

# Fetal Alcohol Syndrome Update Summer 2003

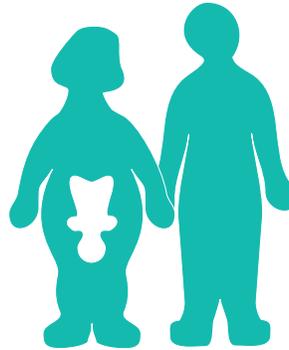
Office of FAS, Department of Health & Social Services, State of Alaska

## September 9—International FAS Awareness Day

September 9, 2003 will mark the 5<sup>th</sup> year for International FAS Awareness Day, an event developed by a group of parents of children with FASD, who wanted a way to educate the public and policy-makers about the devastating impact of maternal drinking during pregnancy. This year, as in past years, Alaska will join with participants from around the world to increase public awareness about Fetal Alcohol Syndrome (FAS) and all other birth defects that result from prenatal exposure to alcohol. We invite communities across Alaska to join in this exciting event and to begin planning public education activities for your community.

Last year, Alaskans from Kotzebue to Kenai organized a variety of community events from bell-ringing to family picnics, to radio shows, to partnering with local coffee shops to get out the message that “During pregnancy: No alcohol...Not even a drop!”

To assist you in your efforts, the Office of FAS is revising the *FAS Awareness Day Resource Kit*, originally developed and distributed in 2001. This kit will provide you with ideas, suggestions and “how to” instructions to get you started in your community! The *Resource Kit* will be available on-line at [www.hss.state.ak.us/FAS](http://www.hss.state.ak.us/FAS) or you can call the office for a copy at (877) 393-2287. We also have free message pens, brochures and posters to assist you in your efforts. We encourage everyone to make a commitment to use September 9<sup>th</sup> as a day to educate someone (a friend, neighbor, co-worker, or legislator) about the damaging impact of prenatal exposure to alcohol and to get out the message that FAS is preventable! Together we can prevent FAS in Alaska. ➤



### Things you can do for FAS Awareness Day

*“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

- ✓ Organize a community-wide Minute of Reflection at 9:09 AM on September 9<sup>th</sup>, symbolizing the worldwide circle of community which links all of us who care about FASD.
- ✓ Send a letter to the editor of your local newspaper explaining FAS Awareness Day, including information about this disability, Alaskan statistics and hope through increased prevention and intervention efforts.
- ✓ Visit your local, state or national representatives and/or policy-makers. Take some educational information and invite them to join in your community’s efforts to prevent FASD, as well as improve services for individuals and families living with FASD every day.
- ✓ Invite local restaurants and bars to join in FASD prevention efforts by offering pregnant women free non-alcoholic beverages all day on September 9<sup>th</sup>.
- ✓ Make an alcohol prevention presentation to school-aged children and youth—start the education early and often!
- ✓ Ask your mayor, assembly or tribal council to proclaim September 9<sup>th</sup> as FAS Awareness Day.
- ✓ Utilize Public Service Announcements, radio, TV and newspapers to “spread the word.”
- ✓ Be creative, have fun and help change the world!

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## National Meeting to begin Building FASD State Systems



*Diane Casto and Judge Michael Jeffery share Alaskan resources at DC meeting*

On May 18-20 over 100 people met in Washington, DC to begin discussing a nationwide process for building FASD state systems—it was the first time participants from all 50 states, the District of Columbia and Puerto Rico came together for the sole purpose of learning about and discussing ideas for addressing fetal alcohol spectrum disorders as a national issue.

The SAMHSA FASD Center for Excellence hosted this 3-day meeting to begin the discussion about each state's role in a coordinated national effort to prevent women from drinking during pregnancy and to maximize the potential of individuals who have a disability

resulting from prenatal exposure to alcohol. Greater state and local involvement in both prevention and improved services to impacted individuals is a critical step in reducing the incidence of FASD and the associated economic, social and individual costs.

