



# MOFAS Training Options 2011

MOFAS is the statewide source for comprehensive, customized trainings on Fetal Alcohol Spectrum Disorders (FASD).

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## 1. Change a Life: Reduce the Impacts of FASD

Target audience: Nurses and other medical professionals  
Training Length: 60 minutes  
Description: Participants will gain an understanding of how prenatal alcohol consumption affects the developing baby, explore myths and facts regarding alcohol use during pregnancy and learn about resources for patients.

## 2. Modifying Substance Abuse Treatment for Individuals with FASD

Target Audience: Chemical health professionals  
Training Length: 120 minutes  
Description: This presentation addresses the need to modify treatment for individuals with cognitive disabilities (FASD) as a result of prenatal exposure to alcohol.

## 3. Change our Future: Prevent FASD

Target audience: High school students  
Training Length: 60-90 minutes  
Description: This presentation will provide an explanation of how Fetal Alcohol Spectrum Disorders are caused. Participants will learn about the symptoms of FASD, discuss myths and facts around drinking alcohol during pregnancy, and gain knowledge about strategies to prevent FASD.  
*(other presentations are also available for this audience and for college students)*

## 4. Recognizing the Impact of Prenatal Alcohol Exposure

Target audience: Professionals who work with kids, teens and young adults.  
Training Length: 90 minutes  
Description: The presentation will build off of foundational concepts of FASD and bridge the gap between brain functioning and brain damage as it relates to FASD. The presenter will also explore the relationship between common challenges throughout the lifespan and brain damage from prenatal alcohol exposure. There will be time for information-sharing as well as an interactive exercise to apply the strategies learned in this session as they relate to Common problem behaviors observed in FASD individuals.





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## 5. Understanding & Supporting Adults with an FASD

**Target audience:** Professionals who work with adults or those transitioning to adulthood

**Training Length:** 90 minutes

**Description:** This session will provide a brief understanding of FASD and describe brain functioning and brain damage as it relates to FASD. The presentation will also explore the relationship between common challenges in adults and brain damage, specifically chemical health, mental health, employment, sexuality, relationships, independent living and finances. There will be time for information-sharing as well as an interactive exercise to apply the strategies learned in this session as they relate to adults with brain damage from prenatal alcohol exposure.

## 6. FASD – Focus on a Hidden Disability

**Target Audience:** Educators

**Training Length:** 75 minutes

**Description:** Did you know only about 6–10% of individuals affected by FASD display facial characteristics of the disorder? As an educator you see many children who look typical but have learning disabilities or behavioral issues. This training will help you to “see” the hidden disability of FASD and learn strategies to help increase their success.

## 7. Strategies for Educators

**Target Audience:** Educators

**Training Length:** 60-120 minutes

**Description:** FASD impacts us all. Each day we work with young people affected by an FASD, but often lack the knowledge and skills necessary to serve them effectively. This interactive session uses video case studies to identify specific characteristics in each child. A facilitated discussion follows on interventions and strategies that may circumvent challenges in the classroom to improve outcomes.

## 8. Understanding FASD from the Tribal Perspective in the Treatment Setting

**Target Audience:** Native American addiction counselors

**Training Length:** 120-180 minutes

**Description:** The 562 federally recognized US Tribes are diverse, and all have aspects of their culture which are unique. But all communities and families are recovering from a traumatic past and present with alcohol. This presentation will provide information about FASD, help you to modify treatments and recognize tribal values for both prevention and intervention.

