

Celebrating alcohol-free pregnancies.

MOFAS Mission

To eliminate disability caused by alcohol consumption during pregnancy and to improve the quality of life for those living with Fetal Alcohol Spectrum Disorders throughout Minnesota.

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HOW DO WE KNOW MOFAS IS MAKING A DIFFERENCE?

We know MOFAS is making a difference in the lives of people living with FASD, their families, and all the Minnesotans who need to know and take to heart that there is no safe level of alcohol consumption during pregnancy. As you will see in the following pages, the progress made over the last year at MOFAS has been profound and the numbers we track are impressive. Steps are taken every day by the entire FASD community to help realize the vision that someday we will live in a world which women do not drink alcohol during pregnancy, and people living with FASD are identified, supported and valued.

So, all the markers we track indicate we are making a difference. All the indicators we report tell us and our supporters that we are good and effective stewards with the generous resources that are available to us. What is harder to track though, is hope. And here is where I think we have the most to be proud of at MOFAS. How do we measure the hope MOFAS provides to an adoptive mom who possibly for the first

time has posted on the Virtual Family Center and feels like someone out there understands her family's journey? How do we quantify the hope MOFAS provides when a pregnant woman who is struggling with her alcohol use, finally asks for help from her prenatal care provider? How do we evaluate joy of a child who, when he gets to go fishing at a family retreat with a new buddy, has found a friend who has FASD, too?

These are trickier outcomes to measure, but I think they are the true benchmarks for our success and viability as an organization. These are the results that tell us we are truly 'making a difference'. We will keep evaluating our programs and progress with statistics and outcomes, but we also will make sure we are 'tracking hope' whenever we can.



Sara Messelt, Executive Director - MOFAS

ADVOCACY

MOFAS worked with the City of Minneapolis Department of Health and Family Support and community-based clinics to change the Mandated Reporting Law which removed barriers that many times kept women from accessing prenatal care, discussing their alcohol use with their prenatal care provider in a safe environment and receiving information and support to discontinue any alcohol use. We believe that by supporting this legislation, we will be able to prevent future alcohol-exposed pregnancies and welcome more healthy babies into the state of Minnesota.

100 FASD self-advocates shared their personal stories of how FASD impacts their lives with 42 legislators at the 2009 FASD Day on the Hill.

PUBLIC AWARENESS

In 2009, MOFAS raised awareness throughout Minnesota, that FASD is 100% preventable if women do not drink alcohol during pregnancy, through a multi-media public awareness campaign utilizing outdoor, radio and online advertising.

Over 600 moms-to-be flocked to six MOFAS Pregnant Pause events all around Minnesota for food, fun and educational information on how to celebrate an alcohol-free pregnancy.

FAMILY ENGAGEMENT

MOFAS reached more than 5,500 visitors last year online at www.mofas.org where over 270 families expressed relief by connecting with a community of other parents on the Virtual Family Center.

Partnerships with Catholic Charities, Project for Pride in Living, Resource Center for Fathers and Families and PACER Center were forged to incorporate FASD education and empower fathers of children with FASD.

MOFAS continued to provide a wide range of tools for families, including the Hand in Hand Series both in person and online, family camps, MOFAS Resource Directory of "FASD friendly" resources and on-going parent groups.

TRAINING

MOFAS is the statewide leader in FASD training and education, presenting important information on FASD and the impact this disability has to 4,400 students, parents, educators, nurses, justice system and chemical health workers, women in treatment, adults in recovery and the general public during the last year.

Over 300 doctors and other health professionals took the FASD online Continuing Medical Education (CME) course, in cooperation with the University of Minnesota.

COMMUNITY OUTREACH

Over the past five years, MOFAS has partnered with and supported community based programs that improved access to FASD services for families and individuals living with FASD around Minnesota. Each of these six community programs received on average, a \$500,000 FASD Community Grant from MOFAS which is now nearing the end of their 5 year funding cycle. Although, this is not to say that their work will not continue. The outcomes of these six regional grants have had an incredible reach to over 23 counties in the state. They have provided professional education to help FASD become better understood, they have hosted fun public awareness events for pregnant women in their communities to celebrate an alcohol-free pregnancy, they started new and innovative FASD diagnostic clinics and they have provided activities for parents raising children with FASD the opportunities to connect, share, learn and support each other. Each grantee has built strong community partners and enhanced the capacity of local providers to meet the needs of families and individuals with FASD that will continue to have an extraordinary impact on their local communities.

These community grants are made possible through a sole source grant from the Minnesota Department of Health.

Thank you to our following Grantee Partners:

Clinic and Community Connections
Hennepin County
Native American Community Clinic

**Fetal Alcohol Spectrum Disorder
Regional Network**
Human Services, Inc.

Uniting Our Resources
Lakewood Health System

Project Harmony
Meeker, McLeod and Sibley CHS

Northland FASD Connection
St. Louis County Public Health and
Human Services

**White Earth Reservation Fetal
Alcohol Spectrum Disorders Project**
White Earth Tribal Council



THANK YOU FOR YOUR SUPPORT...

GRANTS

Minnesota Department
of Health

MAJOR IN KIND

Risdall Advertising
Agency

FOUNDATION SUPPORT

\$50,000+

McKnight Foundation

\$10,000 - \$49,999

Patrick & Amiee Butler
Family Foundation
Hendry Family
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\$5,000 - \$9,999

Whitney Foundation

\$1 - \$4,999

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CORPORATE/ ORGANIZATIONAL SPONSORS

\$25,000+

United Health Care
Services

\$5,000 - \$24,999

Shakopee Mdewakanton
Sioux Community

\$1,000 - \$4,999

Cooperating Community
Programs
Generations Community
Support Services
Immanuel St. Joseph's
Hospital
M&I Bank
Mankato Clinic
Minnesota Municipal
Beverage Association
Proctor & Gamble
Risdall Marketing
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\$500 - \$999

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eFrame
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Brian & Bobette Turnwall
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Kristina Wendt

2009 FINANCIALS

REVENUE

Contributions/Donations	\$	55,899	
Government Grants – MDH	\$	1,679,562	
Other Grants	\$	114,772	
Training	\$	24,986	
Special Events – Net	\$	40,249	
Other Income	\$	18,271	
Total Revenue			\$ 1,933,739

EXPENSES

Personnel	\$	610,008	
Program	\$	1,056,498	
General/Administrative	\$	228,672	
Total Expenses			\$ 1,895,178

Net Revenue	\$	38,561	
Total Net Assets	\$	314,003	

A complete copy of the MOFAS 2009 Financial Audit Statement is available on our website at www.mofas.org or to request a copy call 651-917-2370.

MOFAS BOARD

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