Diane Casto, Program Manager for the DHSS Office of FAS and Michael Jeffery, Superior Court Judge and State FAS Steering Committee member from Barrow, represented Alaska at this meeting. It was an exciting opportunity to hear from each state about their current activities, plans for future projects and to discuss the challenges that each state faces in moving this agenda forward. The other states were quite "envious" that Alaska had a representative from the Court System involved with our efforts and that he took the time to attend this meeting—only one other judicial member was present at the meeting! We hope this is the beginning of a national agenda to more seriously address prenatal exposure to alcohol and the devastating outcomes to individuals, communities, states and the nation if we do not actively confront this critical social and health issue. For more information about the SAMHSA FASD Center for Excellence and the work they are doing visit their website at [www.fascenter.samhsa.gov](http://www.fascenter.samhsa.gov) or call 866-STOPFAS. ♦♦

## Changing of the Guard



On August 1, the Office of FAS says goodbye to Heidi Brocius, Community Coordinator for Alaska's Comprehensive FAS Project since January 2, 2001. Heidi has been a mainstay for the project, providing training, technical assistance and support to our community-based innovative grantees, our diagnostic teams and to communities in general. Heidi was instrumental in developing our FAS 101 Curriculum and in covering the state providing training to everyone who requested it! She has successfully coordinated the last two FAS Summits, watching this annual

*(continued on next page)*

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event grow from 100 participants in 1997 to over 600 in 2002. Heidi has been active in our project evaluation efforts and helping grantees understand the importance of collecting good outcome data, using it as a tool for continuing project improvement.

Heidi is joining the staff of the University of Alaska Fairbanks as their new Clinical Assistant Professor for the Department of Social Work. She will coordinate the social work distance delivery program, working from the UAS campus. We are sending her off with a mission to “infiltrate” higher education with improved and enhanced information and training about FASD and related issues. She has already started by offering a 1-credit FAS course this fall through the UAF Department of Social Work (good job, Heidi!). We wish Heidi well in her new adventures and look forward to new partnerships with her in the future.❖

## FASD Training Certification Program— First Class a Success!

Seventeen dedicated Alaskans spent an entire week in Anchorage recently, living in dorms and immersing themselves into fetal alcohol spectrum disorders and the FAS 101 Curriculum newly developed by the Office of FAS and the UAA Family and Youth Services Training Academy. And what a great week it was!

The first FASD Training Certification Program training was held June 23-27 at the University of Alaska Anchorage campus. Eighteen (18) participants were selected following an intensive application and review process. Applications were received from 186 Alaskans who wanted to become Certified FAS 101 trainers—a truly overwhelming response! While the selection was grueling, it was a careful and deliberate process providing for diversity, state-wide coverage and personal commitment and passion for the issues.

Trainers for the five days included Mary Lou Canney, Heidi Brocius, Diane Casto, Eileen Lally, Stephanie Vaughn, Sue Pope, Kim Husby and Helen Andon. In addition, an impromptu visit from our friend and FAS Diagnostic Team Medical Director Dr. Tom Nighswander, who provided insight into reaching out to train and educate health care providers at the community level. Cheri Scott, Aileen McInnis and Adriene Active all volunteered a day of their time to review and score each participant’s 1-hour presentation. Thank you to everyone who made this an educational and memorable week.

Seventeen certified FAS 101 trainers are now available to provide ongoing training to service providers and others interested in learning more about FASD and the impact prenatal exposure to alcohol has on the developing fetus, especially the brain. A new section is under construction on our web site that will list all certified trainers and provide information on when and where trainings are scheduled, as well as information on how to schedule training in your community.❖

*(the newly certified FAS trainers are pictured in the next column)*

### Congratulations to the following newly certified FAS 101 Trainers:



- ✓ 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

### UAF to offer Distance Course on FAS!

This fall the UAF Department of Social Work will be offering a one credit FAS class via distance delivery taught by Heidi Brocius, former Office of FAS Community Coordinator and new UAF Social Work Faculty.

This one credit course will be offered via audio conference, and will be cross listed as a Human Services Technology course.

Classes will meet on Mondays from 3:30 – 4:30 PM beginning September 8<sup>th</sup> and concluding December 1<sup>st</sup>.

For more information about the class contact the Center for Distance Education at (907) 474-5353.



## News from FAS Innovative Grantees

### Salvation Army, Booth Memorial Youth and Family Services

**Prevention is the Key.** The Salvation Army, Booth Memorial Youth and Family Services, has a goal to reduce the incidence of FASD in the state of Alaska. To accomplish this goal, presentations about the dangers of drinking alcohol during pregnancy are made in the Anchorage community to teens, adult women and men of child-bearing age. In addition, FASD exhibits are done at a variety of Alaska Health Fairs. The FAS Prevention Project works closely with another FAS Innovative grantee, RuralCAP, in using their newly developed FAS Prevention video and curriculum.

