Prenatal Effects of Alcohol Use on Children and What Can Be Done to Help

Friday, August 22, 2008
Handout Materials

New York State Office of Children & Family Services

New York State Office of Children and Family Services and Distance Learning Project
PRENATAL EFFECTS OF ALCOHOL USE ON CHILDREN AND
WHAT CAN BE DONE TO HELP

August 22, 2008

HANDOUT

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“FASD: Identification of the Child at Risk”

Dr. Ira J. Chasnoff
Historical View

- Foolish, drunken, or harebrained women most often bring forth children like unto themselves

  Aristotle in *Problemata*

- Behold, thou shalt conceive and bear a son: And now, drink no wine or strong drink.

  *Judges 13:7*

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Fetal Alcohol Syndrome

- Low birth weight
- Central nervous system effects
- Facial dysmorphology

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Fetal Alcohol Syndrome: The Older Child

- Poor growth, weight gain
- Central nervous system effects
- Facial dysmorphology

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Diagnostic Criteria

I. Growth retardation
II. Facial malformations (>1): short palpebral fissures, thin upper lip, flat elongated philtrum, hypoplastic midface
III. Neurodevelopmental disorder

FAS  Confirmed or unconfirmed history of prenatal alcohol exposure
      Meets criteria in all three categories: I, II, III

ARND Confirmed history of prenatal alcohol exposure
       Meets criteria in III

FASD  Fetal Alcohol Spectrum Disorders

“an umbrella term describing the range of effects that can occur in an individual whose mother drank during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications.”

Bertrand et al, 2004

Facies in Fetal Alcohol Syndrome

- Microcephaly
- Epicanthal folds
- Short palpebral fissures
- Flattened midface
- Short, upturned nose
- Thin upper lip
- Flat nasal bridge
- Low set ears
- Flat philtrum
- Receding jaw
Risk Factors

- Dose of alcohol

Alcohol Dose

- 1 drink / week
  - Hyperactive and aggressive behaviors
- Moderate to heavy use
  - Delinquent behavior and overall problem behavior
- Any alcohol use in pregnancy
  - $3.2 \times$ risk for delinquent behavior

Sood et al, 2001

Risk Factors

- Dose of alcohol
- Pattern of exposure - binge vs. chronic
- Developmental timing of exposure
- Genetic variation
- Maternal characteristics
- Interaction with nutritional variables
- Synergistic reactions with other drugs
Brain Damage from Prenatal Alcohol Exposure

Information Processing Deficit Model

Four domains of information processing
- Input (recording information)
- Integration (interpreting input)
- Memory (storing input for later use)
- Output (appropriate use of language and motor skills)
3. The frontal lobes translate the perceptions and inferences into plans and actions.

4. The plans for movement are transmitted to the pons and motor cortex that is responsible for the control of muscles.

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A schematic simplified drawing of the sub-structure of the brain

- Hippocampus
- Thalamus
- Hypothalamus
- Corpus Callosum
- Frontal cortex

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Problems in Behavioral Regulation: The Older Child

- Lack of behavioral inhibition
- Poor attention to tasks
- Impulsive behavior
- Distractibility
- Over activity
- Poor modulation of affect
- Poor executive functioning

Executive Function

Intelligence required to carry out adaptive, goal-directed behavior

**VS.**

Intelligence as measured by IQ tests

Putting it all together in the community: The SMART Model of Care

The SMART Model of Care is a linked system of health and behavioral health care for high-risk children in a community, anchored by integrated screening, assessment, referral, and treatment capabilities.
Key Elements of the Model

<table>
<thead>
<tr>
<th>Process</th>
<th>Question</th>
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<tbody>
<tr>
<td>Screening</td>
<td>Who is at risk?</td>
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<tr>
<td>Decision-Making</td>
<td>What kind of risk?</td>
</tr>
<tr>
<td>Assessment</td>
<td>What is needed?</td>
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<tr>
<td>Referral</td>
<td>How to assure access?</td>
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<tr>
<td>Treatment</td>
<td>How to provide child-centered, family-focused care?</td>
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The SMART Model

