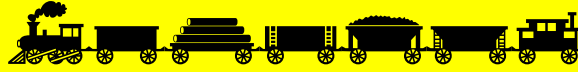D R A F T

Project   FASD   T R A I N

Teach, Recognize, Assess, Identify, New [Strategies, Hope, Ideas, Perspectives]
FAS Community Resource Center
Teresa Kellerman, FASD State Coordinator
February 2006

A project by which the FASD state coordinator, together with state employees and volunteers, will conduct screening, training, and survey activities through the Arizona Division of Developmental Disabilities to determine how many individuals served in the Developmental Disabilities system may have Fetal Alcohol Spectrum Disorders (FASD).

Fetal   **A**lcohol   **S**pectrum   **D**isorders

Teach selected personnel in DDD about FASD: Intake workers, evaluators, support coordinators

Recognize the invisible as well as obvious signs and symptoms of Fetal Alcohol Spectrum Disorders

Assess records and surveys of all individuals in the Developmental Disabilities system

Identify those who have or may have Fetal Alcohol Spectrum Disorders

New hope for families who live with Fetal Alcohol Spectrum Disorders, new perspectives for best practices in providing services to individuals affected by Fetal Alcohol Spectrum Disorders, new ideas for prevention of Fetal Alcohol Spectrum Disorders, new directions for state policy to improve diagnostic evaluations, eligibility criteria, support services, and public awareness to promote healthier communities and families in Arizona.

Why we need to conduct this survey:
- It is estimated that 10% of the population in the Developmental Disabilities system may have disorders caused by prenatal exposure to alcohol. We don't know for sure. We want to find out.
- Most individuals with Fetal Alcohol Spectrum Disorders are not recognized or diagnosed or may be misdiagnosed. This often results in support services and intervention strategies that are not helpful and in many cases cause further harm to the individual and increase the already heavy burdens on families.
- Support coordinators and service providers are frustrated with failed attempts to assist individuals with unrecognized Fetal Alcohol Spectrum Disorders or underestimated functional disabilities in those who have a diagnosis, resulting in chronic frustration, stress related illnesses, and burnout (by employees, contract agencies, and families).

As a result of this project:
- Intake workers will be able to recognize signs that a referral may be necessary for a more in-depth assessment by a trained evaluator to verify possible cases of Fetal Alcohol Spectrum Disorders. Intake workers will be able to track cases where individuals with possible Fetal Alcohol Spectrum Disorders apply for services but are found to be not eligible. This will be critical in determining the need for system change.
- Evaluators who contract with the state to conduct psychological evaluations will be able to recognize symptoms that would indicate the need for further assessments.
- Support coordinators will be able to recognize the signs of possible Fetal Alcohol Spectrum Disorders and know how to refer the individual to services that will be more beneficial not only to the individual and family, but to the support coordinators themselves, as more appropriate support services will reduce secondary problems and reduce the time spent trying to find solutions for complex problems.

D R A F T

Three-part project:

- Screening tools for use by Early Intervention, Intake, Evaluation Workers, Support Coordinators
    - ages 0-3
    - ages 3-18
    - ages18+
- Training sessions primarily for support coordinators and early intervention specialists, but also for Child Protective Services personnel, psychologists, service providers, community leaders, family members, etc.
    - To understand how prevalent and pervasive are the effects of prenatal alcohol exposure
    - To learn how prenatal alcohol exposure impacts ability to function
    - To generate creative problem solving for prevention and intervention
    - To use screening tools to determine prevalence of Fetal Alcohol Spectrum Disorders in the Developmental Disabilities system
- Survey of individuals and/or case records to identify individuals with FASD in the system
    - Face-to-face meetings with selected individuals
    - Collect, compile, and analyze survey data
    - Produce report
    - Make recommendations

Timeline for Project FASD TRAIN (subject to change as project evolves):

Phase I   3 month plan   March – May 2006
- Research existing data in other states and previous similar projects, if any
- Consult with other experts in the field
- Develop training presentation and materials
- Design screening tools for three age groups
- Produce survey instruments

Phase II   18-month plan   June 2006 – November 2007
- Conduct statewide trainings at all offices to offer presentation and materials to all support coordinators and other state employees and contractors as necessary to carry out subsequent survey.
- Trainings for support coordinators will be scheduled with trainings for other community groups (such as foster parent organizations, parent teacher organizations, mental health agencies, or child protective services) to educate as many people as possible in the same location and time frame.

Phase III   12-month plan   December 2007 – November 2008
- Train state employees and/or volunteers selected to conduct the surveys.
- Conduct one-to-one surveys with selected consumers to determine need for further assessments or referrals and/or different approach to service delivery to improve outcome and quality of life.
- Depending on availability of grant funding, surveys may be conducted by those outside the state system, in which case special training sessions will be conducted prior to the surveys.

Phase IV   3-month plan   December 2008 – February 2009
- Collect and compile data received from presentation evaluations and survey activities
- Analyze preliminary data and organize relevant information
- Consult with state and national leaders and other experts in the field
- Produce final report with recommendations for the state of Arizona

For more information, contact Teresa Kellerman (520) 296-9172 or (520) 745-5588 ext 1195