Last school year former Health Educator Tiffany Baker presented to a majority of the Anchorage School District 8<sup>th</sup> grade health classes and to diverse groups of high-risk adult populations like correctional facility inmates and those participating in substance abuse treatment programs. After doing school presentations, Tiffany would come back to the office at the end of the day barely able to talk because she carried her voice so strongly on the message that “FAS is 100% preventable.” In March Tiffany moved to Arizona to further her education in the field of FASD. The new FASD Health Educator, Kim Fearnside, is just as ambitious and passionate as Tiffany in getting the message out to schools and community agencies/facilities. Most days she too comes back with a horse voice. One of the participants was so moved by Kim’s presentation that afterwards she drew a picture of a baby inside a bottle of alcohol to express her concern about drinking during pregnancy. Kim hopes to expand the presentations to the Wasilla/Palmer area during the next year. In addition, Kim has just completed the FASD Training Certification Program and is now a certified FAS 101 trainer!

### Ketchikan Indian Corporation

The Ketchikan Indian Corporation (KIC) Innovative grant, the KIC FASD Community Diagnostic Team and the FASD TRUST Support Team co-sponsored a two-day conference with Teresa Kellerman as the guest speaker. Ms. Kellerman is the Director of the FAS Community Resource Center in Tucson, Arizona and an adoptive parent of a young adult with fetal alcohol syndrome. Over 30 people attended the conference each day. The first day was open to the general public, with many service providers and families participating. Day two was designed for targeted community leaders and families who are interested in learning more about FASD and their role as leaders in the community. Individuals from the school board, tribal council, House of Representatives, Borough Council, court personnel, probation officers, and city employees attended. The media was also used as a tool to educate the community about FASD through a radio interview and a front page story in the newspaper.

The KIC Innovative Project also co-sponsored the 3rd Annual Family Day Picnic at Ward Lake with WISH and Gateway Center for Human Services. It was a great time for area families to gather together for food, fun and friends!

## Resource Center for Parents and Children

The Aurora Project at the Resource Center for Parents and Children in Fairbanks continues to expand their library and resource materials. Additions this year include a library of children's books and toys available for check out. Families who are thinking of buying certain items but would like to try them out first find the lending library helpful.

This winter the Elks Club of Fairbanks provided Palm Pilots for young adults to use to keep their life on track. One young man in particular found it invaluable for his college experience. He took notes by using the keyboard the Elks provided and had his assignments and due dates all entered with prompts to keep him on schedule. He stops by the office periodically to share his successes.

One addition to the Aurora program this year has been weekly information groups. On Tuesday and Thursday each week from noon to 1:30pm is the FASD Information and Support Group with Tuesdays concentrating on general FASD information and Thursdays focusing on education and sensory integration issues. This has been a helpful resource for service providers in the area—instead of waiting for a parenting class to start or a community training, people can access information weekly. It has become a good place to problem solve and learn about specific topics.

If other programs would like a copy of the library materials and websites for ordering sensory integration tools feel free to contact Mary Lou Canney at the Aurora Project, (800) 969-7272 or auroraprojectak@yahoo.com. ❖

## FAS Community Team Highlights

The Upper Tanana Support and Diagnostic Services Team is the most recently trained and developed team to join our statewide network of FASD diagnostic services. The team will serve the Upper Tanana Region of the state, covering an area of over 30,000 square miles including the communities of Dot Lake, Eagle, Northway, Tanacross, Tetlin, Mentasta and Tok. Team membership includes Stephen Wahl, M.D. providing the medical exam, growth charting and facial and head measurements; Frank Satterwhite, Ph.D. providing psychological testing; Ellen Thompson providing speech and language testing; Elizabeth Larrabee providing occupational therapy testing; Chris Grangaard, Parent Navigator providing support services to parents and caregivers; and Anthony Lee as Team Coordinator.

