2016 MOFAS conference

FASD matters.

navigating stigma, toxic stress, and trauma

November 9-11, 2016
Minneapolis Marriott NW, Brooklyn Park, Minnesota
The Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) is a leading voice and resource on Fetal Alcohol Spectrum Disorders (FASD). Prenatal alcohol exposure and postnatal trauma are serious public health issues. The striking similarities between FASD and trauma are not often explored and little research exists on issues related to co-occurring prenatal alcohol exposure and postnatal trauma; stigma is another complicating factor. More research needs to be done to ensure that children on the spectrum with co-occurring postnatal trauma have the support they need to have the brightest future possible. Join us on November 9 – 11 to immerse yourself in learning, problem solving, and discussion on issues related to stigma and trauma.

who should attend

The conference is open to family members, service providers in health/mental health, addictions, justice, education, adoption, prevention, child welfare, and anyone interested in the impact of prenatal alcohol exposure and trauma.

conference at a glance

| Wednesday, November 9, 2016 | 10:00 AM – 12:15 PM | Invitation Only for Diagnostic Providers – MOFAS Diagnostic Consortium |
|                           | 12:30 PM – 4:30 PM | Pre-Conference Institute: Mark Sloane, DO - Elm Creek Amphitheatre Building Resilience in Children with Histories of Trauma and Prenatal Alcohol Exposure: Using a Brain-Based Model to Transform Child Welfare and Primary Health Care |

| Thursday, November 10, 2016 | 7:30 AM – 8:30 AM | Continental Breakfast/Exhibits/Networking and Registration |
|                            | 8:30 AM – 10:15 AM | Welcome and Keynote Address: Kenneth Lyons Jones, MD - Northland Ballroom Fetal Alcohol Spectrum Disorders – 40 Years Later |
|                            | 10:15 AM – 10:30 AM | Snack Break: Exhibits and Networking |
|                            | 10:30 AM – 11:45 AM | 75-minute breakout sessions - A |
|                            | 11:45 AM – 12:30 PM | Break: Lunch/Exhibits/Networking |
|                            | 12:30 PM – 1:45 PM | Keynote Address: Dr. Don Bartlette - Northland Ballroom Macaroni at Midnight- My Experience with Fetal Alcohol Syndrome |
|                            | 1:45 PM – 2:00 PM | Break: Exhibits and Networking |
|                            | 2:00 PM – 3:00 PM | 60-minute breakout sessions - B |
|                            | 3:00 PM – 3:15 PM | Snack Break: Exhibits and Networking |
|                            | 3:15 PM – 4:45 PM | 90-minute breakout sessions - C |
|                            | 4:45 PM – 5:15 PM | Appetizers: Exhibits and Networking |
|                            | 5:00 PM – 7:00 PM | Annual Celebration featuring special guest Morgan Fawcett - Northland Ballroom |

| Friday, November 11, 2016 | 7:30 AM – 8:30 AM | Continental Breakfast/Exhibits/Networking and Registration |
|                          | 8:30 AM – 9:30 AM | Keynote Address: H. Eugene Hoyme, MD - Northland Ballroom FASD Research Update: NIAAA Expert Consensus Guidelines for Diagnosing FASD |
|                          | 9:30 AM – 9:45 AM | Break: Exhibits and Networking |
|                          | 9:45 AM – 10:45 AM | 60-minute breakout sessions - D |
|                          | 10:45 AM – 11:00 AM | Coffee Break: Exhibits and Networking |
|                          | 11:00 AM – 12:00 PM | 60-minute breakout sessions - E |
|                          | 12:00 PM – 1:30 PM | Lunch and Keynote Address: Mike Veny - Northland Ballroom Transforming Stigma into Strength |
Building Resilience in Children with Histories of Trauma and Prenatal Alcohol Exposure: Using a Brain-Based Model to Transform Child Welfare and Primary Health Care

Dr. Mark Sloane of the Children’s Trauma Assessment Center at Western Michigan University is a board certified pediatrician with specialized advanced fellowship training in adolescent behavioral medicine. He has more than 30 years of clinical pediatric experience, and is owner and medical director of the Center for Behavioral Pediatrics in Kalamazoo. Sloane is considered an expert in the diagnosis and treatment of learning, attention and behavioral disorders in children and adolescents. He is a founding member of the Center’s transdisciplinary team and has clinical experience in the medication management of more than 1,200 traumatized, drug and alcohol-exposed children and adolescents. The Center has evaluated more than 3,400 traumatized children referred from child welfare and the court system in Michigan and approximately 38% of these referred children with substantiated maltreatment also had concomitant issues related to FASD. He has personally followed over 150 complex children and adolescents with concurrent FASD and traumatic stress for up to 10 years in his private practice.

