



SANFORD SCHOOL OF MEDICINE

The University of South Dakota
CENTER FOR DISABILITIES

NOFAS-SD News

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A University Center for Excellence in Developmental Disabilities Education, Research and Service

FASD Education Strategists Propose Direct Service for Teachers and Students

Marcia Maltaverne, M.S.
Education Strategist
Sioux Falls



Jessica Wuertzer, M.S.
Education Strategist
Rapid City



The FASD Education Strategist Project has been funded by the South Dakota Department of Education, Office of Special Education since 2003. Through this project, two Education Strategists, one in Sioux Falls and one in Rapid City, work with local school districts across South Dakota and the diagnostic teams from the FASD Diagnostic Clinics to more effectively plan educational interventions for students identified as having an FASD. Since that time, the Education Strategists have completed 392 clinic evaluations, 647 on-site consultations, and 200 in-services.

In 2012, the Education Strategists will offer an increase in large group trainings, small group training with classroom coaching, and classes for students diagnosed with an FASD. The Education Strategists will offer four one-day trainings in locations across the state. These trainings include the fundamentals of the disability of FASD with a concentration on brain differences and the effects on executive functioning including attention, memory, and behavior.

The Education Strategists will provide technical assistance through direct coaching to educators who enroll in small group intervention programs. Two small group intervention programs will be provided at geographically different locations in the state.

These programs will provide a combination of didactics, practice, and applied application and quality assurance. Each location will have 40 hours of small group didactics and 3, 2-hour coaching sessions with educators incorporating the skills and techniques within their classrooms and/or schools. Didactics will include prenatal substance exposure as it relates to cognition, communication, and executive functions (behavior, attention, memory, socialization); differentiated teaching methods; environmental adaptations; and IEP development.

Finally, the Education Strategists have proposed to offer

classes for students who have an FASD diagnosis. The proposed classes would not only teach students about their abilities but also provide a peer group for friendship and support. The classes would include the following objectives:

- i. Improved understanding of the brain and keeping the brain healthy
 1. Understand how your brain works
 2. Adopting a brain-healthy lifestyle by learning about sensible life choices including diet, rest, and relaxation techniques
 3. Assess cognitive processing skills using Cognitive Assessment System (CAS) and complete suggested individualized activities to improve cognitive processes
- ii. Assess Memory skills using “The Healthy Brain Kit” and complete suggested individualized activities to improve memory
- iii. Create a one-page profile
- iv. Improved understanding of social interactions
 1. “Strong Teens: Emotional Strength Training” curriculum
 - a. Understanding emotions
 - b. Dealing with anger
 - c. Understanding other people’s emotions
 - d. Clear thinking
 - e. The power of positive thinking
 - f. Solving conflicts
 - g. Letting go of stress
 - h. Setting goals and staying active
 2. Social Thinking instruction
- v. Safety and Responsibility
 1. Laws related to individual rights and responsibilities
 - a. Personalized wallet cards
 - b. Staying out of trouble – use your ‘Crystal Ball’

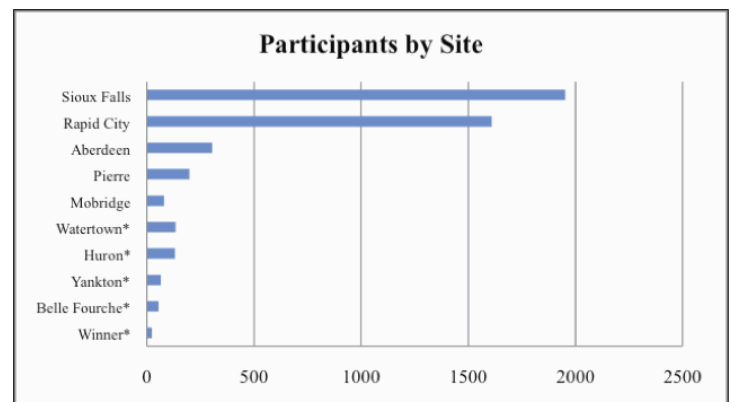
The Center for Disabilities is excited about the proposed changes to the services the Education Strategists offer to teachers in South Dakota. If you would like more information about any of the proposed activities, please contact the Center for Disabilities at their website www.usd.edu/cd; via email cd@usd.edu; or phone 800-658-3080.

Statewide FASD Prevention Project NOFAS Update

The South Dakota Statewide Fetal Alcohol Spectrum Disorders (FASD) Prevention Project strives to reduce the number of alcohol related births in the state of South Dakota. Through a coordinated effort between the South Dakota Division of Alcohol and Drug Abuse, the South Dakota Department of Health, The University of South Dakota’s Center for Disabilities, and Mountain-Plains Evaluation, LLC, the project supports Screening and Brief-Intervention services and FASD education to pregnant women accessing WIC services.