The team received training at the University of Washington in March and is now acquiring the necessary testing materials to begin offering diagnostic services. Due to the usual Alaskan summer "lull," the team is hoping to begin offering regular diagnostic services this fall. One of the most exciting aspects of their work is with the communities and schools. Team members are scheduled to take part in classes and in-service trainings for the coming school year and are taking an active role in class and curriculum planning for the entire school district! As we know outreach and public education throughout the community is critical to the work our diagnostic teams are doing. In the words of Tony Lee, Team Coordinator, "Like the ripples from a small stone thrown in a pond, progress is spreading out to every individual in our community and we have greater hope for the future." For information about the Upper Tanana Diagnostic Team contact Tony Lee at (907) 883-2672. ❖

## September is National Recovery Month

Now in its 14<sup>th</sup> year of observance, *National Alcohol and Drug Addiction Recovery Month* was established to promote the societal benefits of substance abuse treatment, acknowledge the contributions of treatment providers and promote the message that recovery from substance abuse in all its forms is possible. This year's theme is "Join the Voices for Recovery: Celebrating Health" and focuses national attention on the problem of co-occurring disorders that further complicate treatment and recovery and outlines the human, social and economic costs of co-occurring disorders, and the toll they take on families, communities and the nation. The theme also underscores the need to treat the whole person and spreads the message of hope in treatment and recovery. For additional information about this observance and planned activities visit the SAMHSA web site at [www.recoverymonth.gov](http://www.recoverymonth.gov).

### University of Alaska- Alaska Public Broadcasting Partner for TV Series on Health Issues in Alaska

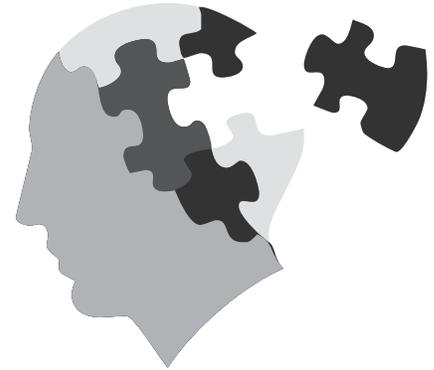
The University of Alaska and Alaska One have partnered to produce an 8-part series to address health issues in Alaska. Topics to be covered include fetal alcohol syndrome (FAS); sobriety; sleep disorders; health care provider shortages; infectious diseases; telemedicine; severe emotional disturbance (SED); and Emergency Medical Service (EMS).

Each show is 1-hour in length and includes a personal story highlighting how these health issues impact Alaska, concluding with a panel of experts in the field discussing the specific issues, challenges and progress being made.

The first show to air addresses one of Alaska's more critical health issues, fetal alcohol syndrome (FAS) and begins with the story of Doug, Gloria, Alex and Chip Stuart from Homer—a family impacted by FASD and how they have found hope and success in daily living, education and moving through the life-stages from infancy to adolescence. The show concludes with a panel discussion including Dr. Tom Nighswander, Medical Director for the FAS Diagnostic Team Network, Cheri Scott, adoptive parent of a young man with FAS, and Katherine Gottlieb, President/CEO of Southcentral Foundation in Anchorage. The series is scheduled to air statewide beginning September 18<sup>th</sup> and the first show will be on FAS. Please watch for more details about this show and the continuing series on our website at [www.hss.state.ak.us/FAS](http://www.hss.state.ak.us/FAS) or KUAC AlaskaOne at [www.kuac.org](http://www.kuac.org).

## FAQ: What the Heck is a Corpus Callosum?

Fetal alcohol spectrum disorders are brain-based conditions, resulting from the teratogenic effects of alcohol on the developing brain. Research has shown us that alcohol easily passes through the placenta to the fetus and that prenatal alcohol exposure can disrupt typical fetal development, especially the central nervous system (CNS) including the brain. The corpus callosum is one section of the brain that is particularly susceptible to the effects of alcohol. As we know, the fetal brain grows, changes and develops throughout pregnancy and the introduction of alcohol during any trimester can have negative impacts on the development of the corpus callosum, as well as other regions of the brain.



Within the last ten years the study of the brain, and especially the impact of prenatal alcohol on brain development, has been greatly enhanced by the use of magnetic resonance imaging (MRI). By using an MRI researchers can now observe and study the living brains of alcohol-affected individuals giving us a much better picture of how the brain is impacted by alcohol. Through the work of Dr. Ed Riley and his colleagues at San Diego State University, as well as others, imaging studies now indicate that there are specific areas of the brain more susceptible to the impacts of alcohol, specifically the basal ganglia, cerebellum, hippocampus and the corpus callosum.