- Community outreach
- Professional education
- Therapeutic Child Care
- Preventive: PATHS
- Brief Intervention/Pre-treatment
- M'ella House
- Spirit of Women
- Prenatal Care: 4P's Plus
- Negative: Prevention, education
- Positive: Pediatrists/ Health Centers
- ASQ

The SMART Model

- DCFS: ASQ
- Justice System
- Schools
- Regional Center
- Head Start and Early HS nurses: ASQ
- Child Care Programs: ASQ
- High-Risk Infants
- Child Health Nurses: ASQ
- Public Health Nurses: ASQ
FASD National Resources:

Web Links

• SAMHSA FASD Center for Excellence: www.fascenter.samhsa.gov

• Centers for Disease Control and Prevention FAS Prevention Team: www.cdc.gov/ncbddd/fas

• National Institute on Alcohol Abuse and Alcoholism (NIAAA): www.niaaa.nih.gov

• National Organization on Fetal Alcohol Syndrome (NOFAS): www.nofas.org

Examples of FREE Resources

• OASAS FASD Compendium of Resources
• OASAS on-line training (“Treating the Addicted Pregnant Woman”)
• CDC posters and prevention brochures
• CDC Diagnostic Guidelines
• Power point slides/presentations
• “Rack cards”
• “Recovering Hope” video – DVD & VHS
  www.ncadi.samhsa.gov

Some materials are available in Spanish

Other Web Resources

OASAS -- FREE Addiction Medicine educational series: www.oasas.state.ny.us/edmed/ecseries.cfm

Information on screening tools for women (NIAAA):

ACOG Tool Kit: Drinking and Reproductive Health Tool Kit:
http://www.acog.org/from_home/misc/dept_pubs.cfm

NIAAA Resource: Helping Patients Who Drink Too Much:
FASD – Regional NOFAS Affiliates in NYS

- DePaul’s NCADD-Ra
  1931 Buffalo Avenue
  Rochester, NY 14624
  (585) 719-3480
  Fax (585) 423-1908
  jfaringer@depaul.org or www.nydas.org

- Fetal Alcohol Syndrome Support Network
  of NYC and Long Island (FASSN)
  33-33 164 Street
  Flushing, New York 11358
  FAS Info. Line for NYC/Long Island: 718-279-1173
  Email: www.fassn.org or fassn_2@yahoo.com

FASD – New York State Resources

FASD Web Pages:
NYS Office of Alcoholism & Substance Abuse Services (NYS OASAS):
www.oasas.state.ny.us/fasd

Margo B. Singer
FASD State Coordinator
518 - 457 - 4384
margosinger@oasas.state.ny.us

OASAS Field Offices - NYC

<table>
<thead>
<tr>
<th>Bronx</th>
<th>Brooklyn</th>
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<tr>
<td>(646) 728-4544</td>
<td>(646) 728-4549</td>
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<tr>
<th>Upper Manhattan</th>
<th>Queens/Staten Island</th>
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<tr>
<td>(646) 728-4566</td>
<td>(646) 728-4592</td>
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<tr>
<th>Lower Manhattan</th>
<th>Long Island c/o NYS OASAS Field Office</th>
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<tr>
<td>(646) 728-4561</td>
<td>(631) 434-7263</td>
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OASAS Field Offices - Upstate

Western – Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans, Wyoming
(716) 885-0701

Finger Lakes – Broome, Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Tioga, Tompkins, Wayne, Yates
(585) 454-4320

Central – Cayuga, Chenango, Cortland, Delaware, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, Otego, St. Lawrence
(315) 428-4113

(518) 485-1660

Mid-Hudson – Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, Westchester
(518) 485-1484


Additional Internet Resources

CDC’s National Center on Birth Defects and Developmental Disabilities (NCBDDD)
Fetal Alcohol Spectrum Disorders Fact Sheet
http://www.cdc.gov/ncbddd/factsheets/FAS.pdf

National Organization on Fetal Alcohol Syndrome
Fact Sheets
http://www.nofas.org/resource/factsheet.aspx

National Organization on Fetal Alcohol Syndrome
Information for expectant mothers and families
http://www.nofas.org/family/facts.aspx

