

# FASD: News and Views



## The MCFARES Coalition FASDay events: The past and the present

### In the beginning:

The MCFARES Coalition held its first FASDay event on 9-9-05 at the Clock Tower in downtown Mt. Clemens. Guest speakers included Dr. David Lokar (Macomb County Health



Department), Judge Antonio Viviano (Macomb County Circuit Court), Nancy White (Macomb County

Commissioner) and Trudy Kilp and Charisse Cossu-Kowalski (parents of affected individuals). Our 2nd Annual FASDay event was held at Ark Bowling in Sterling Heights.



Approximately 150 guests enjoyed free bowling and about 200 people visited the agency displays available that day.

In 2007, for our 3rd annual

FASDay event, the MCFARES Coalition joined the Recovery Walk on Belle Isle in

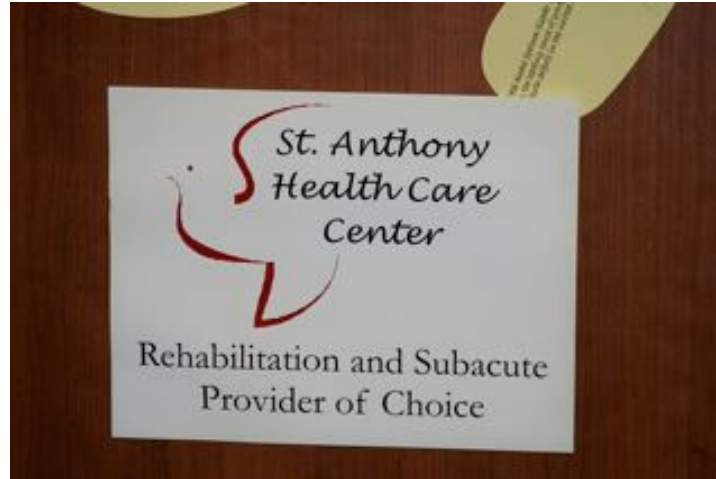
Detroit where hundreds participated in the walk and had a chance to visit vendors from area programs. FASDay, 2008 found the MCFARES Coalition back in downtown Mt. Clemens for our first annual “Walk-Along” and “Better Beverage Challenge.” At least 60 walkers trekked through downtown Mt. Clemens visiting various establishments to sample “Better Beverages” (alcohol-free beverages) and vote on their favorite.

### Now to the present:

The 5th annual MCFARES Coalition FASDay event was held at the Macomb Mall in Roseville. We hosted our second annual “Better Beverage Challenge” and had 4 contestants vying for the coveted “Interagency FASD Better Beverage Challenge” award. Over 150 guests had the opportunity to learn more about Fetal Alcohol Spectrum Disorders and sample the “Better Beverages.” Guests voted the “Peach Cherry Sparking Punch” sponsored by Macomb Family Services as the “Better Beverage” for 2009.

# FASDay, 2009

Held at the St. Anthony's Health Care Center on 9-9-09



Angie Pate, MCFARES Coalition member, and the St. Anthony's Health Care Center recognized International Fetal Alcohol Spectrum Disorders Awareness Day on 9-9-09 by sharing information about FASD with staff and residents and by raising funds for the MCFARES Coalition.

Many thanks to everyone at St. Anthony's for raising funds for MCFARES.



## The MCFARES Coalition: Who We Are

The MCFARES Coalition was formed in 2003 to address the issue of Fetal Alcohol Spectrum Disorder. Our goals are to provide prevention information and to support individuals and families who are affected by FASDs.

### The MCFARES Coalition: Highlighting Some of Our Services

Here are some of the activities of the MCFARES Coalition:

- Project SAFE (Supportive Activities for Everyone) meets monthly, usually on a Friday or Saturday evening. Families come together for a pot-luck dinner, support and supervised recreation for the children. Meeting dates and location are announced on the FaSAFASD Yahoo group. For more information, join the Yahoo group (<http://groups.yahoo.com/group/FaSAFASD/>) or send an email to Charisse at [charisse@mcfares.org](mailto:charisse@mcfares.org)



- At the Super Kids, Smart Choices summer socialization program children enjoy learning skills and strategies that they can use at school and in public.

- Brunch Bunch is a monthly gathering for parents to spend time discussing the challenges and triumphs of living with someone affected by FASD and to plan for future activities of the MCFARES Coalition.

- Parents Helping Parents at IEPs was established to assist parents when they attend IEP meetings. Parent assistants have attended workshops to learn how to most effectively support parents at an IEP meeting.



- A Phone Support List of volunteer parents is available to caregivers of affected individuals. Join the FaSAFASD Yahoo group for more information (<http://groups.yahoo.com/group/FaSAFASD/>).

## **The MCFARES Coalition Needs You**

The MCFARES Coalition is currently an unfunded Coalition. How can you help?

- Monetary donations will help us to provide summer camp scholarships, website maintenance fees, books/resources for families, speaker fees
- Postage stamps
- Copy paper, printer ink
- Sponsor dress down days to help raise funds for the MCFARES Coalition
- Our families could use: gift certificates for restaurants, grocery stores, gas stations
- Help us develop our website.

### **The Big FASD Picture!**

The MCFARES Coalition developed a reference manual called the Big FASD Picture! which is available for \$15 (payable to Arc-Macomb with "MCFARES" in the subject line). It was developed for persons working with individuals who have a Fetal Alcohol Spectrum Disorder. The book is also available on-line at [www.mcosa.net](http://www.mcosa.net) . Please contact Charisse at [charisse@mcfares.org](mailto:charisse@mcfares.org) for more information.



## **This Month's Book Recommendation**

This month we're recommending:

**"Reach to Teach Educating Elementary and Middle School Children with Fetal Alcohol Spectrum Disorders"**

This book is available for free from the National Clearinghouse for Alcohol and Drug Information (NCADI). Here is an explanation of the book from the NCADI website:

"Reach To Teach is a resource guide for parents of a child with an FASD and for teachers in elementary and middle schools who work with children who have an FASD. It provides a basic introduction to these disorders and tools to improve communication between parents and teachers."

Order this free book from the NCADI website:

<http://ncadi.samhsa.gov/>

**Member Agencies:**

- Arc Services of Macomb\*
- Family members of affected individuals
- Macomb Intermediate School District
- Fraser Public Schools
- Devon Behavioral Consulting
- Macomb Family Services
- Macomb County Health Department
- Oakland University School of Nursing
- Department of Human Services, Macomb

- Macomb County Office of Substance Abuse
- Madonna University

\*fiduciary

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Friends of the MCFARES Coalition

On any street

In any town, MI 48&&&