The corpus callosum is a bundle of fibers in the middle part of the brain, connecting the left and right hemispheres. Through the use of MRIs, Dr. Riley and others can now “see” the corpus callosum. Interestingly, what they have discovered is that in many individuals with FASD the corpus callosum is greatly reduced in size, in others the location of the corpus callosum is displaced and in a few rare cases the corpus callosum is missing altogether!

Because the left and right hemispheres coordinate their functions by communicating through the corpus callosum, damage to this area of the brain can disrupt or alter this communication and the two hemispheres can't effectively coordinate and function normally. Functioning that has been specifically linked to the corpus callosum include reading, attention, learning, memory, planning, decision-making and socialization. Without a fully developed corpus callosum, deficits in some or all of these areas will likely result.

With this knowledge and a better understanding of how alcohol affects the brain, we can begin to develop strategies and accommodations to maximize the individual potential and success for each person impacted by prenatal alcohol exposure. ❖

# FAS Summit 2004— Sustaining Hope, Building Capacity

## March 9-10

Plans for the 2004 Spring Summit are underway! The planning committee for the 2004 FAS Summit has been busy the last several months, and is excited to announce the theme for next year's conference:

Committee members felt that this theme identifies both the progress that has been made in the field over the last several years, while also recognizing the need to continue to improve our

current system's care to better serve individuals with FASD. Dr. Kieran O'Malley with the University of Washington's Fetal Alcohol and Drug Unit will be this year's Keynote speaker. Dr. O'Malley, a psychiatrist, is known for his work in proper medication management and better medical interventions for individuals with prenatal alcohol exposure. Another national speaker that has confirmed her participation in the 2004 Summit is Suzie Kuerschner, M.Ed., educator and author of "Beyond the Gloom and Doom: Tools for help and hope with Native people affected by FAS and related neuro-developmental disorders."

You will notice several significant changes in this year's summit plans; first and foremost, the traditional dates of the Summit have changed significantly. Many of you may be used to planning for Summit attendance in mid-to-late November. In recent years, attendance at the Summit has grown by leaps and bounds (from 100 attendees in 1997 to over 600 at last year's event!). This rate of growth meant that for the 2004 Summit, larger conference space had to be acquired. This also meant changing the dates to March 9<sup>th</sup> and 10<sup>th</sup>, 2004, so for the first time ever we will be hosting a spring FAS Summit. These changes will be positive ones for attendees – a greater variety of workshop choices, and no more turning away interested conference goers because of a lack of space.

Toward the end of summer, the Summit Planning Committee will be soliciting applicants interested in presenting at this year's conference. We will be looking for new and innovative workshops dealing with the many issues related to FASD and FASD prevention highlighting the increasing expertise that is developing across Alaska. Additionally, the planners are soliciting interest from families, caregivers and individuals with FASD who may be willing to participate in a variety of workshop panels planned for this year's conference. "Call for Proposal" announcements should be in the mail by mid-August, so watch your mailbox for upcoming information. As new information is available it will be added to our website at [www.hss.state.ak.us/FAS](http://www.hss.state.ak.us/FAS). ❖

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**Dr. Kieran O'Malley  
with the University of  
Washington's Fetal  
Alcohol and Drug Unit  
will be this year's  
Keynote speaker.**

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## FASD Lending Library Grows

Several new additions have been made to the FAS Lending Library. Be sure to check our website at [www.hss.state.ak.us/FAS/resources/lendinglibrary/](http://www.hss.state.ak.us/FAS/resources/lendinglibrary/) for the most current list available. Here are a few highlights:

### Videos:

*The Out-of-Sync-Child* – A video guide to Dysfunction in Sensory Integration (DSI) that provides a drug free approach for parents - Carol Stock Kranowitz.

*The Development of the Human Brain* – Follows the physiological development of the brain from conception through birth and on to age eight – Films for the Humanities.

*Understanding The Amazing Brain* - A look at how the brain works. Case studies of geniuses, brain injury and disease. – Discovery Channel.

### Books:

*When the Brain Can't Hear: Unraveling the Mystery of Auditory Processing Disorder* – Teri James Bellis.

