



# FASD NEWS AND VIEWS

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



Established in 2003

## Questions We Are Asked:

**Question:** *Our son is 6 years old and has been receiving special education services since he was 18 months old. We have worked with and continue to work with lots of professionals. Each school year we begin with a new set of professionals. How do we help them learn about our son?*

**Answer:** It takes a lot of time and energy to begin with a new set of professionals each September. It helps to be prepared. First, organize your thoughts and then write a summary of information that you believe is important about your son. Topics might include: description of challenges and how to most effectively prevent or intervene; likes/dislikes (food, activities, academics); fears and anything else you believe to be important. Prior to the start of each school year, share the report with your son's team. You can also share this information with professionals outside of school.

Also, consider organizing your files. First, get a 3-ring binder, some dividers and clear plastic sleeves. Rather than hole-punch the documents, put them in protective sleeves which will make removal for photocopying easier. In one section

put your son's recent IEP and the last 2 or 3 that were completed, the behavior plan (if you have one) and recent report cards. In the next section, put reports from the school and from private sources. Also include a section for information pertaining to your son's diagnosis or other information you may want to share with professionals.

If your son takes medications, you may want to consider developing a chart that will serve as a summary of medications that have been used and the reaction to each medication. In the chart, include the name and dosage of the medication, doctor who prescribed it, dates it was used and reaction. This chart will come in handy when you change doctors or when it's time to consider new medications. Another chart to consider developing is a chart detailing all of the testing your son has completed.

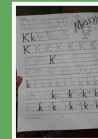
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While you'll also keep the written report in his binder, a chart showing individual test scores can give a quick glimpse into changes and developments and help to define IEP goals.

You may find that another system works for you. Here's one suggestion:  
<http://www.wrightslaw.com/nltr/12/nl.0626.htm>

*If you'd like your question to be answered in this newsletter, please send it to Charisse at [charisse@mcfares.org](mailto:charisse@mcfares.org).*

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## Super Kids/Smart Choices

The Super Kids/Smart Choices summer socialization program was held in July at Richards Middle School in Fraser. This year 18 children enjoyed eight full days of programming. The children enjoyed half a day learning socialization skills with Joanne Cwiklinski from the MISD and her helpers and half a day improving their fine motor skills with Regina Parnell, Preethy Samuel and occupational therapy students from Wayne State University.

Feedback from the students was very positive. Jesse (age 15) liked "walking to Coney Island restaurant and making the pillows." Gabby (age 9) thought the camp was great. She loved going to the gym and doing the craft projects. Lisa W. (parent of two children who attended the

program) said she appreciated the addition of the Wayne State occupational therapy program activities.

Thanks go to Beth Alberti, Assistant Superintendent, Special Education and Student Services from the Macomb Intermediate School District and Dr. John Hannigan, Deputy Director of the Merrill Palmer Skillman Institute and Professor of Obstetrics and Reproductive Sciences from Wayne State University for approving the development of the program. Thanks also go to Fraser Public Schools for allowing the use of their facilities for the program.

Parents and children alike are looking forward to another great year in 2013.

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## It's a Matter of Perspective: Understanding How Our Kids' Brains Work

*Scenario:* Young woman affected by pre-natal exposure to alcohol asks her mother to sit in on therapy sessions to help translate/review what happened in therapy after the session.

In one session the therapist was talking about the waves of emotions - mind you we live in Minnesota with many lakes of very small waves. The therapist said, "Emotions are like waves you must ride them up and then ride them down. They are always moving and you will not stay in one state too long." This was a therapist skilled in working with individuals who have developmental disabilities. Our daughter nodded in agreement so I didn't say anything. In the car I asked, "\_\_\_ had some great ideas about emotions today didn't she?" To which our daughter replied, "Mom, why does she want me to ride in a wagon and not stay in Minnesota?"

