

FASD News and Views



A Michigan Coalition for Fetal Alcohol Resources, Education and Support (MCFARES) Newsletter











Established in 2003

Questions We Are Asked

Question: *My child is finally accepting her diagnosis (18 years old high school senior). It's been a long, hard road but within the last year or so she has begun to understand her need for support and direction and has allowed us to work with her to establish appropriate goals and connect with needed services. She has recently re-connected with her birthmom and I am afraid that after they meet and begin seeing each other regularly, she will again deny that she is on the fetal alcohol spectrum and that she needs support from others.*

Answer: It can be scary when our older children want to do something that we fear may cause them harm. The challenge is, then, to help them move into adulthood armed with the ability to make wise decisions. This process can begin before children reach adulthood. Our children learn to make appropriate decisions when we help them to understand the available choices, the appropriateness of each choice and then help them to accept the consequences of the choices they've made.

There comes a point when we have to pull back and let our kids live their lives. We can't control their choices but can be there to support them as they're testing the waters of adulthood. If your daughter wants to meet her birthmother, you won't be able to stop her

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from doing so. You can prepare her, though, by encouraging her to speak with an adoption specialist prior to the meeting. A few sessions with a specialist might help her plan for what to expect when she meets her birthmother. If they maintain an on-going relationship, continuing sessions with a specialist may be helpful. If your daughter begins to deny that she could be on the spectrum, you and her

therapist can help her to understand how her behaviors are linked to pre-natal alcohol exposure and help her to deal with her feelings about her birthmother. Be willing to listen to her and support her, especially if the meeting does not go the way she expects.

<http://www.netplaces.com/raising-adopted-children/searching-for-your-adopted-childs-birth-family/preparing-your-child-for-contact.htm>

If you have a question you would like to see answered in this column, please email it to charisse@mcfares.org.

Some helpful resources:

<http://life.familyeducation.com/adoption/adoptive-parents/45810.html>

You've just received a diagnosis for your child. Now what?

- Take a deep breath and know that you are not alone. Your child is the same person today as he was before getting the diagnosis. Your focus is on loving him and helping him to be the best he can be.
- Begin organizing information. Maintain a list of all professionals your child sees and develop a document with their contact information (address, phone number, email address), when your child saw the professional and action taken. This information may be helpful in the event that you apply for disability benefits for your child.
- Keep copies of all reports written about your child. These may include educational testing done at school, psychological testing done at school or privately, legal records, court documents, etc.
- Be aware of support resources available to you. Know what in-person support groups are available in your area. Seek out on-line support groups. When you find a need or are ready, you can join these groups.
- Apply for services through your local community mental health program, state/federal financial assistance and school programs. Your request may be rejected, but you have started a paper trail should these services be needed in the future.
- Become aware of services available in your area such as summer programs, educational programs, research programs and support programs and become involved with those that fit with your needs.
- Learn about what FASD is and what it isn't. Learn how to support your child and how to help your child to reach his potential. Attend conferences and webinars. Help others who are involved in your child's life to understand what FASDs are and how pre-natal exposure to alcohol has affected your child.
- Learn about legislation in your state and see if there is a coalition or task force in your area that is working to address FASDs in your community. Though you may not have time for involvement, get on their mailing list to stay abreast of developments that may be of interest to you.
- Take care of yourself. Find a way to get a break when you need it. Ask for help.

You'd be surprised that my child who is on the fetal alcohol spectrum can...

- My son is 20 years old. For as long as I can remember, he's had the ability to imitate sounds with such clarity that it's difficult to tell if it's him or the actual moving vehicle or movie.
- My son (20) can do the same. He really surprises me with his talents like that.
- Since the age of 2, our daughter has had a fantastic sense of direction. Before she could speak, she would indicate which way to turn with gestures, yells and pointing. She rarely gets lost in a store or even on vacations.
- My son who has FAS is very mechanically talented. We have a farm, and he has soaked up everything my husband has taught him about any machinery. He was putting on new fuel pumps, rotating tires, etc., by the time he was 10.
- My daughter can move so silently that she appears behind you as though by magic!
- Say things like "if 1 is going forward and -1 is backwards then 0 means you're stopped" and add and subtract with small negative numbers at five years old. He can also explain why it's summer in Australia right now. You can't assume things about their intellectual potential because of FASD.