*The Out-of-Sync-Child* – A guide to recognizing and coping with Sensory Integration Dysfunction - Carol Stock Kranowitz.

*The Out-of-Sync-Child Has Fun* – Activities for kids with Sensory Integration Dysfunction - Carol Stock Kranowitz.

*How Does Your Engine Run & Take Five* – The Alert program for self-regulation – Mary Sue Williams and Sherry Shellenberger.

*Tough Kids and Substance Abuse* – A drug awareness program for children and adolescents with ARND, FAS, FAE and cognitive disabilities. - Paula Cook, Richard Kellie, Kathy Jones and Laura Goossen.

### NOFAS Honors Senator Ted Stevens



*Kathy Mitchell, NOFAS and Dr. Ken Warren, NIAA present NOFAS Excellence Award to Dr. Ann Streissguth*

The National Organization on Fetal Alcohol Syndrome (NOFAS) held their annual Leadership Awards Benefit on Wednesday, June 19 in Washington, D.C. Hosting the event for the tenth consecutive year was Senator Tom

Daschle and his wife Linda Hall Daschle, longtime supporters of NOFAS and ardent advocates on issues related to prenatal exposure to alcohol. Over 150 people attended this annual event, recognizing excellence and leadership in the field of FAS. Established in 1994, the NOFAS Leadership Award is presented annually to prominent members of Congress, community leaders, and other outstanding individuals in recognition of their commitment and leadership in the fight to prevent alcohol-related birth defects.

Senator Ted Stevens of Alaska was one of three individuals receiving the annual NOFAS Leadership Award, the others being Senator Ben Nighthorse Campbell and Congressman C.W. Bill Young. Three NOFAS Excellence Awards were presented to Neal Baer, MD, Executive Producer of *Law & Order: Special Victims Unit*; Mark Brown, Chairman, The Mohegan Tribe; and Dr. Ann Streissguth, Director, Fetal Alcohol and Drug Unit, University of Washington.

We are pleased to have our very own Senator honored by this national organization and to have the rest of the country know what a dedicated supporter Senator Stevens is regarding issues related to FAS. Senator Stevens was instrumental in securing funds for Alaska's Comprehensive FAS Project and continues his support of the work we are doing and the progress we are making. Thank you Senator Stevens!

## New FASD Video for Alaskan Educators Being Developed

The Department of Education and Early Development has been distributing FASD specific resources to educators across the state as part of a large-scale effort to maximize the educational experience and performance of students affected by prenatal exposure to alcohol. Professional development packages were sent to every public school in the state which included a FAS Alaska Educator's Guide, handouts, and a copy of a video on FAS in the school setting, called "Students Like Me".

The Department of Education and Early Development has received a great deal of positive feedback about all of these resources, but especially about the video. Teachers are reporting they prefer this medium of information delivery, and that they would like to see a video on FASD that goes into greater detail about the types of classroom strategies, interventions, and accommodations that are most helpful for students with FASD. Educators are also reporting they would like to see a video that is more Alaska specific.

In response to these requests, the EED Health Promotion team seeks to create a video this calendar year that incorporates these elements, and to disseminate it to every public school statewide. The FASD Education Specialist, Todd Brocius, is asking for help in identifying students, parents, teachers, paraprofessionals, principals, or other school personnel that are implementing FASD supports at school and are experiencing successes, for possible inclusion in the video.

If you know someone who would be a good candidate for this project, and willing to be filmed, please contact Todd Brocius at (907) 465-2825 or via email at [todd\\_brocius@eed.state.ak.us](mailto:todd_brocius@eed.state.ak.us) ➡

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## The Department of Education and Early Development announces the launching of their newly developed FASD E-Learning training module.

This interactive web-based FASD training (highlighted in the Winter 2003 FAS Update) is accessible free of charge to Alaska public school employees and to parents of students affected by prenatal exposure to alcohol. In addition, this course can be taken for credit by teachers and paraprofessionals via Alaska Pacific University. For more information on how to register for this course please contact Cynthia LaVigne at (907) 465-2304 or [Cynthia\\_lavigne@eed.state.ak.us](mailto:Cynthia_lavigne@eed.state.ak.us).

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## Parent Support Project Summer Activities



*Two young "cowpokes" enjoy  
Camp Wagon Train*

One of the FAS Parent Support Project goals for 2003 was to provide matching grants for communities interested in starting FASD family camps. Notice of the grants was distributed widely, but by the end of the application period, only one community, Tanacross Village Council, had responded.

