

Child Health Notes

Promoting early identification and partnerships between families, primary health care providers & the community.

Distributed by the Lewis County Interagency Coordinating Council (ICC) and Parent to Parent. **Contributors:**
Washington Department of Health and the University of Washington Children with Special Health Care Needs.



My husband and I are foster parents and have adopted six children. It was very valuable to get a confirmed diagnosis of FAS for our children. I no longer felt crazy – there was a reason why my usually effective parenting tactics were not working. The diagnosis also helped us access a family resources coordinator and early intervention services.

- Parent of children with FAS



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FETAL ALCOHOL SYNDROME

Fetal Alcohol Syndrome (FAS) is a permanent birth defect syndrome resulting from prenatal alcohol exposure and characterized by:

- Prenatal and/or postnatal growth deficiency (weight or length less than 10 percent for age)
- Characteristic facial features: short distance between upper and lower eyelids, flattened philtrum (area between upper lip and nose) and a thin upper lip
- Central nervous system dysfunction (e.g., neurologic abnormality, intellectual impairment, or structural impairment such as microcephaly—smaller than normal size head).

At least 5,000 infants are born in the United States each year with FAS, 1-3 per 1,000 live births. Most children exposed to alcohol in utero do not have FAS or the characteristic facial appearance, but **DO** present with behavioral and cognitive deficits. **Fetal Alcohol Effects (FAE) or Alcohol Related Neurodevelopmental Disorder (ARND)** are terms used to describe these children. The incidence of FAE is unknown, but believed to be **several fold greater** than FAS.

Children with FAS and FAE have lifelong disabilities which may include:

- lowered intelligence, attention deficit hyperactive disorder (ADHD), poor judgment,
- poor social adaptation and behavior problems
- If FAS/FAE is not diagnosed and appropriate intervention provided, adolescents and adults are at greater risk of secondary disabilities such as mental illness, substance abuse, and trouble with the law.

WHENEVER A PREGNANT MOTHER DRINKS, HER BABY IS AT-RISK FOR FAS OR OTHER ALCOHOL RELATED CONDITIONS. THERE IS NO DETERMINED SAFE AMOUNT OR FREQUENCY OF ALCOHOL USE. FAS OCCURS ACROSS ALL SOCIOECONOMIC, ETHNIC, AND RACIAL BACKGROUNDS.

WHY IDENTIFY EARLY?

- To provide access to early intervention services for the child and family. Early intervention has proven to reduce the incidence of secondary disabilities
- To assist in helping the mother access alcohol treatment to prevent other children born with alcohol related conditions

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FETAL ALCOHOL DIAGNOSTIC AND PREVENTION NETWORK (FAS DPN)

In 1995 the Washington state legislature enacted Senate Bill 5688 supporting the replication of the U of W – Center on Human Development (CHDD) FAS Clinic at additional community-based sites across the state. The Fetal Alcohol Diagnostic and Prevention Network was developed, a network of six community diagnostic clinics linked to the core CHDD clinic. These clinics provide screening, diagnosis, and prevention of FAS and related secondary disabilities.

NETWORK SITE LOCATIONS:

Core Clinic

University of Washington - CHDD
Fetal Alcohol Syndrome Clinic
Seattle, WA

Coordinator: Deborah Raymond (206) 685-1277
Appts - (206) 685-9888
Info - <http://depts.washington.edu/fasdpn>

FAS DPN Clinic(s):

<http://depts.washington.edu/fasdpn/htmls/clinic-locations.htm>

REGIONAL RESOURCES

Fetal Alcohol Syndrome Diagnostic and Prevention Network <http://depts.washington.edu/fasdpn>
Fetal Alcohol and Drug Unit, University of Washington <http://depts.washington.edu/~fadu>
Washington State Fetal Alcohol Syndrome Disorders <http://depts.washington.edu/~fasdwa>

NATIONAL RESOURCES

National Organization on Fetal Alcohol Syndrome www.nofas.org
Iceberg Newsletter PO Box 95597 Seattle, WA 98145
(educational newsletter for parents and professionals)

FAMILY RESOURCES

FAS Family Resource Institute (FAS * FRI) 1-800-999-3429
WithinReach 1-800-322-2588, 1-800-833-6388 (TTD)
(formerly Healthy Mothers, Healthy Babies) www.withinreachwa.org
Parent to Parent Support Programs of Washington 1-800-821-5927
Lewis County Parent to Parent 360-736-9558, 360-880-0672, 360-269-2269
***book and video lending library on every diagnosis**
***Parent support group every third Thursday**
Washington State Father's Network 1-425-747-4004 ext. 4286, www.fathersnetwork.org
Washington State Medical Home Website www.medicalhome.org

LOCAL RESOURCES FOR DEVELOPMENTAL SCREENING AND ASSESSMENT

For children under age three:

Living in Centralia Chehalis School Districts only
Living in any Lewis County School District

Contact:

Growing Together 748-2277 or Student Support 807-7245
In-tot Developmental Center 748-4359 or 1-888-548-4359

For children age three and older:

Within Centralia Chehalis School Districts
Outside Centralia Chehalis School Districts

Contact:

Local school district
Lewis County Special Education Coop 748-3384 or local elementary school

**Lewis County Interagency Coordinating Council (ICC) meetings are held the first Wednesday of each month
9:00 a.m. - 10:30 a.m.**

Department of Developmental Disabilities at 1000 Kresky Ave. in Centralia

Lewis County Interagency Coordinating Council We focus on services provided for families of children birth to 5 years old with developmental delays. Seats are open for parents to attend, listen and participate in how to better serve families. Mileage reimbursement and FREE childcare is available when you call in advance. For more information contact Rayna Austin at 360-748-4359.