



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

Definition:

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 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.

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 on the CEBC:** Program must specifically target children and/or adolescents with FASD
- **In order to be rated in this topic area by the CEBC:** 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

Programs

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	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
Math Interactive Learning Experience (MILE)	Designed to facilitate math learning in children who have a history of being diagnosed with a Fetal Alcohol Spectrum Disorder	2	Medium
Alert Program®	An organizing framework and process to address issues of self-regulation for both children and adolescents. The program is designed to take complex sensory processing information related to modulation and self-regulation, and make it accessible for the lay person	3	High
Families Moving Forward (FMF) Program	A manualized, yet individualized, behavioral consultation intervention tailored for families raising children 3–12 years with prenatal alcohol exposure (PAE) or fetal alcohol spectrum disorders (FASD), and clinically concerning behavior problems	3	High
GoFAR	A manualized intervention program for parents and children ages 4 to 9 years old with fetal alcohol spectrum disorders (FASD) whom have problems with self-regulation and adaptive functioning	3	High
Parents and Children Together (PACT)	A group therapy intervention for foster and adopted children who were affected by prenatal exposure to alcohol and their parents/caregivers	3	High