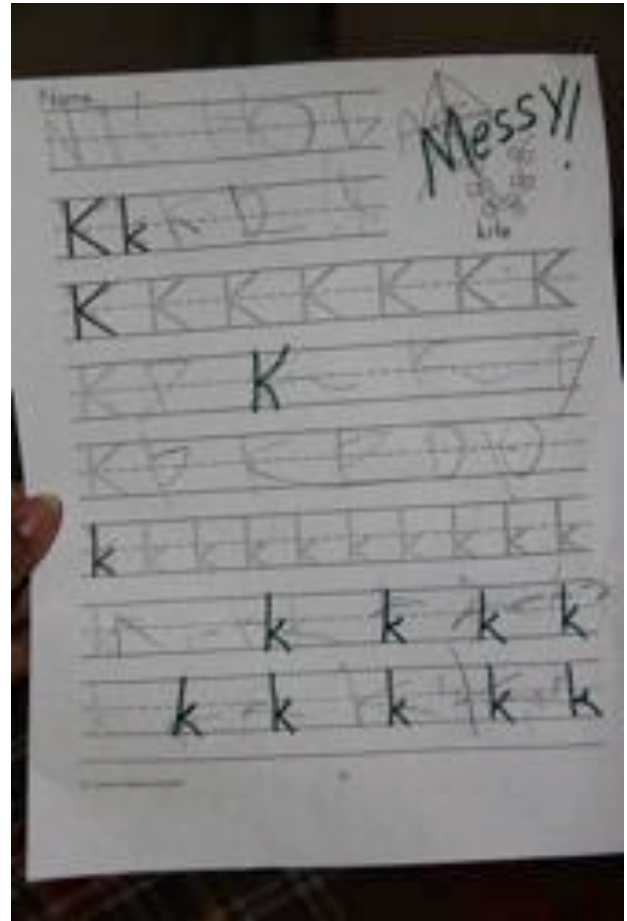
## What Would You Do?

Many children who were pre-natally exposed to alcohol experience fine motor delays and have challenges learning how to print and complete other fine motor activities (e.g., tying shoelaces, using silverware).

Frequently, these children are aware of these challenges but do not know how to overcome them on their own. This is where supportive parents and professionals can make a world of difference for a child.

If the goal is to teach the student how to print, we might consider a supportive, positive approach. Try teaching the skill hand-over-hand. Show the student how to form the letter (multiple times on multiple occasions). Clearly explain how to complete the work and then stay with the student until you are sure expectations are understood. Acknowledge when the skill is performed properly.

What has the child learned from this example?



## MCFARES Meeting Dates

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](mailto:Charisse@mcfares.org) for more information.

August 27, 2012  
 September 24, 2012  
 October 22, 2012  
 November 26, 2012  
 December (probably lunch meeting off-site)

Visit MCFARES on the web at

<http://www.mcfares.org/index.html>

and on Facebook at

<https://www.facebook.com/groups/93728110628/>

## Bragging

### Joy Wins Big at Special Olympics

This photo is of Joy C. being recognized at church by her pastor for her accomplishments at the spring Special Olympics in Macomb County.

Joy won three blue ribbons, one for the 50 meter dash, she was way ahead of the others in her group, and loves to run! She also jumped 4'6" in the standing jump which is just slightly farther than she is tall!! And she won the third ribbon for the soft ball toss.

She is always very excited about the special Olympics and more than happy to demonstrate how she won her ribbons!



Joy and her pastor

Congratulations, Joy.

### Andy Earns His Eagle Scout and Graduates from High School



Andy at his Eagle Scout Court of Honor



Andy and his proud parents at graduation

Andy earned Honor Cords for Excellence In Horticulture and for Top 10 for Community Service as he graduated from L'Anse Creuse. He worked very hard to earn his diploma. His next venture is to attend Michigan Career Technical Institute, funded through Michigan Rehabilitation Services. We are soooo proud of him!



## Painless Fundraising

As an unfunded Coalition, MCFARES relies on grants, donations and other forms of fundraising to continue operations. None of our members is an expert on fundraising and few of us have the time and expertise to do large scale fundraising efforts.

We have found, though, some very simple methods of raising funds for our Coalition. All it requires is for you to tweak something that many of you already do. Here are two ideas:

1. Use GoodSearch as your search engine and designate MCFARES as your charity. Do your online shopping through GoodShop and a portion of your spending will be donated to MCFARES. Sign up for GoodDining and a portion of your restaurant bill

will be donated to MCFARES. Please go to <http://www.goodsearch.com/> to learn more about how your every day activities can help raise funds for MCFARES.

2. Sign up for Kroger rewards. MCFARES has become a Community Rewards partner and all you have to do is designate MCFARES as your charity of choice. Every time you use your Kroger plus card, MCFARES will receive a donation. Our organization number is 91150. Go to [http://www.kroger.com/mykroger/Pages/community\\_rewards.aspx](http://www.kroger.com/mykroger/Pages/community_rewards.aspx) to sign up now.

## Book Nook

Here are a few great books to add to your library.