This pre-conference institute is made possible by the generous sponsorship of the Minnesota Department of Human Services.

The conference is designed to meet the continuing education hours credits for many disciplines: psychology, social work, education, nursing, marriage and family therapy, behavioral health, licensed alcohol and drug counselors, and attorneys. The number of credit hours available vary by discipline. Certificates of attendance will be available to all conference participants.

MOFAS has been approved by the following for continuing education credits: Minnesota Board of Social Work; Minnesota Board of Psychology, Minnesota Behavioral Health Board, and Professional Education Pal. MOFAS has applied for continuing legal education credits through the Minnesota Board of Continuing Legal Education.
**Fetal Alcohol Spectrum Disorders – 40 Years Later**

Dr. Kenneth Lyons Jones is the Chief of the Division of Dysmorphology and Teratology at the Department of Pediatrics at UCSD and Medical Director of the CTIS Pregnancy Risk Information Line. He was one of two doctors at the University of Washington who first identified FAS in the United States in 1973. Over the past 40 years he has continued to make significant contributions to our understanding of the prenatal effects of alcohol, most recently as the head of the Dysmorphology Core of the large NIAAA consortium studying this disorder. Additionally his research has focused on the clinical delineation of birth defects, mechanisms of normal and abnormal morphogenesis and the recognition of new human teratogens. Dr. Jones has authored over 400 publications in scientific journals as well as several books, and is the author of “Smith’s Recognizable Patterns of Human Malformation” which is now in its 7th edition.

**Macaroni at Midnight – My Experience with Fetal Alcohol Syndrome**

Dr. Don Bartlette has been a full-time public speaker for over forty years and has presented nationally and internationally. He is a Native American Activist; he is by training a social worker, counselor, educator, and advocate. “Macaroni at Midnight” is an autobiographical profile of Dr. Bartlette’s social, psychological, and educational experiences as a Chippewa Indian child growing up with emotional, speech, and physical disabilities in an environment of poverty, violence, juvenile delinquency, homelessness, child abuse, racism, and alcoholism. It relates how one person in his community helped him overcome childhood disadvantages and live and survive in a multicultural world.

**Annual FASD Research Update: NIAAA Expert Consensus Guidelines for Diagnosing FASD**

Dr. Eugene Hoyme is Chief of Genetics and Genomic Medicine at Sanford Health. His research focuses on the delineation of mechanisms of birth defects and malformation syndromes, specifically on the adverse effects of alcohol on the developing embryo and fetus. He is part of a multi-site NIAAA funded consortium of institutions conducting international studies of the prevalence of FASD in school-age children. In the course of his research, he has personally examined 3,000 children who have been exposed to alcohol in utero. He conducts global research and recently conducted a 3-week research trip in South Africa, where he continues to work on prevalence, prevention, and intervention among first graders in the Western Cape.

**Transforming Stigma into Strength**

Mike Veny, founder of TransformingStigma.Com, is a sought after mental health stigma expert, keynote speaker, and professional drummer. He delivers entertaining and engaging presentations around the world. After suffering a devastating mental health breakdown in August of 2011, Mike made the decision to use his speaking and drumming skills to serve others. As a person who painfully struggles with mental health challenges every day, he is committed to transforming stigma surrounding mental health.
breakout session A 10:30 AM-11:45 AM

a1. The FASD Toolkit: Reducing Stigma with Strength-Based Media and Storytelling  
   Michael Harris, MA, LP, SEP; Rebecca McDonald; Nancy Smith  
   Elm Creek Amphitheatre  
   The #FASDtoolkit is a community generated media campaign about FASD, funded by a MOFAS grant and created by the American Indian community. The toolkit focuses on strength-based messaging to support individuals living on the FASD spectrum. In this presentation, the producers behind the toolkit will discuss their process and clips from the toolkit film will be shown.

a2. Pills + Skills = Success: Optimizing Psychotropic Medication for Children and Adolescents with an FASD  
   Mark Sloane, DO  
   Minnesota Salon 1  
   This session will explore strategies to optimize and reduce the use of psychotropic medication for children and adolescents on the FASD spectrum with challenging behaviors. It will briefly review the brain-behavior connection related to medications, explore a proposed medication algorithm, and discuss non-medical professionals role regarding psychotropic medication prescribing and monitoring.

