

Wisconsin Fetal Alcohol Spectrum Disorders (FASD) Resource Guide

A Wisconsin resource for providers serving clients at risk of FASD.



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The Wisconsin FASD Resource Guide

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The Center for Urban Population Health does not endorse specific resources or materials.
The resources and materials listed in this booklet were
compiled from a variety of sources.

Section 1: FASD

What are fetal alcohol spectrum disorders (FASD)?

A range on conditions characterized by structural changes and functional deficits associated with prenatal exposure to alcohol (Moore & Riley, 2015).

FASD itself is not a diagnosis (in the US), but rather an umbrella term used to describe the continuum of effects associated with prenatal alcohol exposure. A number of factors can contribute to the severity of effects on the fetus due to prenatal alcohol exposure including the timing and quantity of alcohol use during pregnancy, the pattern of drinking (e.g., binges), genetic factors, nutrition, and other environmental factors.

There are several individual diagnoses to consider when prenatal alcohol exposure is suspected or confirmed:

- Fetal alcohol syndrome (FAS)
- Partial fetal alcohol syndrome (pFAS)
- Alcohol-related neurodevelopmental disorder (ARND)
- Alcohol-related birth defects (ARBD)
- Neurobehavioral disorder associated with prenatal alcohol exposure (ND-PAE)

FASDs are a combination of physical features and cognitive impairments that occur in some individuals who were prenatally exposed to alcohol. Although each specific diagnosis listed above requires a specific set of criteria, the three main diagnostic criteria are:

Central Nervous System effects– the brain is particularly sensitive to alcohol, and prenatal exposure can affect the structure and function of the cerebral cortex, hippocampus, cerebellum, corpus callosum, and basal ganglia. This may result in cognitive disabilities, processing, learning, and memory problems, and much more.

Growth Deficits– prenatal alcohol exposure can cause intrauterine and postnatal growth retardation resulting in decreased weight, length/height, and head circumference.

Facial Features– prenatal alcohol exposure can affect the development of certain facial features resulting in small eye openings (short palpebral fissures), a smooth ridge between the upper lip and nose philtrum), and a thin upper lip (vermilion).

Why is a diagnosis important?

Although a physician makes the diagnosis of FAS or one of the other FASDs, it is important for families, health and human services providers, educators, and others to be aware of the characteristics of FASDs. An accurate diagnosis can benefit the individual, family, and service system in several ways:

- It may provide answers and lead to changes in expectations for individuals, families, and providers,
- It may create eligibility for educational, social, and financial services, and
- It facilitates appropriate interventions and support.

Section 2: Wisconsin Diagnostic Services

Children's Hospital of Wisconsin Clinical Genetics

Diagnosticians: Donald Basel, MD

Milwaukee: 9000 W. Wisconsin Avenue
Milwaukee, WI 53226
414-266-3347
Central Scheduling: 414-607-5280

Neenah: 130 2nd Street
Neenah, WI 54956
866-680-0505

Gundersen Lutheran Medical Center

Diagnostician: Kerry Baldwin Jedele, MD
Specialties: Genetics, Geriatrics, and Pediatrics

Address: 1900 South Avenue
La Crosse, WI 54601

Telephone: 608-775-2599

Marshfield Clinic Genetic & Birth Defects Clinic

Diagnostician: Ariel Brautbar, MD

Address: 1000 N Oak Avenue
Marshfield, WI 54449

Telephone: 715-221-7400

UW-Madison, Clinical Genetics Center

Diagnosticians: David Wargowski, MD

Address: Waisman Center
1500 Highland Avenue
Madison, WI 53705

Telephone: Cindy, Coordinator Madison Clinic 608-262-2507
*Please specify that you are calling for an assessment for FASD by Dr. Wargowski.

Outreach Site: Green Bay
Schedule with Kristin: 920-433-8559

Section 3: FASD Training

WISCONSIN-BASED TRAINING

FASD Training of Trainers (TOT) Certificate Program

The TOT Certificate Program conducted by the Center for Urban Population Health's Wisconsin CONNECT program provides evidence-based information on the prevention, identification, and treatment of FASDs; promotes skills and strategies to provide effective FASD education to a range of health and human services providers; and shares awareness and education materials.