The South Dakota Statewide Fetal Alcohol Spectrum Disorders (FASD) Prevention Project is funded by the Center for Substance Abuse Prevention (CSAP) of the Substance Abuse, Mental Health Service Administration (SAMHSA). Project activities began in 2008 at the Aberdeen, Mobridge, Pierre, Rapid City, and Sioux Falls WIC clinics. Project activities were expanded to five additional sites in June of 2010: Belle Fourche, Huron, Watertown, Winner, and Yankton. All ten sites are currently running project activities.

For those pregnant women who are identified as being at risk for alcohol exposure a brief intervention plan is provided by WIC staff. Follow up with the client is provided up to and beyond the birth of the child. If needed, referral services to alcohol treatment are provided to the client. All services provided are free of charge for participating women.



* Began project activities in 2010

Annual NOFAS Affiliates Meeting

This meeting was held in Washington, D.C. on Monday, June 20th with an opening reception for the attending affiliate members and it ended Wednesday, June 22nd. Other events that took place throughout the meetings included a legislative briefing on Capitol Hill and the Annual NOFAS Awards Benefit Reception in the evening. The days were filled working with NOFAS's twenty-five affiliates and meeting with policymakers to discuss important legislative issues affecting the FASD field and individuals and families living with the condition. Our very own Judy Struck, Executive Director, presented an overview of FASD activities within the Center for Disabilities through our affiliation as NOFAS-SD.



In the picture: Front Row (from left): Melissa Sienkiewicz (MI), Peggy Combs-Way (CA), Allison Brooks (WA), Chris Troutt (TN), Sr. Suzette Fisher (OH), Melissa Jacobus-Cook (GA); Center Row (from left): Brianna Montgomery (NOFAS), Judy Struck (SD), Eileen Bisgard (CO), Laura Nagle (KY), Dr. Leigh Tenkku (MO), Marissa Lang (MN), Joyce Jorgenson (NH); Back Row (from left): Paul Joles (WI), Dr. Susan Aduabato (NJ), Shannon Klisch (CA), Amy Hendricks (NC), Kathy Mitchell (NOFAS), Tom Donaldson (NOFAS), Ajeet Charate (IL), Elizabeth Dang (CDC), Lydia Klene (VA); In Attendance, But Not Pictured: Deb Evensen (AK), Barbara Vancil (NE).

Tom and Linda Daschle and Lisa Murkowski Headline NOFAS Benefit

The annual NOFAS awards reception was held Tuesday evening, June 21, in Washington, D.C. NOFAS members and Fetal Alcohol Spectrum Disorders advocates from across the country joined Senator Lisa Murkowski and founding NOFAS members Tom and Linda Daschle honoring the leaders in the areas of public service, science and advocacy.

History on the Daschles Founding the Hall of Fame

In 2005 the Hall of Fame was named for former U.S. Senator Tom Daschle and his wife Linda Hall Daschle as a acknowledgement to their strong commitment and leadership in the battle of preventing alcohol-related birth defects and their enduring support of NOFAS. The Hall of Fame was established to highlight and honor the heroes living with Fetal Alcohol Spectrum Disorders and their families, advocates and researchers dedicated to treating and halting the disorder. <http://www.nofas.org/cspotlight/default.aspx>

If you would like to nominate an individual living with FASD or an advocate, family member or family, practitioner or researcher who has devoted his/her time and resources to working with someone with FASD or has made important contributions to the cause, please contact Bri Montgomery at montgomery@nofas.org. All of the nominations need to include a 200 - 400 word description of the nominee(s), their contact information and photograph (JPEG, TIFF or other high-resolution digital image). NOFAS will not accept anonymous or self-nominations.

“Linda and I salute the early pioneers in this field, and the families living with FAS. There should be a Hall of Fame for them. A Hall of heroes that inspires healing, hope and progress. A Hall for anyone willing to commit whatever it takes.”

- Senator Tom Daschle

NOFAS Topics: Light Drinking

NOFAS created a video on the topic of light drinking during pregnancy because of the latest responses of diverse messages in the media about the matter. The video consist of interviews with doctors, researchers, and others in the FASD field, such as Philip May, Michael Charness, Kieran O'Malley, Claire Coles, Kathy Sulik, Jennifer Thomas, and Susan Fleisher. These interviews were done at the recent International FASD Conference in Vancouver. The video can be found on YouTube by typing in the search bar NOFAS Topics: Light Drinking or by clicking this link <http://www.youtube.com/watch?v=pvFqjU43Odo&feature=youtu.be&hd=1>

The Circle of Hope (COH) also known as the Birth Mother's Network (BMN)

BMN was established by NOFAS Vice President Kathy Mitchell and a small group of other biological mothers in 2004. They founded this group together because they share similar stories of giving birth to a child with FASD. These five mothers are recovering alcoholics that have decided to be advocates for the issue of FASD. As mothers they share in grief, but at the same time they also share in having optimism for the future of their children.

