

FASD NEWS AND VIEWS

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

Michigan NOFAS Affiliate

MCFARES is pleased to announce that it has been named the Michigan Affiliate of the National Organization on Fetal Alcohol Syndrome (NOFAS).



We have been striving to grow the Coalition and this affiliation will help us learn strategies to do just that. We also hope to have the opportunity to share our accomplishments with other affiliates across the country.

WINTER, 2010

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Save the Dates: MCFARES Meetings

Meetings are generally held on the fourth Monday of each month from 12:30 - 2:00 p.m. at the Arc-Macomb offices. Contact Charisse at Charisse@mcfares.org for more information.

January 25, 2010
February 22, 2010
March 22, 2010
April 26, 2010
May 24, 2010
June 28, 2010
July 26, 2010

August 23, 2010
September 27, 2010
October 25, 2010
November 22, 2010
December 20, 2010
(tentative lunch meeting)

Questions We Are Asked

Our daughter is 8 years old. Mornings are so chaotic. Before getting meds, she is unable to do anything independently; she can't make her bed, get dressed, eat, brush her teeth and she instigates everyone in the house. What can we do to make mornings more enjoyable?



Mornings are sometimes tough for our kids but we can make the morning routine a bit more enjoyable with just a few adjustments to our routine.

Yes, mornings are tough for many of our kids. Here are a few things we've tried over the years. For a while, we gave our son his meds before he got out of bed. We'd bring him his meds (keeping the lights out and the mood very calm) and a cup of water (making sure he swallowed them before leaving the room). We'd let him fall back asleep for about a half hour before getting out of bed. Once he was out of bed, we minimized all distractions: no tv or video games; occasionally low soft music; other family members were asked to be calm and quiet. We helped him focus on getting ready by asking, "What's next?" and directing him to eating his breakfast (sometimes he wasn't hungry because the meds kicked in so we'd offer high protein, high calorie foods and sent snacks to school for him to eat during breaks), getting dressed, brushing his teeth, combing his hair. Some days he'd need a lot of direction and supervision and other days he'd need just a reminder. Some families use a picture board showing each task that a child must accomplish before leaving for school. Our school helped us develop one and my son would refer to it sometimes. Some families develop a social story and review it with the child as needed (for more information on social stories, see <http://www.ecasd.k12.wi.us/departments/student-services/special-education/teacher-resources/social-stories/index.html>).

Do you have a question you'd like us to answer? If you do, submit it to Charisse@mcfares.org.

Things We Overhear

15 year old fetal alcohol affected child to his aunt: I'm glad your baby is already born.

Aunt: Why?

15 year old: Because if you were still pregnant and drinking beer, your baby would have problems just like me.



MCFARES MEMBER SPOTLIGHT: Gail Curi, Special Ed Director, Fraser Public Schools

1. What brought you to MCFARES?

I was invited by a parent of a Fraser student who has FAS. My staff needed to appropriately service this student, so more information about the disorder and its affects on the brain and learning were needed. By becoming involved I was hoping the group would partner with school districts to provide training to special and general education staff to increase awareness, therefore increasing the school's ability to work with our FASD students.

2. What have you brought to MCFARES?

I have brought a special ed. director's and public school perspective to the MCFARES group. I also assisted in the development of the Big FASD book which was distributed to all of the special ed. directors and many other Macomb organizations. In addition, I

have been able to secure a room free of charge each summer for a socialization camp that is offered through the MISD to students afflicted with FASD.

3. What have you learned?

I have learned so much about the needs and frustrations of these children and their families. My staff and I have learned to do a better job of diagnosing, providing the necessary programs and services, and referrals to outside agencies such as MCFARES. We continue to debate the certification issue but feel confident that no matter what the certification, we will now be able to meet student needs.

4. Where do you see MCFARES going?

Continued...

(Continued)

My hope is that MCFARES continues to spread the message of Nine Zero-Nine Months, Zero Alcohol because FASD is 100 percent preventable! In the meantime, partnering with educators who provide programs, and services is imperative to success for these students.

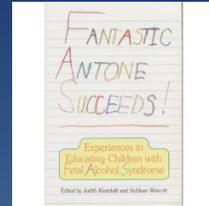
5. What do you do for Fraser Schools?

People often ask me what my role is as the Special Education Director. I oversee the diagnosis, programs and services for special education students in Fraser Public Schools from pre-school through transition to post secondary schools or work. I am actively involved in Professional Learning Communities to enable our students to reach their potential by providing exceptional learning strategies, curriculum, and high expectations. Mostly, I see my role as doing “whatever it takes” to team with families, teachers, administration, and outside agencies to increase achievement, independence, and socialization for Fraser special education students.

