

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
Math Interactive Learning Experience (MILE)	Children ages 3–10 years with FASDs and their caregivers	2	Medium
Alert Program®	Children and adolescents with learning disabilities from FASDs or similar to FASDs and their parents/caregivers	3	High
Families Moving Forward (FMF) Program	Children ages 3–12 years with prenatal alcohol exposure (PAE) or FASDs and their caregivers	3	High
GoFAR	Parents and children ages 4–9 years with FASDs and have problems with self-regulation and adaptive functioning	3	High
Parents and Children Together (PACT)	Foster and adopted children 6–12 years with FASDs and their caregivers	3	High

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