivery of services to those individuals already affected by fetal alcohol spectrum disorders (FASD).

To meet this mission, four (4) primary goals have been established to address FASD across the state of Alaska:
1. Prevent fetal alcohol spectrum disorders (FASD)
2. Diagnose children as early as possible
3. Improve lifelong outcomes for individuals with FASD through improved services
4. Document our progress and evaluate program outcomes

Project Funding
In October 2000, with the help of Senator Ted Stevens, the state entered into a 5-year, $29 million cooperative agreement with DHHS Substance Abuse and Mental Health Services Administration ($5.8 million per year) to initiate a statewide comprehensive, integrated approach to FAS prevention and systems improvement. These funds greatly enhanced the initial seed grant funding received in January 1998 from the Alaska Mental Health Trust Authority to initiate a renewed focus on fetal alcohol syndrome.

Prevalence of FASD in Alaska
With funding from the Centers for Disease Control and Prevention (CDC) Alaska is one of five state’s who have developed a standardized, multi-source FAS surveillance method that can begin to provide consistent and comparable FAS prevalence rates across the country.

- Alaska has the highest rate of FAS among the five FASSNet states at 1.4 per 1,000 live births;
- Approximately 126 infants are born each year in Alaska who have been affected by maternal alcohol use during pregnancy;
- Alaska Natives have a FAS prevalence rate of 4.8 per 1,000 live births;

Project Highlights
In developing a comprehensive FASD project in Alaska our approach is community-driven with a focus on systems change and program improvement. We have placed a strong emphasis on the inclusion of families and caregivers as critical partners in our plan, as well as strong multidisciplinary partnerships with those many disciplines impacted by the effects of disabilities resulting from prenatal exposure to alcohol.

- Over 20 community-based grants have been distributed to local non-profit organizations across Alaska with focus on FASD prevention, training and educational services, improved services for individuals affected by FASD, diagnostic services, and treatment services for women at risk for giving birth to a child affected by prenatal exposure to alcohol.

- Community-based FASD Diagnostic Teams – 15 developing teams from Kotzebue to Ketchikan. Since March of 1999, when our first team diagnosis was made, approximately 350 diagnoses have been completed.

- Statewide Knowledge, Attitudes, Beliefs and Behaviors (KABB) Survey – beginning in April 2002 over 4,000 KABB surveys were mailed to: pediatricians; OB-GYNs; family practice doctors, public health nurses; educators; substance abuse providers; social workers; and juvenile/adult corrections workers. With over a 70% return rate, survey results will be ready for distribution in June 2004.

- Public Education/Media Campaign – a statewide multimedia campaign that includes TV, radio, print ads and placement posters premiered September 9, 2002 in conjunction with International FAS Awareness Day. Two campaign themes have been developed:
  ▶ I Have the Power to Prevent FAS
  ▶ Thankfully There are People Who Will Help Her...Are You One of Them?

- Partnership with the state Department of Education and Early Development (EED) to improved the state’s educational system and how it serves those children and youth affected by disabilities associated with prenatal exposure to alcohol.

- FASD Training – training of all service providers across Alaska is critical to sustainable systems change. Through the development and offering of a standardized FAS 101 training and our annual FAS summit, people across Alaska are receiving training in FASD.
International FAS Awareness Day
September 9, 2003
The Office of FAS would like to hear about your FAS Awareness Day events. If you could take the time to answer a few questions and mail this back to us, it would be appreciated.

Name: __________________________________________________________________

Community: __________________________________________________________________

Phone: ______________________ Email:___________________________________

1. What activities or events did you do?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. About how many people participated? ______________________

3. Did you produce materials for your event? ______________________
   (Please attach examples of posters, flyers, etc...)

4. Did you distribute other materials? ____________________________
   (e.g., FAS knots, bio-degradable balloons)

5. Any other information you want to include?
________________________________________________________________________
________________________________________________________________________

6. Any changes in your organization that you would like us to know about?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

If you have pictures you would like to share, send them to us, as well. We will include them on our website, in our newsletter or in future presentations. Feel free to mail or e-mail your pictures to us at, FAS@health.state.ak.us.

We are looking forward to hearing from you and appreciate that you have taken the time to answer. The Office Of FAS would like to wish everyone a wonderful FAS Awareness Day. What you are doing is making a positive difference.
“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it’s the only thing that ever has.”

Margaret Mead