



**"When you are pregnant,
the best drink
is no drink at all."**

Take it from somebody who knows...

Message from Someone with FAS

My name is John Kellerman and I have Fetal Alcohol Syndrome. My mom is writing this for me, because I have a hard time writing letters. Even though my IQ is high enough to make me ineligible for state services (IQ 70 = one point too high to qualify), I can hardly sign my name, and I have been practicing for many years to do that. I also have a hard time with math and money, so I can't even go to the store. I am 21 years old and **I cannot drive**, because I could not pass the driver's test.

I just graduated from high school, and now I am starting my life in the adult world. But because of my disability, I cannot function as an adult. Even though I have the expressive language skills of an adult, and the body of an adult, I have the **emotional development of a child**, the conscience of a child, the social skills of a child. If you look at the research, you will realize this is all part of Fetal Alcohol Syndrome, and that I cannot progress in those areas in spite of my Mom and teachers working with me for many years.

Because I have Fetal Alcohol Syndrome, I need constant supervision. This is because the **brain damage causes me to have trouble controlling my impulses and inhibitions**. I also have short memory problems. With lack of impulse control and poor judgment, I get into trouble easily and often, unless my Mom is nearby. This makes me frustrated and angry. I am afraid that I might get arrested some day, because of my poor impulse control. **I'm afraid of what is going to happen to me when my Mom is not around to watch out for me.**

Please help raise awareness about Fetal Alcohol Syndrome, so that we can prevent other kids from going through what I go through, and to get more services for people like me.

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This message is brought to you by
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Would We Give Our Baby Alcohol? No Way.

Have a
healthy baby.
Be an
alcohol-free
mother-to-be.



Alcohol goes through the mother's bloodstream to your unborn child.

Even if you're not a heavy drinker during pregnancy, alcohol can still harm your child's learning and behavior.

Even if you drank during a previous pregnancy and your child was okay, every baby is different. No amount of alcohol can be safe every time.

And a baby may never outgrow some problems caused by alcohol. It's the same risk for all families-to-be. Your unborn baby's way too young to drink.

For information call:
CARE FASD Services
(586) 541-0033
or contact
MCFARES
www.mcfares.org

FASD RESOURCES

WEBSITES – TEACHER SPECIFIC

Activities, games, getting organized and other useful ideas for the classroom teacher
<http://www.do2learn.com/disabilities/FASDtoolbox/index.htm>

Arc's curriculum <http://www.thearc.org/fasproject/thecurriculum.htm>

Building Strength Creating Hope: Teaching Students with FASD
www.education.gov.ab.ca/k_12/specialneeds/fasd/fasd.pdf

FASD Connections <http://www.fasdconnections.ca/index.htm>

Fetal Alcohol Syndrome Handbook www.usd.edu/cd/publications/fashandbook.cfm

NOFAS General Educator Link www.nofas.org/educator/teaching.aspx

NOFAS Prevention Curriculum www.nofas.org/estore/

Planning for Students with FASD http://www.sasked.gov.sk.ca/branches/curr/special_ed/docs/misc/fasd2004.pdf

Public Broadcasting Service (PBS) has ideas for classroom activities and students handouts
http://www.pbs.org/wgbh/nova/teachers/activities/2816_miracle.html

Teaching Students with Fetal Alcohol Spectrum Disorder www.learning.gov.ab.ca/k_12/specialneeds/resource.asp

Teaching Students with Fetal Alcohol Syndrome/Effect: A Resource Guide for Teachers
www.bced.gov.bc.ca/specialed/fas

SAMHSA's introduction to FASD:
<http://www.fascenter.samhsa.gov/educationTraining/FASDBASICS/FASDTheBasics.pdf>