### Our FAScinating Journey: Keys to Brain Potential Along the Path of Prenatal Brain Injury (Volume 1) by Jodee Kulp

"Our FAScinating Journey: The Best We Can Be, Keys to Brain Potential Along the Path of Prenatal Brain Injury is written for families, professionals and the community. It's goal is to open the door to possibilities for our citizens who have sustained brain injury due to toxins in the womb. While this is Liz Kulp's story, our hope is to open doors for you and your child. We want to help your family become strong and united rather the divided and fall. We want to provide your child "a chance to grow!" (from Amazon.com Book Description)

### The Best I Can Be Living with FASD by Jodee and Liz Kulp

"Must read for parents who adopt and professionals who work with kids." (from Amazon.com book review)

### Braided Cord Tough Times In and Out by Liz Kulp

"I am just one of hundreds of thousands of people whose lives are affect each year by alcohol consumption before breathing your first breath of air. For those of you who were not pickled before birth, who believe you are wiser than I am, I ask you to take my thoughts and use your brains to make a difference." (from Amazon.com Book Description)

## Did You Know . . .

Did you know . . .

Members from the MCFARES Coalition are available for in-service training at your agency?

Topics include FASD 101, Signs and Symptoms, Behaviors and Interventions and Services and Supports. We can also develop an in-service specific to the needs of your agency.



Fees are typically \$100 per hour per presenter.



Did you know . . .

Many members of the MCFARES Coalition are parents of kids who were prenatally exposed to alcohol. These members are available to talk with parents to offer information and support.

If you know a family who might be interested in talking with another parent, ask them to email Charisse at [charisse@mcfares.org](mailto:charisse@mcfares.org) or call 586-329-6722.



## Help Us Help Families

You can help MCFARES to continue providing support, information and resources to the community. Members from MCFARES host vendor tables at area events to share prevention and resource information, provide information via phone and email, develop a quarterly newsletter, help fund scholarships to the Super Kids/Smart Choices summer socialization program, and host annual International Fetal Alcohol Spectrum Disorder Awareness Day events.

MCFARES incurs many expenses and is currently an unfunded Coalition. Your tax-

deductible donation or donation of supplies will help us to continue serving our community. We could always use printer cartridges (HP 564), printer paper, gas cards (to help families attend gatherings and medical appointments), grocery store gift cards (to provide food for family gatherings and other MCFARES events), and cash donations (to help pay phone bills, web-hosting, scholarships, etc.).

If you would like to help MCFARES, email Charisse at [charisse@mcfares.org](mailto:charisse@mcfares.org).

## 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](mailto: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@verizon.net](mailto:maryschalk@verizon.net) or 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. Charlotte Assembly of God Church, Charlotte, across from Meijer on M-50. Contact Michelle for more information at [besa\\_93@yahoo.com](mailto:besa_93@yahoo.com).

### Jackson County

Jackson County, Parenting Challenging Children. Meets 2<sup>nd</sup> 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.

### Kent County

West Michigan Support Group, Meets 3<sup>rd</sup> Tuesday of each month, 7 - 8:30 p.m., Westminster Presbyterian Church, 47 Jefferson Avenue, Grand Rapids, MI 49503. Contact Barbara Wybrecht, 616-241-9128 or [bmwybrecht@aol.com](mailto:bmwybrecht@aol.com) or Corry Tait, 616-878-1839 for more information.

Self-Advocates with and FASD in Action (SAFA), generally meets on the 3<sup>rd</sup> 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](mailto:rob1195@yahoo.com).

### 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](mailto:Charisse@mcfares.org) or 586-329-6722.

Brunch Bunch, Monthly, 2<sup>nd</sup> Tuesday, 9 a.m. - 11 a.m., In Clinton Township, Contact Charisse at [Charisse@mcfares.org](mailto:Charisse@mcfares.org) or 586-329-6722 for location details.

### Monroe County

Adoptive Moms Group, Meets 2<sup>nd</sup> Wednesday of each month, 7 - 9 p.m. Original Gravity, 440 County Street, Milan, MI 48160. Contact Theresa Light at [Theresa.light@yahoo.com](mailto:Theresa.light@yahoo.com) for more information as dates and locations sometimes change.

### Washtenaw County

Ann Arbor Support Group, Meets 4<sup>th</sup> Wednesday of each month except November (meets 3<sup>rd</sup> 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](mailto:betsysoden@juno.com).

### Wayne County

Fetal Alcohol Syndrome Caregivers and Families Engaged, Merrill Palmer Skillman Institute, Wayne State University, Skillman Building, 100 East Palmer, Detroit, MI 48202. Contact Maureen Rashwan at 248-470-5469 for more information.

### 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 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
- Macomb County Head Start



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

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## MCFARES

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44050 N. Gratiot

Clinton Township, MI 48036

[Recipient]

Address Line 1

Address Line 2

Address Line 3

Address Line 4