6. Personal

I love to spend evenings and weekends with my husband and three adult children Dane, Shannon, and Drew. We spend summer weekends at our cottage on a lake in Gladwin with extended family and friends who also have cottages on the lake. We like to travel and attend sporting events, plays, concerts, etc. with friends. I also love Christmas and shopping and am looking forward to a great new year. Happy New Year everyone!

RECOMMENDED READING



Fantastic Antone Succeeds: Experiences in Educating Children with Fetal Alcohol Syndrome

Edited by Judith Kleinfeld
and Siobhan Wescott

This is a great introduction to the complexities of fetal alcohol spectrum disorders. Fantastic Antone is a collection of articles written by parents of affected children and professionals who work with affected children and families.

The four parts of the book include: How Prenatal Alcohol Exposure Affects Children and Their Families; Parents' Know-How; Teachers' Techniques; Working with Families of Alcohol-Affected Children.

SAVE THE DATE

International FASD Conference

A Framework for Identifying, Diagnosing, and Treating Individuals and Families Affected by Fetal Alcohol Spectrum Disorders (FASD)

Friday April 9 and Saturday April 10, 2010
Kewadin Casino Hotel and Convention Center
Sault Ste Marie, Michigan

Featured Speakers

Ed Riley, PhD

Department of Psychology, San Diego State University

Dan Dubovsky, MSW, LSW

U.S. FASD Center for Excellence

Georgiana Wilton, PhD

University of Wisconsin, Dept of Family Medicine

The two-day conference will offer keynote addresses, breakout sessions, poster presentations, and exhibits sharing state-of-the-art information and strategies for providers, families, and communities affected by FASD.

Conference Details

Registration Fee: \$99 per person includes registration, materials, and breakfast and lunch each day. A limited number of partial registration scholarships are available.

Accommodations: A block of rooms has been reserved at the Kewadin Casino Hotel/Convention Center (code: 9ED28R) for \$75 for Friday & Saturday; and \$62 for Sunday-Thursday. Check out their website at: www.kewadin.com/

Sponsored by the Great Lakes FASD Regional Training Center

Phone: 608-261-1418 **Toll-Free (in U.S.):** 1-800-752-3157

Email: FASD.trainingcenter@fammed.wisc.edu

Web: www.fasdeducation.org

Support Groups

Marquette County

U.P. FASD Support Group

Meets monthly on the 3rd Tuesday, 1:30 - 3:00 p.m.

MARESA, 321 East Ohio Street, Marquette, MI

Contact Karen Twa for more information, 906-225-7706 or twak@michigan.gov

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.

Livingston County

FASD Living

Meets monthly on the 1st Thursday, 7 - 9 p.m.

St. Joseph Mercy Livingston Hospital, west entrance, Community Room #2, 620 Byron Road, Howell, MI 48843

Contact Terri Moore for more information, terri.j.moore@comcast.net or CAP at 517-548-2200.

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

Macomb County

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.

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. Charlotte Assembly of God Church, Charlotte across from Meijer on M-50

Contact Michelle for more information at besa_93@yahoo.com

Support Groups, continued

Jackson County

Parenting Challenging Children

Meets 2nd Sunday of each month, 1 – 2 p.m.

Cascades Fellowship
CRC, 2390 W. High
Street, Jackson, MI 49203

Monthly meeting includes family lunch, child care, crafts and videos for children and youth. Speaker occasionally scheduled.

Contact Rev. Bob Devries or his wife Alice at 517-784-8034.

Mecosta County

United Support

Meets 3rd Sunday of each month (except December), 2 – 4 p.m.

United Church, State
Street, Big Rapids, 49307

Adult support meeting for information and resourcing; “Teens United” social support and group activities; children’s group – social support (giving parents professional childcare so that they may attend.

Contact Audrey Roseboom at rozebooma@michigan.gov for more information.

Alpena County

FASD Family Support Group

Meets 3rd Wednesday of each month; 6:30 – 8 p.m.

Partners in Prevention
Office, 3022 US23 S,
Alpena

Contact Mary Schalk at maryschalk@verizon.net or 989-734-2877 for more information.

On-line support:

Families and Supports Affected by FASD

<http://groups.yahoo.com/group/FaSAFASD/>

If you would like to report inaccurate information or add information for a support group, please contact Charisse at Charisse@mcfares.org.

MCFARES Member Agencies

- Arc Services of Macomb (fiduciary)
 - Family members of affected individuals
 - Macomb Intermediate School District, Early On
 - Fraser Public Schools
 - Devon Behavioral Consulting
 - Macomb Family Services
 - Macomb County Health Department
 - Madonna University
 - Macomb County Office of Substance Abuse
 - Oakland University School of Nursing
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MCFARES

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Clinton Township, MI 48036

[Recipient]

Address Line 1

Address Line 2

Address Line 3

Address Line 4