WEBSITE – GENERAL INFORMATION

ASANTE Centre for FAS <http://www.asantecentre.org/resources.html>

Alcohol Related Brain Injury Resources Site www.arbi.org

FAS Community Resource Center <http://www.come-over.to/FASCRC/>

Fetal Anomalies – Demos www.fhs.mcmaster.ca/pblonline/fas.htm

National Institute on Alcohol Abuse and Alcoholism <http://www.niaaa.nih.gov>

Iceberg Newsletter www.fasiceberg.org

Center for Children with Special Needs: Living with Childhood Illness and disability
www.cshcn.org/resources/living.cfm#firesafety

Michigan Department of Community Health, FAS Program http://www.michigan.gov/mdch/0,1607,7-132-2942_4911_4912-53331--,00.html

TIP Sheets FASD Support Network of Saskatchewan
www.skfasnetwork.ca/Network%20Resources%20&%20Materials.html

University of Washington, Seattle, WA <http://depts.washington.edu/fasdpn/>

FASD PUBLICATIONS AND GENERAL INFORMATION

PUBLICATIONS

Best I Can Be, Living with Fetal Alcohol Syndrome or Effects (The), Liz Kulp.

Challenge of Fetal Alcohol Syndrome, Overcoming Secondary Disabilities (The), Edited by Ann Streissguth and Jonathan Kanton.

(Journal article) Commentary on 'Fetal Alcohol Syndrome at the Cellular Level', *Addiction Biology* 2004 June; 9(2), ISSN: 1355-6215, John W. Olney, M.D., Washington University, St. Louis.

Fantastic Antone Grows Up, Judith Kleinfeld and Siobhan Wescott.

Fantastic Antone Succeeds! Experiences in Educating Children with Fetal Alcohol Syndrome, Edited by Judith Kleinfeld and Siobhan Wescott.

Fetal Alcohol Syndrome: A Guide for Families and Communities, Ann Streissguth, PhD, University of Washington, Seattle, WA.

Fetal Alcohol Syndrome: Guidelines for Referral and Diagnosis, National Center on Birth Defects and Development Disabilities, Centers for Disease Control and Prevention, Department of Health and Human Services.

Iceberg Newsletter <http://www.fasiceberg.org/index.htm>

Trying Differently, A Guide for Daily Living and Working with FAS and Other Brain Difference, 2nd edition, Fetal Alcohol Syndrome Society Yukon (FASSY), edited by Debbie Trudeau.

Teaching Students with Fetal Alcohol Spectrum Disorder: Building Strengths, Creating Hope, Alberta Learning, Alberta, Canada.

OTHER RESOURCES

Education Guide with additional resources
[www.asantecentre.org/ Library/docs/FASD Resource List - December 2006.pdf](http://www.asantecentre.org/Library/docs/FASD_Resource_List_-_December_2006.pdf)

Triumph Through the Challenges of Fetal Alcohol Syndrome Parent Classes
www.doublearc.org/workshops.htm

FASD MULTIMEDIA

VIDEOS

The Fabulous FAS Quiz Show produced by the March of Dimes. This also offers a curriculum for teachers with class activities. Approximately 10 minutes, produced in 1997 and geared toward middle school students. <http://www.nacoa.org/DocumentView.aspx?DocID=11125>

Recovering Hope, Mothers Speak Out about Fetal Alcohol Spectrum Disorders, SAMSHA FASD Center for Excellence and available locally to borrow through www.mcosa.net

Remembering What We Know produced by the American Indian Institute at the University of Oklahoma: <http://www.occe.ou.edu/aii> 405-325 4127. This tape is used in high school health classes. It is about 12 minutes long, gives a brief introduction to FASD, then offers a skit about a pregnant woman who is about to have a drink to celebrate her birthday and her friend's intervention.