a3. 8 Peaceful Parenting Strategies to Reduce Rage  
   Samantha Moe, MA, SLP  
   Minnesota Salon 2  
   Children with an FASD push the limits and try to control their environments in an attempt to feel safe. Unfortunately, when a child yells, demands, and disrespects their caregivers it triggers a negative relationship dynamic that becomes exhausting and creates instability rather than security. Discover 8 peaceful, and practical, parenting strategies that are critical to helping children feel safe and develop self-control so you enjoy spending time together.

a4. Utilizing the Nurtured Heart Approach in Classrooms Designed for Students with an FASD  
   Anne Byer, PhD, LP; Kim Martin, MA  
   Lake Michigan Room  
   This session will describe a classroom created for students who present in ways consistent with prenatal exposure to alcohol. The classroom philosophy is based on The Nurtured Heart Approach. Specifically, the presentation will describe the process in developing the philosophy of the program, the logistics in establishing the classroom environment, and on-going staff development used to maintaining the classroom culture and stay true to the Nurtured Heart Approach.

breakout session B 2:00 PM-3:00 PM

b1. Transforming Stigma through Our Collective Stories: MOFAS Birth Mothers Panel  
   Moderator: Shauna Feine, LSW; Panelists: Tiffany Morgan; Carol Peterson; Lugene Flores  
   Elm Creek Amphitheatre  
   *Elimination of Bias CLE Credits Applied for  
   This panel presentation will showcase a group of strong and resilient women who are birth mothers of children on the FASD spectrum. By sharing their powerful stories and journeys they are working to transform stigma into hope and to create community awareness of the risks associated with drinking during pregnancy and to build better futures for children living on the FASD spectrum.

b2. Hello From the Other Side: How to Bridge the Knowledge Gap to Accessing Services  
   Anne Robertson, Esq; Rochelle Chen, Esq  
   Lake Michigan Room  
   *Standard CLE Credits Applied for  
   Minnesota is moving toward competitive, integrated employment for people with disabilities, including those with histories of prenatal alcohol exposure. This presentation provides young adults and families with an overview of services available to support competitive, integrated employment. State vocational rehabilitation agencies, counties, schools, and the Social Security Administration are all possible funding sources/service providers to help youth with disabilities get and keep a job.

b3. Historical Trauma in the American Indian Community: How Healing and Prevention Must Go Together  
   Karina Forrest Perkins, MA, LADC  
   Minnesota Salon 1  
   Trauma not only affects those who directly experience it, but also those in the generations that follow. Historical trauma is the cumulative emotional and psychological wounding across generations, including the lifespan, which emanates from massive group trauma. This session will focus on how overwhelming stress causes adaption in development, how genetics are impacted by the environment, and how our systems are designed to work in isolation, not in concert. You will also learn strategies on how we might redesign our systems to improve outcomes in the populations we prioritize.

   Mary Christianson  
   Minnesota Salon 2  
   *Elimination of Bias CLE Credits Applied for  
   Everyday problems and conflicts provide opportunities to teach communication and social skills to persons with an FASD. When parents and teachers respond using the techniques of mediators, problems transform into learning experiences. Restorative Justice can be employed to repair harm and teach persons with an FASD to be responsible community members.
Thursday, November 10

Breakout Session C 3:15 PM-4:45 PM

C1. Guardianship and Supplemental Needs Trusts
    Jason Schellack, Esq
    Lake Michigan Room
    *Standard CLE Credits Applied for

Planning for your child's future now is critical to ensuring they will have important legal and financial protections into adulthood. In this session, participants will learn about the process for establishing legal guardianship for adult children with disabilities from start to finish. Participants will also learn about the important role government benefits can play in planning for their children's future. This session will discuss a number of estate planning tools, including supplemental needs trusts, that allow parents to continue to provide for their children, without disqualifying them for government benefits.

C2. Working with Families of Students with Disabilities Facing Special Education Referral to Juvenile Court
    Amy Goetz Esq; Andrea Jepsen Esq
    Elm Creek Amphitheater
    *Elimination of Bias CLE Credits Applied for

This session will cover the rights of students in juvenile court proceedings, how to help prepare families and youth for court, how to connect special education rights to juvenile court referrals, collateral consequences, and avoiding or minimizing harm. We will offer tips, strategies, and practical suggestions to stop patterns of court referrals from schools, to best protect juveniles in court proceedings, while incarcerated and when released, to identify and address underlying problems, and to create solutions to keep students safe, successful, and in school. Bring your questions and ideas!

