

Resources for Families on Fetal Alcohol Spectrum Disorders

List compiled by Kathryn Page, PhD

Websites (there are many; these are favorites)

- Proof Alliance (used to be Minnesota Organization on FASD) – has resources and info for educators, justice, families, advocates proofalliance.org
- Canadian FASD Research Network—goes way beyond reporting research; much good info for all aspects of FASD: <https://canfasd.ca/>

Online Support Groups (Ongoing, on Facebook)

- Parenting FASD Kids (just search on Facebook)
- Parenting FASD Teens and Adults
- FASD Caregiver Success (Jeff Noble) (all ages) www.facebook.com/groups/FASDFOREVER

Online Support Groups (Monthly)

- <https://www.php.com/fetal-alcohol-spectrum-disorder-fasd-support-group/>
 - Parents Helping Parents FASD Support Group/younger kid
 - Parents Helping Parents FASD Support Group/older kids

Books

- *Trying Differently, Not Harder*, Diane Malbin
- *Making Sense of the Madness, and FASD Survival Guide*, Jeff Noble

for in-depth scholarly material:

- Hagan, J. F., Jr, Balachova, T., Bertrand, J., Chasnoff, I., Dang, E., Fernandez-Baca, D., Kable, J., Kosofsky, B., Senturias, Y. N., Singh, N., Sloane, M., Weitzman, C., Zubler, J., Neurobehavioral Disorder Associated With Prenatal Alcohol Exposure Workgroup, & American Academy of Pediatrics (2016). Neurobehavioral Disorder Associated with Prenatal Alcohol Exposure. *Pediatrics*, 138(4), e20151553. <https://doi.org/10.1542/peds.2015-1553>

Videos

- *6 Things* by Nate Sheets (9 minutes)
<https://www.youtube.com/watch?v=fSsCXnsYKRI>
- *Fetal Alcohol and the Law* by David Boulding (9 minutes)
<https://www.youtube.com/watch?v=n6ZWkSzTAqk>
- *Why Typical May Not Work* by Nathan Ory
<https://www.youtube.com/watch?v=6UG65Fdhfo>

Music

- Peter Alsop, child psychologist and musician—a double album about sex and sexuality—humorous, straightforward, good boundaries and a positive approach to sex and its appropriate expression.
<http://peteralsop.com/album/songs-sex-and-sexuality-double-cd-album-download>

Further Training

- FASCETS www.fascets.org
- Nate Sheets www.oregonbehavior.com
- Jeff Noble www.fasdforever.com

FASD-specific mental health

- Families Moving Forward <https://depts.washington.edu/fmffasd/>
- Eileen Devine, LCSW <https://www.eileendevine.com/about-eileen>

Handouts – available at <https://www.cebc4cw.org/resources-new/cebc-webinars/fasd-webinar/>

- 8 Magic Keys—the classic skeleton of support and intervention.
- Overlapping Characteristics—chart showing signs and symptoms of FASD compared to several other conditions. A good one-page attention-getter.