Super Kids / Smart Choices

The Super Kids/Smart Choices summer socialization program for students ages 5 through 16 will be held in Macomb County again this summer. It will be held Monday through Thursday from July 13th through the 23rd (8 days). If you would like to enroll your child in the program (you do not need to be a Macomb County resident), please email Charisse at charisse@mcfares.org.

Kroger



If you shop at Kroger, please consider signing up for the Kroger Community Rewards program and designating MCFARES as your charity. Our identification number is 91150. Each time you shop at Kroger and swipe your Kroger card, a percentage of your purchases are given to MCFARES. We use funds to continue our mission of providing services and supports to families who are affected by FASD.

Free Book

Addressing Fetal Alcohol Spectrum Disorders is available for free from SAMHSA, and may be downloaded. See

<http://store.samhsa.gov/product/TIP-58-Addressing-Fetal-Alcohol-Spectrum-Disorders-FASD-/SMA13-4803>

Braggs

Joy	Shi
 <p>Joy C. started her new school. It will better suit her needs and she now looks forward to going to school!</p>	 <p>Today was the first time ever since being at the special Ed preschool (2yrs), that Shi has gone down to her class with the group on her own-no fits, no tears, no nothing! Just running down the hall with her peers to greet the teacher. I am exuberant!!!!</p>

Special Olympics

Megan competed in Special Olympics Winter Games as she has for a few years, but this year also as a Unified Pair. This involves pairing a Special Olympian with a partner who isn't in the program. Several of the volunteers in her



skating program developed and practiced a routine that they performed with their Special Olympic

partners at the local and state games where they placed first. Her partner is in serious training for the 2018 Olympics but makes time weekly to work with the Special Olympic skaters. Great job Megan and Chloe!



GoodSearch

Please consider using [GoodSearch](http://www.goodsearch.com) for your internet searching needs and designate MCFARES as your charity of choice. Also check out other ways to earn funds for MCFARES by using [GoodShop](#) when you shop on the internet and [GoodGames](#) when you want to play on-line games. Funds raised will help MCFARES to continue providing resources, support, education and prevention information to the community. www.goodsearch.com

Project S.A.F.E.

(Supportive Activities for Everyone)

Project S.A.F.E. is a monthly pot-luck activity for families who are living with FASD. Our families come together for a meal, play time for the children and time for support for adults. Project S.A.F.E. is held at Fellowship Chapel at 12875 14 Mile Road, Sterling Heights, MI 48312. Our last 2015 Spring scheduled date is June 13. We meet from 5:30 – 8:30 p.m. If you're able to join us, please contact Charisse at charisse@mcfares.org (unless other arrangements are made, these meeting are reserved for family members only).



Donate Time – Work with Us!

Do you have a few hours to spare? We have several different opportunities to help you put your spare time to good use. Do you like kids? Maybe you can enjoy Project S.A.F.E. with us and supervise the children after dinner so that parents have some time to talk. Do you have website-building skills? We'd love your help re-designing and updating the MCFARES website. Do you have newsletter-designing skills? We could use your help putting the quarterly MCFARES FASD News and Views newsletter together (we'll develop the content and you can organize it into the newsletter).