C3. Beyond the Diagnosis: Effective Interventions for Children and Adolescents with an FASD
    Julian Davies, MD
    Minnesota Salon 1

This presentation will share the latest research on FASD interventions, as well as practical parenting and teaching tips learned from families and research colleagues. This will include information on early intervention, practical sleep/feeding/sensory strategies, positive behavior supports, help for self-regulation and executive functions, medications, educational approaches, and adolescent transitions.

C4. Into Action Overview and Application
    Jeanne Gerhardt-Cyrus; Ivory Gerhardt-Cyrus
    Minnesota Salon 2

Ivory will share her experience growing up in a small village and attending school where the staff did not understand FASD. She will talk about her advocacy work with the Legislature. She will share what has worked for her, and what hasn't. She will also illustrate how thinking outside the box, the Complex Behavioral Collaborative and finding a niche have made a difference in her life; she'll also share her plans for the future. Jeanne will provide an overview of Into Action, developed by Diane Malbin, which is typically a 16-hour course. Participants will gain a brief overview of FASD as a brain-based physical disability, and most often a hidden disability. Into Action is a strengths-based approach to enable those affected by prenatal exposure (and other neurobehavioral issues) to work toward success.

Conference Planning Committee

Bruce Beneke, Esq
Southern Minnesota Regional Legal Services

Shauna Feine, LSW
MOFAS Training Coordinator

Lois Bickford
Advocate

Cathy Bruer-Thompson
Retired Hennepin County Adoption, MOFAS Board Member

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Tiffany Morgan
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Jennifer Moore, Esq
Moore Family Law, MOFAS Board Member, Conference Sponsor

Sergeant Dave Stichter
Minneapolis Police Department

Monisha Washington
Southside Community Health Services

Jeffrey Wozniak, PhD, LP
University of MN, FASD Clinic
The Annual Celebration is a time to highlight our work, our community, and, most of all, our families. This is a family-friendly event. You will hear from teens and young adults, learn what’s new at MOFAS, and be treated to a performance by Morgan Fawcett, who was diagnosed with an FASD when he was 15 years old. At the time of his diagnosis, Morgan knew he wanted to help educate others about FASD. He is a performer and advocate who has created a flute program that has allowed him to donate more than 600 Native Flutes to at-risk youth and challenged individuals.
breakout session D 9:45 AM-10:45 AM

**d1. Moving and Shaking: Family Toxic Behaviors Unpacked**  
*Sameerah Bilal-Roby*  
*Lake Michigan Room*

Join members of the African American Babies Coalition for an informative session about supporting the healthy development of babies by addressing trauma and toxic stress and understanding brain science. When we know better we do better. When we understand how our behaviors as adults are shaped by our own trauma and adverse experiences we can make new choices that will lead to healthy outcomes for our entire community.

**d2. A Preconception Approach to Preventing FASD**  
*Jessica D. Hanson, PhD; Jamie Jensen, MS*  
*Minnesota Salon 1*

Public health officials conclude that the prevention of alcohol-exposed pregnancies (AEP) should begin preconceptionally by focusing on two behaviors: preventing unintended pregnancies or reducing alcohol consumption in women at-risk for, or planning, pregnancy. Our session will describe risk factors for AEP and the controversy surrounding AEP prevention with preconceptional women, wrapping up our presentation by detailing our current efforts to prevent AEP in South Dakota. Specifically, our multidisciplinary team collaborates with the Oglala Sioux Tribe on an AEP prevention program called the OST CHOICES Program, which focuses on reducing risk for AEP in non-pregant American Indian women by utilizing motivational interviewing to decrease binge drinking and/or increase contraception use.

**d3. Getting up to Speed with Special Education**  
*Dan Stewart, PhD, JD; Maren Hulden, JD*  
*Elm Creek Amphitheatre*

Special education services can be critically important for students with prenatal alcohol exposure. However, sometimes things go wrong at school – including the school not understanding what FASD/PAE really is, not having the right kind of services, and dealing ineffectively with challenging behaviors. And, when things go wrong, a student could miss out on getting an appropriate education and could even face school discipline or even be put into a physical hold or a seclusion room. This session will provide families with an overview of special education rights and ways to use the system to improve services and prevent negative consequences.