They came together to begin this network and offer others a group that shares their own stories of challenges and happiness. Birth Mother's Network members are all

known as "Warrior Moms" for their unbelievable strength as parents. The founding women want other women with similar circumstances to know that they are not alone. There is support. These women serve as mentors to each other and together pursue overcoming the shame of alcoholism, addiction, and FASD.

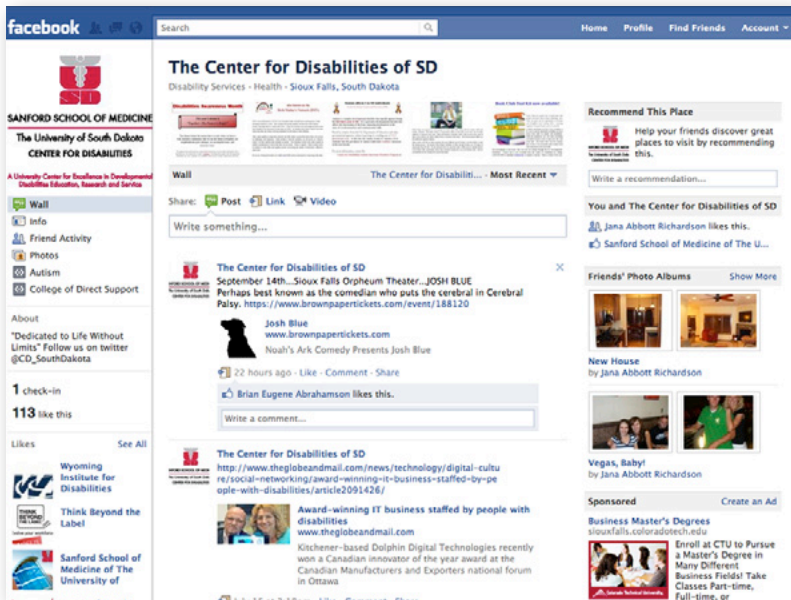
If you are a biological mother of a child with FASD or know of one and are interested in connecting with other mothers please contact: Julie Gelo at FASDSupport@aol.com or by phone at (206) 940-2832. For more information on the COH/BMN support program you can also go to <http://www.nofas.org/coh/>.

International FASD Awareness Day September 9th

In recognition of International FASD Awareness Day, the Center for Disabilities FASD staff will be distributing information on Fetal Alcohol Spectrum Disorders (FASD) to several school districts in South Dakota on September 9th. FASD information will be displayed in the Sanford School of Medicine lobby the week of September 5th through September 9th, in recognition of FASD Awareness Day. Also, look for media coverage including radio and newspaper interviews with families who have children with FASD.

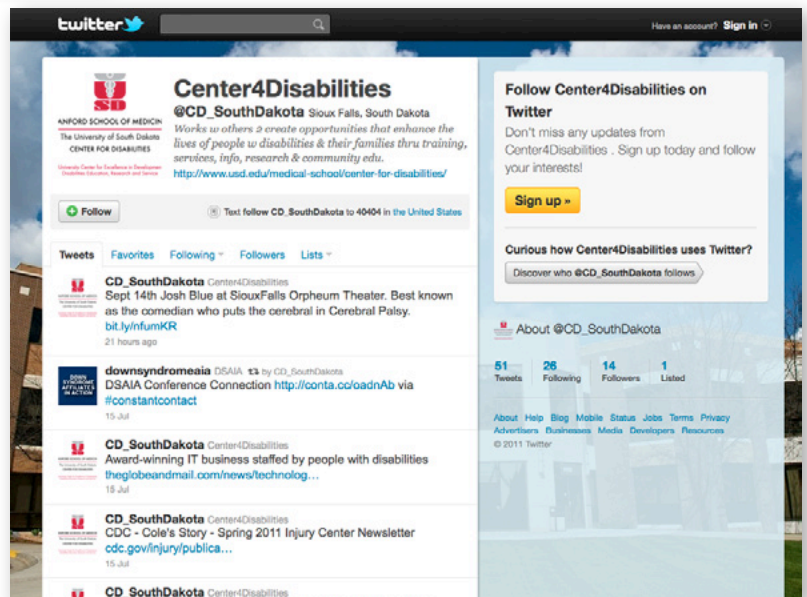
For more information, go to www.usd.edu/cd

Check us out!



We are now on Facebook. We would love for you to come check us out and "Like" us.

We are now on Twitter. We invite you to "Follow" us.



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The University of South Dakota
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1400 West 22nd Street
Sioux Falls, SD 57105
1-800-658-3080
1-605-357-1439
www.usd.edu/cd
cd@usd.edu

This newsletter is available in alternate format upon request by contacting the Center for Disabilities.