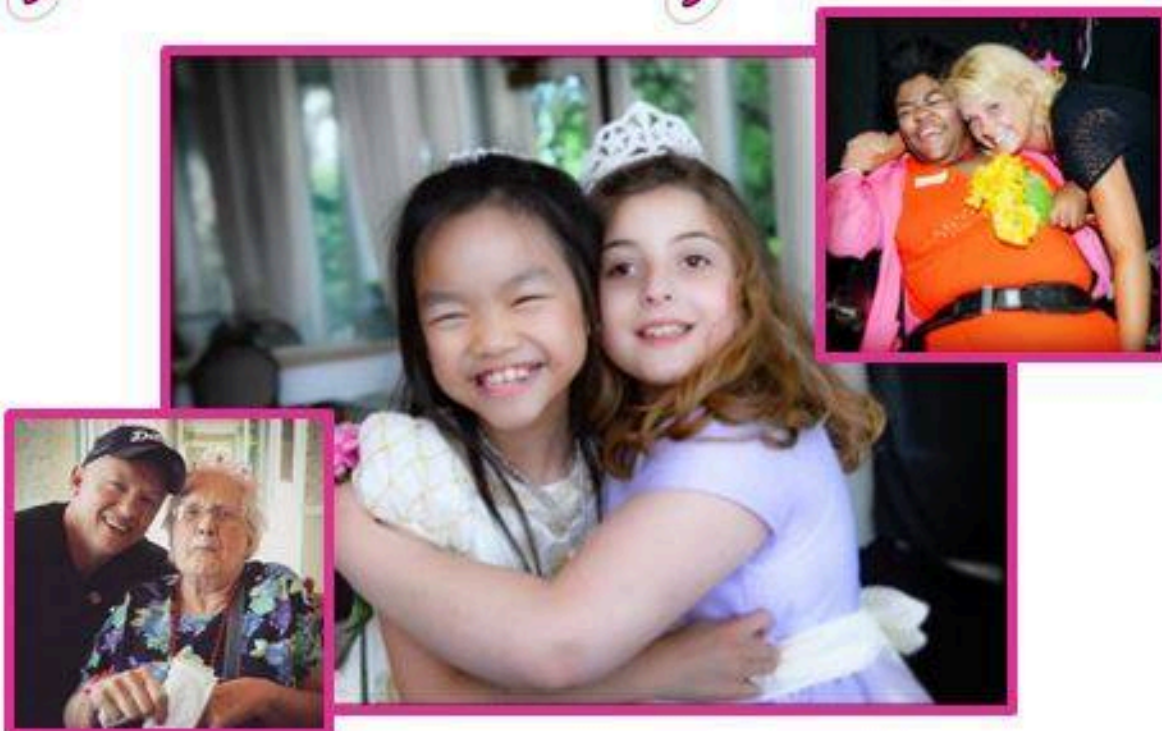
Pure Michigan

This is one of the exhibits at the Michigan Historical Museum in Lansing.

See:

http://www.michigan.gov/mhc/0,4726,7-282-61080_62766--,00.html

princess party



Come one, come all to the 2nd annual Princess Party! This event is for girls with and without disabilities to foster new friendships and celebrate their bravery, brilliance, and beauty! Each Princess will have the opportunity to get their hair and makeup done, dance to live music, capture memories through pictures and make new friends.

Saturday June, 27 from 11am to 3pm
The Grosse Pointe War Memorial's Crystal Ballroom
Reserve your spot for this FREE event at
[www.theprincessparty.org!](http://www.theprincessparty.org)

www.facebook.com/goprincessparty

goprincessparty@gmail.com

Instagram: [the.princess.party](https://www.instagram.com/the.princess.party)

Improving Outcomes for Individuals, Families, and Agencies by
Recognizing Fetal Alcohol Spectrum Disorders (FASD) and Modifying
Approaches Accordingly

Featuring: Dan Dubovsky, MSW, FASD Specialist

June 15, 2015

Location: Aeronautics

Capital Region International Airport

4100 Capital City Boulevard, Lansing, MI 48906

This event is sponsored by the Michigan Department of Community Health, Behavioral Health & Developmental Disabilities Administration, Office of Recovery Oriented Systems of Care, and facilitated by The Michigan Association of Community Mental Health Boards (MACMHB). If you have questions, please contact Annette Pepper at apepper@macmhb.org or call 517-374-6848.

Many individuals struggle in treatment, corrections, child welfare, income, housing and other systems of care. Although they often have behaviors that appear to be willful and non-compliant, for those with fetal alcohol spectrum disorders (FASD), the behaviors are most often related to the effects of prenatal alcohol exposure on the developing brain. As they are often bright and verbal, their FASD is not typically recognized and they fail in programs based on cognitive abilities and verbal processing. This session examines the brain basis of FASD. Understanding this is key to working successfully with these adults. Behaviors frequently seen are discussed, a screen for identifying adults with a possible FASD or other subtle cognitive impairments that interfere with treatment success is presented, and strategies for modifying approaches, including evidence based practices such as motivational interviewing and individual and group therapy are highlighted.