What to do with the remaining summer program money was the big question. After discussion with the state Office of FAS, a new program was developed that would provide summer program scholarships to individuals affected by FASD. Parents or caregivers filled out a simple one page application describing the community-based activity they wanted to enroll their child or children in and sent it back to Stone Soup Group. By the end of the application period, scholarship requests for 24 children were received from all over the state.

Scholarship funds made it possible for children and youth affected by FASD to attend programs such as day and overnight camps, ballet, music, and Tae Kwon Do classes, traditional culture and science camps that their families otherwise might not be able to afford. Participation in summer programs like these provide many benefits to the child and family: learning new practical skills, opportunities to practice and improve social communication skills, meeting new people and making new friends while at the same time providing families with some much needed respite from the day-to-day challenges that go along with parenting children and youth with FASD.

A reminder that the project staffs a toll-free support line for families and caregivers at (877) 786-7327. Also available is a how-to manual for starting a family support group in your community.

For up-to-date information visit their website at [www.stonesoupgroup.org/FAS](http://www.stonesoupgroup.org/FAS).❖

### Use Media Campaign to "Spread the Word"

Phase II of the FAS Public Awareness Media Campaign premiered in May, expanding on our themes of empowering women to stop drinking during pregnancy and asking friends, family and community, "Are you someone who will help?" While the Office of FAS is not set to run the ads again until late fall, any community member can appeal to their local TV and radio stations to run the ads as Public Service Announcements. Most of the local stations around the state received a copy of our materials, or they can access them online at [www.hss.state.ak.us/FAS](http://www.hss.state.ak.us/FAS). This is a great way to promote International FAS Awareness Day coming up September 9<sup>th</sup>

## Anchorage FAS Support Group Summer Play

### Dates

- ✓ Tuesday, August 5, 6:00–8:00 PM at Wonderland Park in Wasilla.
- ✓ Thursday, August 21, beginning at noon, Girdwood—blueberry picking at the ski resort.

Everyone is welcome! If you live outside of Anchorage and will be in town on one of these play days, please join us. Plan to bring water and snacks for your family. Schedule changes and cancellations due to weather will be posted on the FASparent listserv. Questions or comments? Contact Cheri at (907) 561-3701 or [cheris@stonesoupgroup.org](mailto:cheris@stonesoupgroup.org).

## New Diagnostic Team Developing in Juneau

The health and social services community of Juneau is working together to develop a community-based FAS diagnostic team to serve Juneau and neighboring communities with comprehensive assessment and diagnostic services for individuals affected by prenatal exposure to alcohol. The Office of FAS is excited to announce that Tlingit and Haida Central Council in Juneau is awarded a FY04 diagnostic team development grant to begin training and coordinating this multidisciplinary, multi-agency collaborative partnership. Several local agencies and many parents and caregivers worked hard developing a vision and process for this project, and now a community team will be trained at the University of Washington FAS Prevention and Diagnostic Network in September 2003. For more information about the developing Juneau Diagnostic Team contact the Office of FAS at (877) 393-2287.

## New FAS Innovative Grants Awarded for FY04

The Office of FAS is please to announce five new innovative project funding awards for fiscal year 2004. Additionally, the Office has awarded \$600,000 dollars in grant funding to four new pilot projects. A summary of the new projects are listed in the spreadsheet below.

### Category 1, Grants less than \$10,000

Improve services	REACH, Inc. Juneau, Alaska Contact Person: Erin Briscoe (907) 586-8228	\$9,974	This grant will provide respite services to families raising children with FASD who are not eligible for other respite care services.
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### Category 2, Grants Between \$10,000 and \$50,000