This blended course includes 12 hours of self-study to be completed prior to 12 hours of live, web-based training (two 4-hour training sessions and one 4-hour participant presentation and feedback session). To complete the certificate, each participant will develop their own 10-minute FASD training for a particular audience (i.e., nurses, youth justice workers, teachers, social workers, women's treatment providers, etc.) and present it to their training cohort during the final live training.

Upon successful completion of all activities a ***Certified FASD Educator*** certificate will be awarded by the University of Wisconsin-Milwaukee.

For more information: www.wisconsinconnect.org

Substance Use and Pregnancy Certificate Program

This program provides evidence-based information on substance use and pregnancy and provides the framework to understand the short- and long-term effects of a variety of drugs on mother and child. This certificate program supplements other professional training and provides an opportunity to develop an *Action Plan* to take back to an agency to strengthen opportunities for clients and their families.

This blended course is designed for treatment and other social services providers offering services for women with substance use disorders or those at risk. It involves 30 hours of study, both independent and live web-based training.

Upon successful completion of activities, participants will earn a *Substance Use and Pregnancy Certificate* from the University of Wisconsin-Milwaukee.

For more information: www.wisconsinconnect.org

Wisconsin Connect

Wisconsin Connect offers a variety of no-cost training on substance use, trauma-informed care, a monthly ECHO, fetal alcohol syndrome 1-day trainings, etc., as needs are determined. Continue to check the website for current offerings: www.wisconsinconnect.org

NATIONALLY AVAILABLE TRAINING (No-cost)

Centers For Disease Control and Prevention

FASD Primer for Healthcare Professionals

<https://nccd.cdc.gov/FASD/Search.aspx?category=Collaborative%20for%20Alcohol-Free%20Pregnancy%20Courses#>

This online training course provides the learner with a broad foundation of knowledge about fetal alcohol spectrum disorders (FASDs). Topics include prevention, identification, referral, and treatment of FASDs. This course provides continuing education credits and allows learners to save their progress—thus offering the flexibility to take the training as schedules permit.

Diagnostic Overview of FASDs: Recognition and Referral

<https://nccd.cdc.gov/FASD/Search.aspx?category=Collaborative%20for%20Alcohol-Free%20Pregnancy%20Courses#>

This online training course provides information on screening and assessing individuals for fetal alcohol spectrum disorders (FASDs). This course provides continuing education credits and allows learners to save their progress—thus offering the flexibility to take the training as schedules permit.

Preventing Alcohol-Exposed Pregnancies (AEPs)

<https://nccd.cdc.gov/FASD/Search.aspx?category=Collaborative%20for%20Alcohol-Free%20Pregnancy%20Courses#>

This online training course describes ten steps for implementing alcohol screening and brief intervention in clinical practice. This course provides continuing education credits and allows learners to save their progress—thus offering the flexibility to take the training as schedules permit.

Interprofessional Collaborative Practice as a Model for Prevention of AEPs

<https://nccd.cdc.gov/FASD/Search.aspx?category=Collaborative%20for%20Alcohol-Free%20Pregnancy%20Courses#>

This online training course describes the importance of interprofessional collaborative practice in health care and how to implement this approach to prevent alcohol-exposed pregnancies. This course provides continuing education credits and allows learners to save their progress - thus offering the flexibility to take the training as schedules permit.

Section 4: FASD Resources

Centers for Disease Control and Prevention (CDC)

Fetal Alcohol Spectrum Disorders (FASD) Training and Resources

Collaborative for Alcohol-Free Pregnancy: Partnering for Practice Change

Prevention, diagnosis, and care resources on FASDs are available along with an FASD curriculum for medical and allied health providers.

Website: <https://nccd.cdc.gov/FASD/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

Publication ordering from SAMHSA offers resource information about substance abuse prevention and addiction treatment; including materials related to FASD.

Website: www.samhsa.gov

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

NIAAA supports and conducts biomedical and behavioral research on causes, consequences, treatment, and prevention of alcoholism and alcohol-related problems, including FASD. They also provide free information and publications.

Website: www.niaaa.nih.gov



www.wisconsinconnect.org