Participants will be able to:

1. List brain structures impacted by prenatal alcohol exposure;
2. Describe why behaviors identified as non-compliance and lack of motivation are actually due to brain processing issues and not willful choices in those with a fetal alcohol spectrum disorder;
3. Examine a screen for identifying adults with a possible FASD;
4. Identify modifications to approaches in treatment, housing, vocational services, and other systems for those with an FASD.

Who Should Attend? CEOs, COOs, clinicians, case workers, support coordinators, peers and other practitioners at the entry level, intermediate and advanced level of practice.

Social Work: The Michigan Association of Community Mental Health Boards (MACMHB), provider #1140, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. MACMHB maintains responsibility for the program. ASWB Approval Period: 11/10/13-11/10/16. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive 6 Clinical Continuing Education Clock Hours. Course Delivery Method: Face-to-Face seminar.

Substance Abuse: The Michigan Association of Community Mental Health Boards is approved by the Michigan Certification Board for Addiction Professionals (MCBAP) to sponsor educational training for professional certification. MACMHB maintains the responsibility for the program and content. Substance abuse professionals participating in this training will receive 6 (Specific) contact hours.

Certificate Awarded: At the conclusion of this seminar, bring your "Verification and Certificate of Attendance" form to the MACMHB Staff to be initialed. You will turn in the top sheet and retain the bottom sheet which serves as your certificate of participation.

Evaluation: There will be an opportunity for each participant to complete an evaluation of the course and the instructor. If you have any issues with the way in which this training was conducted or other problems, you may note that on your evaluation of the conference or you may contact MACMHB at 517-374-6848 or through our webpage at www.macmhb.org for resolution.

*National Accreditation rules indicate that if you are over 5 minutes late or depart early, you forfeit your CEUs for the entire training. Please note that this is a National rule that MACMHB must enforce or we could lose our provider status to provide CEUs in the future. This rule will be strictly followed.

Training Location: Aeronautics (MDOT), Capital Region International Airport, 4100 Capital City Boulevard, Lansing, MI 48906.

Hotel Information: Crowne Plaza West, 925 S. Creyts Rd., Lansing, MI 48917. Call 517-323-7100 and mention that you are with MACMHB to receive a \$75/room rate + tax per night.

Improving Outcomes for Individuals, Families, and Agencies by Recognizing Fetal Alcohol Spectrum Disorders (FASD) and Modifying Approaches Accordingly

Attn: Annette Pepper ~ June 15, 2015

Location: Aeronautics, Capital Region International Airport
4100 Capital City Boulevard, Lansing, MI 48906

3 Ways to Register:
Online - www.macmhb.org;
FAX - 517-374-1053;
MAIL - MACMHB, 426 S. Walnut, Lansing, MI 48933

\$30 per person (cost includes coffee, lunch & conference materials)

*Cancellation Policy: Substitutions are permitted at any time. No-shows will be billed at the full training rate. Cancellations must be received in writing 10 business days prior to the training for a full refund less a \$5 administrative fee. If cancellation is received less than 10 business days prior to the training the full charge will be incurred.

I have read and understand the cancellation policy. By submitting this registration, I am agreeing to the terms and conditions of the National Accreditation Rules for continuing education and to MACMHB's cancellation policy

_____ I am requesting CEU's for social workers Permanent Licensure # _____ (required)

(PLEASE TYPE OR PRINT)

First/Last Name: _____ Title: _____

Agency: _____ Email: _____

Address: _____ City/State/Zip: _____

Area Code/Phone: _____

Special Needs: If you have special dietary or physical needs, please specify: _____

Arrangements for special needs will be honored for those written requests received 10 business days prior to the training. Clearly state your specific needs for dietary restrictions, mobility assistance, interpreters, etc. All attempts for on-site requests will be made.

Emergency Contact Name: _____ Day Phone: _____

Billing Address (if different than above): _____

City/State/Zip: _____

Payment: Payment does not need to accompany registration. However payment must be received by the day of the training. Please note, confirmation letters are only sent if an email address is provided.