**d4. The Communication of Behavior**  
*Joe’L Eddington Farrar, MEd CCC-SLP, BCBA*  
*Minnesota Salon 2*

Individuals with an FASD often present as being higher-functioning than their actual skill levels. This is due to the expressive language skills being higher than the receptive skills. The divide between identification of a behavior versus a difficulty with communication often results in further difficulty for individuals with an FASD. This discrepancy can result in being identified as a behavior problem. Often behavior plans and medications are recommended without a complete understanding of the person’s higher level communication skills. This session will address the difference between behaviors which are willful versus communication impairments which manifest as behaviors.

breakout session E 11:00 AM-noon

**e1. MOFAS Father’s Panel**  
*Moderator: Shauna Feine, LSW; Panelists: Marc Laurie; Jim Seas; Pat McArdie*  
*Elm Creek Amphitheatre*

Men play an important role in preventing FASD and also supporting individuals living with the disorder. This session will provide a perspective that is often overlooked and give a voice to fathers raising individuals on the spectrum.

**e2. Step by Step: Practical Strategies for Parents Living with Toxic Stress**  
*Kathy Hotelling, PhD*  
*Minnesota Salon 1*

By definition, toxic stress is strong, frequent, and/or prolonged adversity. This kind of stress increases risk for disease and cognitive impairment and affects the well-being of all in the family. Unfortunately, there is no one panacea for FASD and its effects on our lives. But small steps in the form of practical strategies accumulate to provide different levels of relief at different times. Learn to create buffers of support to make stressful life events more tolerable. Plenty of time will be devoted to discussion.

**e3. Supporting School Success for Students with an FASD and Histories of Trauma**  
*Charlene Myklebust, PsyD*  
*Lake Michigan Room*

Often times, children with an FASD confront complex challenges in school settings. This presentation will share research and insight into how the combination of FASD and exposure to trauma impacts brain development, functioning, and educational performance. Strategies for preventative measures and interventions designed to better support school success will be offered to educators.

**e4. Living Outside the Box**  
*Tina Andrews, MEd*  
*Minnesota Salon 2*

This workshop focuses on looking at FASD as an example of neurodiversity instead of just a disability. Drawing on the work of Thomas Armstrong, Ross Greene and Diane Malbin, participants are invited to explore ways to understand and support their loved ones, clients and students as “normal” for themselves. Discussion will center on examining how bias toward one “right” way of being prevents the construction of “good fit” environments for individuals affected by FASD at home, school, work, and in the community and how to change that to creating opportunities for special needs individuals to thrive.
Thanks to our generous sponsors Highland Federal Finance, Morgan-Kavanagh Real Estate Group, and the Minneapolis Marriott Northwest we have several prizes to give away. Prize giveaways will include standard drawings for prizes and we are also introducing a new interactive prize giveaway option as well. Winners will be announced at the closing keynote lunch session.

**twitter contest**

Stay plugged into the conversation during the pre-conference, the conference and beyond via Twitter. Complimentary Wi-Fi is available in the meeting space using MOFAS42. Please use the hashtag #FASDmatters @MOFAS_049 to pose questions to attendees and panelists, share quotes from sessions, and network.

Winners will be recognized at the closing keynote session on Friday, November 11, 2016 at 12:30 PM in the Northland Ballroom. To be considered for the following categories, participants must submit entries via Twitter using #FASDmatters @MOFAS_049 by 11 AM on Friday, November 11, 2016.

- **Best quote:** this will go to the person with the best quote captured and tweeted from the breakout sessions or keynotes. (Prize: Free voucher to the 2017 FASD matters conference)

- **Most retweets:** this will go to the person with the most retweets throughout the conference. (Prize: Complimentary one-night stay at the Minneapolis Marriott NW)

- **Best photo:** this will go to the person with the best photo from the 2016 annual FASD matters conference. Get creative, but keep it appropriate. (Prize: MOFAS t-shirt)

**thank you to our prize sponsors:**

![HFF Highland Federal Finance](image)

![Marriott Minneapolis Northwest](image)

![EXIT Realty Metro](image)
room information

The Teen & Young Adult Hangout Room will be on the lower level located in Meeting Room C.

There is also a Mother’s Room available located on the lower level in Meeting Room I. You may access the key to the Mother’s Room at the registration desk.
thank you to our sponsors