



Fetal Alcohol Spectrum Disorders Talking Points

Fetal alcohol spectrum disorders

- Prenatal alcohol exposure causes the most serious neurobehavioral disabilities of all substances¹
- The non-diagnostic term “FASD” includes the diagnoses of fetal alcohol syndrome (FAS), alcohol related neurodevelopmental disorders (ARND), and alcohol related birth defects (ARBD).
- Severity and types of disabilities can vary from mild to severe within each of the specific diagnostic categories
- Includes a range of physical, behavioral, social, emotional, and learning disabilities
- FASD-related challenges last the lifespan of the affected individual.²
- Recent studies show that 2% to 5% of elementary school children have been prenatally exposed to alcohol³
- Up to 70% of children in foster care have a FASD^{3,4}
- Neurobehavioral Disorder Associated with Prenatal Alcohol Exposure (ND-PAE) is in the DSM-V Appendix

Societal Impact

- Supporting one person with a FASD costs \$2.0 to \$2.9 million over a lifetime⁵
- U.S. spends 5.4 billion a year on expenses related to FAS alone (more if all disorders on the spectrum are considered)⁶
- Estimated that up to 45% of the US corrections population has a FASD^{7,8}

Services Needed

- Families and individuals need cost-effective, accessible, appropriate and constructive lifespan supports and services in their communities such as respite care, therapies (PT, OT, speech), education, and in-home supports based on the individual and family needs
- Professionals working with children and adults who have a FASD need specific FASD-related training (teachers, social workers, physicians, allied health professionals, first responders, judges, etc.)
- Evidence-based programs such as Families Moving Forward⁹ and the Social Skills Training for Children with FASD¹⁰ should be funded widely as early intervention programs to prevent the development of secondary disabilities related to FASDs

NOFAS and MCFARES

- MCFARES (Michigan Coalition for Fetal Alcohol Resources Education and Support) is the Michigan NOFAS (National Organization on Fetal Alcohol Syndrome) Affiliate
- MCFARES/NOFAS Michigan and the Michigan FASD Task Force work together to educate, empower and engage the community with FASD-related information and support
- MCFARES/NOFAS Michigan and the Michigan FASD Task Force are unfunded entities. Funding FASD-related interventions may help reduce inpatient hospitalizations, incarceration and/or secondary disabilities and the overall cost of supporting a person who is on the fetal alcohol spectrum

For more information about Fetal Alcohol Spectrum Disorders, please contact Charisse Cossu-Kowalski, MCFARES, at charisse@mcfares.org or 586-329-6722



References for FASD Talking Points

- ¹ Hoyme, H.E., May, P.A., Kalberg, W.O., Koditwakku, P.J., Gossage, P., Trujillo, P.M.,.....Robinson, L.K. (2005). A Practical Approach to Diagnosis of Fetal Alcohol Spectrum Disorders: Clarification of the 1996 Institute of Medicine Criteria. *Pediatrics*, 115(1). 39-47. doi: 10.1542/peds.2004-0259
- ²Center for Disease Control and Prevention (2016). *Facts about FASDs*. Retrieved from <http://www.cdc.gov/ncbddd/fasd/facts.html>
- ³May, P., Baete, A., Russo, J., Elliott, A.J., Blankenship, J., Kalberg, W.,...Hoyme, H.E. (2014). Prevalence and characteristics of Fetal Alcohol Spectrum Disorders. *Pediatrics*, 134(5), 855-866. doi:10.1542/peds.2013-3319
- ⁴Astley, S.J., Clarren, S.K., & Clausen, C. (2002). Application of the fetal alcohol syndrome facial photographic screening tool in a foster care population. *Journal of Pediatrics*, 141(5), 712-717. doi: 10.1067/mpd.2002.129030
- ⁵Lupton C., Burd L., & Harwood R. (2004) Cost of fetal alcohol spectrum disorders. *American Journal of Medical Genetics*, 127C,42–50.
- ⁶ National Organization of Fetal Alcohol Syndrome. (2016). FASD: What everyone should know. Retrieved from http://www.nofas.org/wp-content/uploads/2014/08/Fact-sheet-what-everyone-should-know_old_chart-new-chart1.pdf
- ⁷Burd, L., Fast, D.K., Conry, J., & Williams, A. (2010). Fetal Alcohol Spectrum Disorder as a marker for increased risk of involvement with correction systems. *Journal of Psychiatry and Law*, 38, 559-583.
- ⁸ West, H.C., & Sabol, W.J. (2011). *Prisoners in 2009*. U.S. Department of Justice, Office of Justice Programs, Bureau of Justice Statistics (NCJ 231675). Retrieved from <http://www.bjs.gov/content/pub/pdf/p09.pdf>
- ⁹Olson, H.C., Oti, R., Gelo, J., & Beck, S. (2009). “Family matters”: Fetal Alcohol Spectrum Disorders and the family. *Developmental Disabilities Research Reviews*, 15, 235-249.
- ¹⁰O’Connor, M.J., Frankel, F., Paley, B., Schonfeld, A.M., Carpenter, E. Laugeson, E.A., & Marquardt, R. (2006). A controlled social skills training for children with fetal alcohol spectrum disorders. *Journal of Consulting and Clinical Psychology*, 74(4), 639-648. doi: 10.1037/0022-006X.74.4.639



FASD Resources

Michigan

1. Michigan Department of Community Health, FAS Page: <http://www.michigan.gov/fasd>
2. Michigan Coalition for Fetal Alcohol Resources, Education and Support: www.mcfares.org
3. Arc Michigan: www.arcmi.org
4. Developmental Disabilities Institute, Wayne State University: <http://ddi.wayne.edu/FASD.php>
5. Children's Trauma Assessment Center: <http://wmich.edu/traumacenter>
6. Michigan Association of Community Mental Health Boards: <https://www.macmhb.org/>
7. Easter Seals of Michigan: <http://www.easterseals.com/michigan/>

National

1. Center for Disease Control and Prevention: <http://www.cdc.gov/ncbddd/fasd/>
2. Substance Abuse and Mental Health Services Administration (SAMHSA)
<http://www.samhsa.gov/fetal-alcohol-spectrum-disorders-fasd-center>
3. National Organization on Fetal Alcohol Syndrome: www.nofas.org
4. The ARC for people with intellectual and developmental disorders, FASD pages
<http://www.thearc.org/page.aspx?pid=2716&txtSearch=fetal+alcohol+spectrum+disorders>
5. Self Advocates with FASD in Action: <http://www.thearc.org/what-we-do/programs-and-services/safa>