



SAFEST Choice Community Resources Presentation Resource Document

FASD Specific Support examples	
Proof Alliance	https://proofalliance.org
FASD United has state affiliates	https://proofalliance.org
FASD United has state affiliates	<ul style="list-style-type: none"> • https://fasdunited.org • https://nofas.org/affiliates-partners/
Families Affected by FASD (FAFASD)	https://fafasd.net/
FASD Specific Podcast	www.FASDHOPE.com
AAP FASD Toolkit	www.aap.org/fasd
Parenting Support Examples:	
Maternal, Infant, and Early Childhood Home Visiting Program:	https://mchb.hrsa.gov/maternal-child-health-initiatives/home-visiting-overview
Healthy Start:	https://mchb.hrsa.gov/programs-impact/programs/healthy-start
Follow Along Program, (*MN State Specific Programs)	https://www.health.state.mn.us/people/childreneyouth/fap/index.html
Help Me Grow- (*MN State Specific Programs)	https://helpmegrowmn.org/HMG/index.htm
School District:	
Early Childhood Special Education	https://education.mn.gov/MDE/fam/ecse/

(ECSE) (*MN State Specific Programs)	
Early Childhood Special Education (ECSE)- (MA Program)	https://www.doe.mass.edu/sped/ecse/
Early Childhood Family Education (ECFE)- (*MN State Specific Programs)	https://education.mn.gov/MDE/fam/elsprog/ECFE/
Prenatal Alcohol Exposure (PAE) Support Examples	
Internet-based hybrid support groups/private Facebook pages	
FASD United	https://fasdunited.org
Recovering Mothers Anonymous	https://recoveringmothers.org/
County programs/workshops	https://mn.gov/dhs/assets/womens-recovery-services_tcm1053-317024.pdf
Mother's First	<ul style="list-style-type: none"> • https://minnesotaperinatal.org/mothers-first-spotlight/ • https://www.ramseycounty.us/residents/health-medical/clinics-services/mental-behavioral-health/adult-mental-health-chemical-health/mothers-first
Project Child	https://www.hennepin.us/your-government/projects-initiatives/project-child
Culturally-specific sources of support Examples	
PACER	www.pacer.org
DIVA Moms	https://www.facebook.com/DivaMom2018/

Sober Squad	<ul style="list-style-type: none"> • https://www.sobermomsquad.com/ • https://minnesotarecovery.org/events/sober-squad-meeting/2021-12-23/
Women of Traditional Birthing	https://www.diw-mn.org/health
Ujamaa Place	https://ujamaaplace.org/
Club Mom and Club Dad	https://www.ramseycounty.us/residents/health-medical/clinics-services/family-health-home-visiting-programs
Birthing Parent and Recovery Support	
Mother to Baby	<ul style="list-style-type: none"> • Expert, confidential, and no-cost information about medications and other exposures during pregnancy and breastfeeding. • https://mothertobaby.org
Postpartum Support International	<ul style="list-style-type: none"> • Helpline: 1-800-944-4773 • https://www.postpartum.net
Maternal Telehealth Access Program	<ul style="list-style-type: none"> • https://maternalhealthlearning.org/telehealth/rapid-response-for-moms-improving-services-for-telehealth-rrmist
Family to Family Health Information Centers: Family Voices	<ul style="list-style-type: none"> • https://familyvoices.org/lfpp/f2fs/
Title V Children & Youth with Special Health Care Needs (CYSHCN) programs exist in each state.	state contact: https://mchb.tvisdata.hrsa.gov/
SAMHSA Quick Guide for Clinicians, Substance Abuse Treatment: Addressing Specific Needs of Women, 2009	https://store.samhsa.gov/sites/default/files/d7/priv/sma13-4789.pdf
Breastfeeding	

