



toolsfortreatment

Family-Centered Behavioral Health Support
for Pregnant & Postpartum Women

ATTC | Center of Excellence

FASD in the Context of Women's Treatment Planning

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Alcohol Use During Pregnancy...

...What the research tells us



Alcohol

Effects on Mom

- Increased risk for health issues including:
 - Liver Disease
 - Cancer
 - Weight/Nutrition issues
 - Mood Disorders
 - Learning/memory problems
 - Violence
 - Injuries

Effects on Fetus

- Increased risk for:
 - Low birth weight
 - CNS damage
 - Facial dysmorphism
 - Developmental delays
 - Cognitive delays
 - Behavioral disorders



Major Signs Leading to a Consideration of FASDs

- Central Nervous System Effects
 - Impaired neurocognitive function
 - i.e., IQ below 70, impairments in: executive function, learning, memory, visual-spatial reasoning
 - Impaired self-regulation
 - i.e., mood or behavioral regulation, attention, impulse control
 - Impairment in adaptive functioning
- Small size and weight*
- Specific facial features*
 - *Note: Will look different in adults



Fetal Alcohol Spectrum Disorders (FASD)

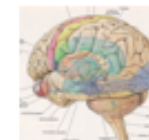
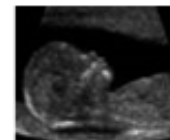
- A group of conditions that **can** occur in an individual whose mother drank alcohol during pregnancy.
 - Fetal alcohol syndrome (FAS)
 - Partial fetal alcohol syndrome (pFAS)
 - Alcohol-related neurodevelopmental disorders (ARND)
 - Alcohol-related birth defects (ARBD)
 - ND-PAE (DSM-5)
- The acronym FASD is a descriptive term--not a diagnosis.



Spectrum of FASD, Hoyme et al., 2016

- FAS → FAS with or without confirmed exposure
- PFAS → Partial FAS with confirmed exposure
- PFAS → Partial FAS w/o confirmed exposure
- ARBD → Alcohol-related birth defects (ARBD)
- ARND → Alcohol-related neurodevelopmental disorder
- ND-PAE → Neurodevelopmental disorder associated with prenatal alcohol exposure

	Confirmed Exposure to Alcohol	Facial Anomalies (≥2)	Growth deficits	CNS Abnormalities	Neuro-behavioral Impairment	Major malformations
FAS	+/-					
PFAS (confirmed)	[shaded]				[shaded]	
PFAS (w/o confirmed)		[shaded]		OR	[shaded]	
ARBD	[shaded]					[shaded]
ARND	[shaded]				[shaded]	
ND-PAE	[shaded]			As Defined in DSM-5		



Graphic adapted from *Neuroscience and Biobehavioral Reviews* (2007); 31:230-238

PEDIATRICS Vol. 106 No. 2 August 2000



Prevalence: FAS

- .2-1.5 per 1,000 live births
May & Gossage, 2001
Review of data from multiple surveillance studies
- 6 to 9 per 1,000 first graders
May et al., 2014
Screened 70.5% of all first graders with $\leq 25\%$ height/weight/head circumference



Prevalence: FASDs

- 24 to 48 per 1,000 children
 - **2.4-4.8%**
 - May et al., 2014



Implications for PPW

- Consider FASDs for clients and families
 - ***If client is pregnant***
 - What was the level of exposure
 - Was detox involved
 - When will baby be delivered
 - Prenatal care/Follow-up plan
 - ***If client has children***
 - What was prenatal exposure hx of each child
 - ***All clients***
 - Was she exposed to alcohol prenatally?
 - Towards a model of universal screening...it only takes a few extra questions



Challenges of Unrecognition

- Treatment “usual care” may not be as effective
 - If mom has FASD
 - Assess level of adaptive functioning
 - Concrete communication style supplemented with visual cues
 - Verbal language skills may exceed receptive language skills and information processing
 - Assess utility of written ‘assignments’ (i.e., journals)
 - Watch for ‘masking’ signs
 - Role play
 - *Staff consistency in standards and rule enforcement is critical!*



Screening for FASD

Collect information:

- Birth data
- Maternal alcohol history
- Developmental milestones/delays
- Physical/cognitive diagnoses
- Neuropsych exam results

FASD Education and Outreach Projects, University of Wisconsin-Madison School of Medicine and Public Health
Department of Family Medicine and Community Health (608-262-6590)



FASD Prescreen																																					
Date: __/__/__ Patient knows s/he is being assessed for FASD: <input type="checkbox"/> Yes <input type="checkbox"/> No																																					
Name of Individual: _____ Date of Birth: __/__/__																																					
Address: _____																																					
Primary Caregiver(s): _____ Telephone: _____																																					
<input type="checkbox"/> Self <input type="checkbox"/> Birth Parent <input type="checkbox"/> Adoptive Parent (at age: __) <input type="checkbox"/> Foster Parent (at age __) <input type="checkbox"/> Other _____																																					
Age of first placement outside birth family home: _____																																					
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Diagnostic Options

- Few diagnosticians assess adults
 - Many that do have triage protocols that result in long wait times
- Don't let that stop you
 - Employ support strategies anyway



Supporting Families

- Meet clients/families where they're at
- Adapt program requirements to accommodate cognitive level
- Services should be longer-term in nature
- Teach new skills in real environment (i.e., home, community)
 - Or, ask what their environment is like and accommodate



Supporting Families, cont.

- Assess for support needs
 - Budgeting
 - Shopping/meal preparation
 - Emergency preparedness
 - Including mental health services as needed
 - Crisis intervention planning/services
 - Respite care for children
- Service coordination
- Play groups for children and parents
- Adapted parenting skills training



Supporting Families, cont.

- Use concrete language and instructions
- Reduce stimulation in environment
 - Assist in organizing as needed
- Allow extra time to complete tasks/requests



For More Information

Webinettes: 30-minute presentations

- FASD: A Physician's Perspective

<https://www.youtube.com/watch?v=bxBZp6ycXbo>

- Understanding FASD: Implications for Women's Treatment

<https://www.youtube.com/watch?v=o6ml7qB2kCw>



References

- Grant et al. (2013). The impact of prenatal alcohol exposure on addiction treatment. *Journal of Addiction Medicine, 7*, 87-95.
- Paley, B. & O'Connor, M. J. (2011). Behavioral interventions for children and adolescents with fetal alcohol spectrum disorders. *Alcohol Research & Health, 34*, 64-75.
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- Phillips, D. P., Brewer, K. M., & Wadensweiler, P. (2011). Alcohol as a risk factor for sudden infant death syndrome (SIDS). *Addiction, 106*, 526-7.

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