Risk and Reality: Teaching Preschool Children Affected by Substance Abuse (Videotape) www.headstartinfo.org/cgi-bin/pubcatstore.cfm?do=list&SubCategoryID=25

Students Like Me. Teaching Children with Fetal Alcohol Syndrome, Vida Health Communications

ADDITIONAL VIDEOS/DVDs THAT CAN BE CHECKED OUT THROUGH MACOMB COUNTY OFFICE OF SUBSTANCE ABUSE FOR EDUCATIONAL PURPOSES: (WWW.MCOSA.NET/LIBRARY.PHP)

ALCOHOL & KIDS DON'T MIX DVD

The purpose of this DVD is to help families understand the impact alcohol and other drug abuse has on family functioning and parenting. The five-part interactive video includes: Babies and Booze Don't Mix: Preventing Fetal Alcohol Syndrome Doing It Right: Modeling Appropriate Adult Drinking Behaviors Uppers, Downers and Stress: The Abuse of Prescriptive Drugs A Child's Point of View: A Child's Perception of an Adult Cocktail Party Par-dee! Par-dee! Par-dee! (2005, 49 mins) Selected Audience: Teens and Parents

ALCOHOL, ANGER & ABUSE: UNDERSTANDING THE RELATIONSHIP BETWEEN CHILD ABUSE & ALCOHOL

This five part DVD series helps families make connections between alcohol and abuse issues. (2005, 44 mins) Part 1 – The Relationship Between Alcohol, Anger and Abuse Part 2- Child Abuse and Alcohol Abuse Part 3 – The Sexual Abuse of Children Part 4 – Family Violence, and Alcohol Abuse Part 5 – Drinking and Emotional Abuse Selected Audience: Parents

ALTERNATIVES TO SPANKING DVD SERIES

These five interactive DVDs, featuring multi-cultural families teach parents alternatives to hitting children and what they can do instead to get the cooperation and behaviors they desire. They are designed for the Nurturing Parenting Programs® but can be used with any parenting program that promotes non-violent parenting practices. These DVDs are meant to encourage families and communities to develop nurturing attitudes and parenting practices by providing positive, non-violent discipline for parents to use with their children. Titles include: Red, White and Bruises 15 min I'm Only Doing This for Your Own Good 40 min This Hurts Me More Than It Hurts You 45 min My Way or the Highway 16 min Spare the Rod, Spoil the Child 15 min (2005) Selected Audience: Parents

EDUCATE: CREATING INHALANT ABUSE AWARENESS TOGETHER

"Huffing" or "sniffing" is the deliberate concentration of inhalation of common products. This video provides adults with important information about this dangerous and potentially deadly abuse. (1998, 16 Min.) Selected Audience: Parents

FATHER MARTIN - PARENTS' SILENCE CONDONES

What do young people have to contend with on a daily basis? The more we know about substances helps our kids stay away from them. Education, communication, and cooperation are the best ways to avoid substance abuse in your family. (1988, 18 Min.) Selected Audience: Adults

FIRST YEARS LAST FOREVER, THE

This video includes information on bonding and attachment, communication, health and nutrition, self-esteem, child care, and self awareness. (1997, 28 Min.) Selected Audience: Parents

FOR BABY'S SAKE: THE CHALLENGE OF BEING PREGNANT IN THE 90'S

This video shows that the most important time in a baby's life is before a woman knows she's pregnant. The video addresses nutrition, substance use during pregnancy and the need for prenatal care. (1992, 30 Min.) Selected Audience: Teens/ Adults

RECOVERING HOPE MOTHERS SPEAK OUT ABOUT FETAL ALCOHOL SPECTRUM DISORDERS

Recovering Hope is an intimate and evocative hour-long video about the mothers and families of children who are affected by Fetal Alcohol Spectrum Disorders (FASD). The video, created for viewing by women in recovery and their counselors, is divided into two half-hour episodes to allow time for discussion within a treatment session. (2004, 60 Min.) Selected Audience: Women of childbearing years, treatment agencies, teens

SECRET ADDICTIONS

Tape 1: Women, Drugs and Alcohol - This documentary offers insights from psychologists, doctors, and other experts involved in recovery programs for women addicts. (35 Min.), Tape 2: Women in Treatment - Women and their children describe their own experiences in recovery. (32 Min.) (1991) Selected Audience: Recovering alcoholics and addicts/ Health and social service agencies