New York State Fetal Alcohol Spectrum Disorders Resources
http://www.oasas.state.ny.us/fasd/nysresources.cfm

SAMHSA Fetal Alcohol Spectrum Disorders (FASD) Center for Excellence Web Site
Fact Sheets and Brochures
http://www.fasdcenter.samhsa.gov/grabGo/factSheets.cfm?&print=y

SAMHSA Fetal Alcohol Spectrum Disorders (FASD) Center for Excellence Web Site
Education and Training
http://www.fasdcenter.samhsa.gov/educationTraining/fasdBasics.cfm

For information on SAMHSA’s video: Recovering Hope: Mothers Speak Out About
Fetal Alcohol Spectrum Disorders:
http://www.fasdcenter.samhsa.gov/Announcements/index.cfm?ID=3
SAVE THE DATE

“Bringing Communities Together”
The Second Annual Fetal Alcohol Spectrum Disorders (FASD) Conference

November 21, 2008
8:30am - 3:00pm

The York College
Performing Arts Center
94-45 Guy R. Brewer Blvd. Queens, NY
(Parking next to Arts Center)

Sponsored by:
The Fetal Alcohol Syndrome Support Network of New York City and Long Island (FASSN)

Co-Sponsors:
New York State Office of Alcoholism and Substance Abuse Services (OASAS)
York College City University of New York (CUNY) Health Services Center

The use of alcohol during pregnancy does not respect ethnicity or race, and will not stop with a zip code. Alcohol use during pregnancy is a common problem among all Americans. Come learn what you can do to prevent FASD and reduce secondary disabilities.

Visit our web site at www.fassn.org for more information
Future Training Needs Related to Fetal Alcohol Spectrum Disorders Survey

Follow-up to FASD Video Satellite Conference with Dr. Ira Chasnoff on 8/22/08

Name (optional)

Employment Location

Job Title

☐ Caseworker – Local District Social Services
☐ Supervisor – Local District Social Services
☐ Caseworker – Private/Voluntary Agency
☐ Supervisor – Private/Voluntary Agency
☐ OCFS – DJJOY Youth Aide
☐ OCFS – DJJOY Youth Counselor
☐ OCFS – DJJOY Teacher
☐ OCFS – DJJOY Other Facility Staff

List Title

☐ OCFS – DJJOY Home Office Staff
☐ OCFS – DCWCS Regional Office Staff
☐ OCFS – Other Regional Office Staff
☐ OCFS – DCWCS Home Office Staff
☐ OCFS – Other Home Office Staff
☐ Other

List Title

What would you like to learn more about? Check all that apply.

☐ How to discuss FASD with families
☐ How to discuss preventing alcohol-exposed pregnancies with woman of childbearing age and their partners
☐ How to educate the public about the effects of alcohol on a fetus
☐ What to do if I suspect/know a pregnant woman on my caseload is drinking
☐ What to do if a pregnant woman on my caseload continues to drink during pregnancy
☐ What to do if a woman on my caseload is drinking and not using contraception
☐ What to do if I suspect/know a child on my caseload has an FASD
☐ How to work with children in the juvenile justice system that may have an FASD
☐ How to educate teenagers about the effects of alcohol on a fetus
☐ Resources in NYS for support, assessment and treatment
☐ Where to get publications about FASD
☐ Where to get more training about FASD

If you checked something from the list above; what is the most pertinent for you?
Would you like to see a role play of a caseworker discussing alcohol, pregnancy and FASD with a client?  □ Yes  □ No

Would you like to learn more about Motivational Interviewing as it relates to conversations about alcohol-exposed pregnancies and FASD?  □ Yes  □ No

List other things you would like to see as a follow-up to the 8/22 FASD Video Satellite Conference:

Please complete and send to Tina Williams at Tina.Williams@ocfs.state.ny.us or mail to NYS Office of Children and Family Services, 52 Washington St., Room 331 North, Rensselaer, NY 12144.

Thank you
Questions I Have

Name: ___________________________ Daytime Phone: (____)______________

E-mail address: _________________________________________________________

Site Location: ____________________________

Question(s): ____________________________________________________________

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Fax this form to: (518) 426-4098 or (518) 426-0696