

# Fetal Alcohol Spectrum Disorders (FASDs) Interventions (Child & Adolescent)

The CEBC defines Fetal Alcohol Spectrum Disorders (FASDs) Interventions (Child & Adolescent) as interventions developed for the treatment of children and adolescents with FASDs, which is an umbrella term describing the range of conditions and effects that can occur in a person in an individual prenatally exposed to alcohol. These include Fetal Alcohol Syndrome (FAS), partial FAS (pFAS), and Alcohol-Related Neurodevelopmental Disorder (ARND). Children and adolescents with FASDs may have learning disabilities; physical, mental, and behavioral health issues; and problems with self-regulation, executive functioning, and social skills. All of these issues may have life-long implications: individuals with an FASD are at higher risk for suicide, exposure to multiple traumas, homelessness, and increased criminal justice system involvement.

## Fetal Alcohol Spectrum Disorders (FASDs) Interventions (Child & Adolescent) Topic Area criteria:

- **Target population:** Children and adolescents with Fetal Alcohol Spectrum Disorders (FASDs)
- **Services/types that fit:** Home-, community-, or school-based interventions; outpatient services (either individual or group); and self-administered treatment, including online delivery or apps
- **Delivered by:** Child- and family-serving professionals and paraprofessionals, such as educators, social workers, healthcare providers, and community-based organizations
- **In order to be included in this topic area:** Program must specifically target children and/or adolescents with FASDs
- **In order to be rated in this topic area:** There must be [research evidence](#) (as specified by the [Scientific Rating Scale](#)) that demonstrates significant effects on physical, mental, behavioral, and/or learning outcomes related to FASD in children or adolescents, such as changes in symptom levels, behaviors, and/or functioning

The table below provides a summary of the rated programs currently listed in the [Fetal Alcohol Spectrum Disorders \(FASDs\) Interventions \(Child & Adolescent\)](#) topic area. More detailed information can be found on the CEBC website.

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
<a href="#">Math Interactive Learning Experience (MILE)</a>	Children ages 3–10 years with FASDs and their caregivers	2	Medium
<a href="#">Alert Program®</a>	Children and adolescents with learning disabilities from FASDs or similar to FASDs and their parents/caregivers	3	High
<a href="#">Families Moving Forward (FME) Program</a>	Children ages 3–12 years with prenatal alcohol exposure (PAE) or FASDs and their caregivers	3	High
<a href="#">GoFAR</a>	Parents and children ages 4–9 years with FASDs and have problems with self-regulation and adaptive functioning	3	High
<a href="#">Parents and Children Together (PACT)</a>	Foster and adopted children 6–12 years with FASDs and their caregivers	3	High