Improve services	REACH, Inc Juneau, Alaska Contact Person: Kate Wolfe (907) 586-8228	\$50,000	This project will staff a full time case manager who will provide services to children, adolescents and adults with FASD. The REACH case manager will use a non-traditional case management model, focusing on providing education, awareness and advocacy to the client and their family. This will ensure necessary changes are made to the environment and systems of care that provide services to individuals with FASD instead of trying to change the individual.
Prevention	Yupit School District Akiak, Alaska Contact Person: April Pruitt (907) 765-4629	\$50,000	Grant funds will be used to enhance the existing after school programs by including FASD education and awareness into their existing program. FASD prevention information will be shared with both students and their families through a community education effort.
Improve services	Resource Center for Parents and Children Fairbanks, Alaska Contact Person: Coleen Turner (907) 456-2866	\$50,000	This project will fund a full time staff person to help families and agencies in Fairbanks better coordinate FASD related resources. This staff person will work with families following their FASD diagnosis to ensure adequate follow up and to improve access to services. Additionally, this person will assess, in an ongoing manner, the service gaps in the Fairbanks community, and will make recommendations to the Diagnostic Team Advisory Board.
Improve services	ACCA Fairbanks, Alaska Contact Person: Susan Kessler (907) 456-4003	\$32,830	ACCA will use grant dollars to provide early intervention services to children prenatally exposed to alcohol who would not otherwise qualify for infant learning services. ACCA staff will work to better document prenatal alcohol exposure in children they see in an effort to provide better records and earlier referral for FASD diagnosis.

Special Projects, Grants up to \$150,000			
Prevention	Clitheroe Center, Salvation Army Anchorage, Alaska Contact Person: Melinda Freeman (907) 276-2898	\$150,000	This project is designed to provide screening, education and referral to high risk women lodged short term at Hiland Mountain Correction Center, the women's correctional facility in Eagle River. The project focus is on using Motivational Interviewing to motivate women into seeking treatment for their substance abuse issues, and to increase access to family planning and other health care resources.
Prevention	Catholic Community Services Juneau, Alaska Contact Person: Edy Rodewald (907) 463-6132	\$150,000	This project will provide long-term, in home visitation, follow up and support to women at high risk for drinking during pregnancy. Using Washington state's P-CAP program as a model, CCS plans to use para-professionals and a motivational interviewing approach to reduce drinking during pregnancy among an identified group of high risk women.
Improve services	Bethel Community Services Bethel, Alaska Contact Person: Sharon Vaska (907) 543-2840	\$150,000	Bethel Community Services will be developing an innovative intervention and respite program for adolescents with FASD. This program, modeled after the Thunder Spirit Lodge program in Minnesota, will provide life skills development, family support and advocacy, and respite services to families in the Bethel area.
Improve services	Southcentral Foundation Anchorage, Alaska Contact Person: Mike Baldwin (907) 729-4250	\$150,000	Southcentral Foundation is in the development stages on an in-state training program that is designed to train teams of medical providers, speech and language pathologists, occupational and physical therapists, parent navigators and other professionals in the diagnoses of FAS and related conditions. The training program will use the University of Washington's 4-digit diagnostic model as a basis for their training program.

### August

22-24 **Brain Gym® 101**— 24 hours of training. Cost \$250 or \$225 prior to August 8. No prerequisite. For information call (907) 696-0900 or [lisa@learningdynamics.us](mailto:lisa@learningdynamics.us).

### September

9 **International FAS Awareness Day**. Call the Office of FAS for information about events in your community. (877) 393-2287.

26-28 **VisionsCircles**, with Carla Hannaford – 24 hours of training. Cost \$395 or \$375 prior to September 1. Brain Gym® 101 prerequisite. For information call (907) 696-0900 or [lisa@learningdynamics.us](mailto:lisa@learningdynamics.us).

### October

1-3 **The Power of Stories: Narratives of Hope, Courage and Change**, 17<sup>th</sup> Annual NASW Alaska Chapter Conference. Hotel Captain Cook, Anchorage. For information call (800) 478-6279 or [naswak@alaska.net](mailto:naswak@alaska.net).

### November

17-19 **Prevention Symposium 2003**. Anchorage Hilton Hotel. For information contact Akeela, Inc. at (907) 564-1200 or visit their web site at [www.akeela.org](http://www.akeela.org).

### December

1-4 **Alaska Health Summit 2003**. Anchorage Sheraton Hotel. For information contact Marie J. Lavigne at (866) 332-1030 or [www.alaskapublichealth.org](http://www.alaskapublichealth.org).

### March

9-10 **FAS Summit 2004—Sustaining Hope: Building Capacity**. Egan Center, Anchorage. For information call (877) 393-2287 or [www.hss.state.ak.us/FAS](http://www.hss.state.ak.us/FAS).



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