- Check Enclosed (payable to MACMHB)
- Purchase Order (attached)
- Credit Card / PayPal: A link will be sent for PayPal with confirmation of registration.

Questions? Contact MACMHB at 517-374-6848



Support Groups for FASD in Michigan

(not all groups are specifically for FASD support)

(Please phone or email contact person prior to attending to ensure that group is still meeting. If information has changed, please email Charisse at Charisse@mcfares.org).

Alpena County

FASD Family Support Group, Meets 3rd Wednesday of each month; 6:30 – 8 p.m., Thunder Bay Transportation Authority, 3022 US23 S, Alpena. Contact Mary Schalk at maryschalk@frontier.com 989-734-2877 for more information.

Eaton County

Eaton County Foster Adopt Support Group, Meets 1st Thursday monthly, 6 – 8:30 p.m. Pot-luck dinner at 6:00 p.m. Group/training at 6:30 p.m. Childcare available. Eaton Intermediate School District, 1790 Packard Highway, Charlotte, MI 48813. Located right next door to Walmart. Contact Michelle for more information at besa_93@yahoo.com.

Kent County

West Michigan FASD Support Group, Meets 3rd Tuesday of each month, 7 – 8:30 p.m., Westminster Presbyterian Church, 47 Jefferson Avenue, Grand Rapids, MI 49503. Contact Sandy Kezenius, 616-874-9522; Corry Tait, 616-550-4273; or Barbara Wybrecht, 616-241-9126 or bmwybrecht@gmail.com for more information.

Self-Advocates with and FASD in Action (SAFA), generally meets on the 3rd Tuesday of each month. The meeting is for adults age 18 and up who have an official FASD diagnosis. Contact Rob Wybrecht for more information, rob1195@yahoo.com.

Adoptive Families Support Group, Meets 3rd Tuesday of each month, 6 – 8 p.m., Holy Family Catholic Church, 9669 Kraft Avenue SE, Caledonia, MI 49316-9723. Contact Shelley Garcia, 1-855-MICH-P2P, x705 or sgarcia@afsn.com for more information.

Macomb County

Project SAFE (Supportive Activities for Everyone), Generally on a Friday or Saturday evening from 5:30 – 8:30 p.m. at various locations in Macomb County. Families meet for pot-luck dinner followed by supervised play for the children and support group time for adults. Contact Charisse at Charisse@mcfares.org or 586-329-6722.

Brunch Bunch, Monthly, 2nd Tuesday, 9 a.m. – 11 a.m., In Clinton Township, Contact Charisse at Charisse@mcfares.org or 586-329-6722 for location details.

Muskegon County

Support group for foster/adoptive/kinship families. Very active group meets weekly for various activities. Contact Janice Hilleary at Bjhilleary@comcast.net or 231-286-7892 (cell phone).

Washtenaw County

Ann Arbor Support Group, Meets 4th Wednesday of each month except November (meets 3rd Wednesday) and December (no meeting), 7 -9 p.m. St. Joseph Mercy Hospital, Education Center, Classroom #5, 5305 East Huron Drive. Contact Betsy for more information, betsysoden@juno.com.

On-line Support

Families and Supports Affected by FASD: <http://groups.yahoo.com/group/FaSAFASD>

Note: No liability is assumed with respect to use of or inability to use the information contained in this newsletter. Although every precaution has been taken, the authors assume no liability for errors or omissions. No liability is assumed for damages resulting from the use of the information contained therein.



MCFARES is the Michigan NOFAS Affiliate

MCFARES Member Agencies

Arc Services of Macomb
(fiduciary)

Macomb County Office of
Substance Abuse

Family members of affected
individuals

Oakland University School of
Nursing

Macomb Intermediate School
District, Early On

Macomb County Community
Mental Health

Fraser Public Schools

Macomb Family Services

Macomb County Health
Department

Madonna University



***MCFARES needs you.
Call us at 586-329-6722
to find out how you can
help.***

MCFARES

44050 N. Gratiot
Clinton Township, MI 48036

RECIPIENT
Address Line 1
Address Line 2
Address Line 3
Address Line 4