Boston Medical Center	<ul style="list-style-type: none"> • Baby Cafes • https://www.bmc.org/obstetrics/breastfeeding • https://www.bmc.org/programs/lactation-services
Boston Breastfeeding Coalition	https://bostonbreastfeeding.weebly.com/
Massachusetts Breastfeeding Coalition	https://massbreastfeeding.org/
Teen and Tot program (adolescent Pregnancy)	https://www.bmc.org/pediatrics-teen-and-tot-program
Boston Association for Childbirth Education and Nursing Mothers' Council	https://bace-nmc.org/about/
International Breastfeeding Centre	https://ibconline.ca/contact-us/
La Leche League USA	https://llusa.org/
Further Information/Articles	<ul style="list-style-type: none"> • Georgieff MK et al. Dev Psychopathol. 2018. • Johnston M et al. Pediatrics. 2012. • Hastrup MB et al. Basic Clin Pharmacol Toxicol. 2014 • Little RE et al. Paediatr Perinat Epidemiol. 1990. • Johnston M et al. <i>Pediatrics</i>. 2012 • <i>Pediatrics</i> August 2018
Mutual Support Groups (information from Alyssa Peterkin, MD)	
Alcoholic Anonymous	https://www.aa.org/
SMART Recovery: (Self Management)	https://www.smartrecovery.org/community/

And Recovery Training)	
Refuge Recovery	https://www.refugerecovery.org/
Women for Sobriety	https://womenforsobriety.org/
Secular Organization for Sobriety	http://www.sossobriety.org/
Celebrate Recovery	https://www.celebraterecovery.com/
Al- Anon/Ala-teen (family/friends)	https://al-anon.org/
Co-Anon (family/friends)	https://co-anon.org/
Learning to Cope (family/friends)	https://learn2cope.org/
Digital Health/Smart Phone apps	
The National Institute on Alcohol Abuse and Alcoholism has a free website called <u>Rethinking Drinking</u>	https://www.rethinkingdrinking.niaaa.nih.gov/Help-links/Default.aspx
<u>Cutback Coach</u>	https://cutbackcoach.com/ is an app that helps people track their alcohol intake and set goals and reminders, has a cost
<u>CheckUp & Choices</u>	https://checkupandchoices.com/ is a web-based program that screens people for alcohol use disorder/has feedback-has a cost
<u>Moderation Management</u>	https://moderation.org/ is an online forum for people who want to reduce their drinking
Parent Resources	
FASD United Parent Resource Page	https://nofas.org/parents/
Proof Alliance Parent Guide	https://www.proofalliance.org/wp-content/uploads/2021/08/Strategy-guide-Parent-Advocacy-Toolkit.pdf
Legal Checkup: A Resource for Parents of Children with Disabilities	https://www.proofalliance.org/wp-content/uploads/2021/08/Strategy-guide-Legal-check-up.pdf

from Birth to 21 in Minnesota	
8 Magic Keys was developed by Deb Evensen and Jan Lutke	https://www.fasdoutreach.ca/resources/all/0-9/8-magic-keys
All About Me: A parent education program to help understand brain differences in children with FASD	http://www.fasdnetwork.org/uploads/9/5/1/1/9511748/all_about_me..pdf
The Mystery of Risk: Drugs, Alcohol, Pregnancy, and the Vulnerable by Ira J. Chasnoff MD	Book: https://www.barnesandnoble.com/w/mystery-of-risk-ira-j-chasnoff/1100310284
Parenting Children Affected by Fetal Alcohol Syndrome: A Guide for Daily Living (British Columbia, Canada)	https://www.dfps.state.tx.us/Adoption_and_Foster_Care/pdf/fas-2.pdf
Let's Talk FASD: Parent Driven Strategies in Caring for Children with FASD	https://www.fasdoutreach.ca/resources/all/l/lets-talk-fasd-parent-driven-strategies-in-caring-for-children-with-fasd
Fetal Alcohol Spectrum Disorder: an Australian toolkit for parents, caregivers and families	https://www.nofasd.org.au/wp-content/uploads/2021/02/NOFASD-Parent-Carer-Toolkit-2021.pdf