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## **First Lady Walker and Mayor Berkowitz to Honor FASD Awareness Day on September 9**

*ANCHORAGE, SEPTEMBER 8, 2015* - With some of the highest rates of children born with Fetal Alcohol Spectrum Disorder (FASD) in the nation, Alaska has become a leader in promoting FASD prevention and research. Alaskan families, non-profits, schools and leaders in the Anchorage community will come together on Wednesday, September 9, 2015 to recognize Fetal Alcohol Spectrum Disorder (FASD) Awareness Day in the atrium of the Anchorage School District Education Center, 5530 East Northern Lights. The event is free and open to the public from 4:30 p.m. to 7:30 p.m.

First Lady Donna Walker will be present to read the 2015 FASD Awareness Day State of Alaska Executive Proclamation by the Governor of Alaska and Municipality of Anchorage Mayor Ethan Berkowitz will provide the Mayor's proclamation. Information and activities provided by over 20 organizations will raise awareness, promote resources and celebrate achievements over the last year. **Featured speakers include family and self-advocates, sharing stories of how FASD has impacted their lives.** In Alaska, over 160 children are born each year affected by prenatal alcohol exposure; 15 of those born with FAS.

FASD is one of the leading causes of developmental disabilities in Alaska and is 100 percent preventable. Every year in our state, proclamations are made and an event is held on the 9<sup>th</sup> day of the 9<sup>th</sup> month to bring attention to *None for Nine*; a slogan used to remind women not to drink while pregnant.

The 2015 FASD Awareness Day event is a collaborative effort between the Governor's Council on Disabilities and Special Education (GCDSE), the Anchorage School District (ASD), Volunteers of America (VOA), UAA, Northwest Resource Associates, Assets, Alaska Center for Resource Families, The Arc of Anchorage, Stone Soup Group, and many others.

<http://dhss.alaska.gov/gcdse/Documents/pdf/FASDAwarenessDayFlyer.pdf>

*Attachments: 2015 FASD Awareness Day Agenda  
2015 FASD Awareness Day Proclamation – State of Alaska  
2015 FASD Awareness Day Proclamation – Municipality of Anchorage*

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THE STATE  
of **ALASKA**  
GOVERNOR BILL WALKER

## Department of Health and Social Services

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### Anchorage FASD Awareness Day 2015

September 9, 2015

#### PROGRAM

- 4:30 p.m. Welcome and opening remarks – Britteny Howell, Governor's Council on Disabilities and Special Education
- 4:35 p.m. Alaska Proclamation – First Lady Donna Walker
- 4:45 p.m. "Tell Me Your Story: Experience of an FASD Diagnosis" – Lindsay Henkelman, Alaska Native Tribal Health Consortium
- 5:00 p.m. "School and Family Life" - Joel Akers, Anchorage School District
- 5:15 p.m. "Interventions & Strategies for People with FASD" – Marilyn Pierce-Bulger, FASDx Services
- 5:30 p.m. Anchorage Proclamation – Mayor Ethan Berkowitz
- 5:45 p.m. "Families on the Spectrum" – Krista James, Anchorage School District
- 6:00 p.m. "Behavioral Aspects of Children with FASD" – Susan Mayer, Denali Family Services
- 6:15 p.m. "Zen: Tips from the Trenches" – Jerry John & KC Lowe
- 6:30 p.m. "Better Living with FASD" – Betsy Chivers, Eva Joe, Daniel & Cody Soolook, Isaac & Nicole Jamison
- 6:50 p.m. "Creating the State of Intoxication Series" - Kyle Hopkins & Marc Lester, Alaska Dispatch News
- 7:15 p.m. "My Life with Fetal Alcohol Spectrum Disorder" – Anna Attla, Center for Human Development, UAA

*Creating change that improves the lives of Alaskans with disabilities*

# STATE OF ALASKA



## *Executive Proclamation by Governor Bill Walker*

WHEREAS, Fetal Alcohol Spectrum Disorders (FASD) are 100 percent preventable by not consuming alcohol during the full nine months of pregnancy; and

WHEREAS, consuming alcohol at any stage of pregnancy can cause an unborn child to develop FASD, permanently damaging his or her development; and

WHEREAS, FASD causes a variety of physical, behavioral, and learning disabilities which put these vulnerable Alaskans at greater risk for social problems such as unemployment, involvement with the criminal justice system and homelessness; and

WHEREAS, the lifetime health and social costs in medical care, special education, and specialized services are estimated to cost millions for each individual with FASD; and

WHEREAS, these completely preventable disorders are a matter of serious concern in Alaska where FASD affects more than 100 newborns each year; and

WHEREAS, we observe, on the ninth day of the ninth month of each year, the great costs that FASD impose on our children and remember that mothers can protect their children from irreversible consequences of alcohol-related birth defects by refusing to drink alcohol during the nine months of pregnancy,

NOW, THEREFORE, I, Bill Walker, GOVERNOR OF THE STATE OF ALASKA, do hereby proclaim September 9, 2015 as:

### *Fetal Alcohol Spectrum Disorders Awareness Day*

in Alaska, and encourage all Alaskans to abstain from alcohol consumption throughout the course of pregnancy, and to support pregnant family members and friends in their commitment to providing the next generation of Alaskans safe and healthy lives.

Dated: August 28, 2015



*Bill Walker*

*Bill Walker, Governor  
who has also authorized the  
seal of the State of Alaska to  
be affixed to this proclamation.*

# Municipality of Anchorage, Alaska



## PROCLAMATION

**WHEREAS**, Alaska's future and its promise lies in the health of its children; and

**WHEREAS**, Alaska has one of the highest rates of identified Fetal Alcohol Spectrum Disorder in the United States, with 1.5 births per 1,000 live births are born with FASD; and

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

**WHEREAS**, researchers estimate that the annual cost to Alaskans in health care and social services related to FASD is between \$21 and \$42 million; and

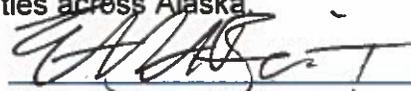
**WHEREAS**, there are many promising programs in Alaska that help young people, adults, and their families live their lives to their fullest, and these programs will only thrive with community support; and

**WHEREAS**, people around the world will be observing the International Fetal Alcohol Spectrum Disorders Awareness Day which marks the ninth day of the ninth month of the year, September 9, as a reminder that during the nine months of pregnancy a woman should abstain from alcohol.

**NOW, THEREFORE**, I, Ethan Berkowitz, Mayor of the Municipality of Anchorage, Alaska, do hereby proclaim Wednesday, September 9, 2015, as

## ***Fetal Alcohol Spectrum Disorders Awareness Day***

**IN** the Municipality of Anchorage 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 encourage citizens to pledge their commitment to build healthier communities across Alaska.

  
MAYOR

