

FASD News and Views



A Michigan Coalition for Fetal Alcohol Resources, Education and Support (MCFARES) Newsletter



Established in 2003

Questions We Are Asked

Question: *Our 17-year-old son was offered a job by friends who own a business. He really wants to take the job but is afraid he won't remember his schedule or how to do the job. What advice can we offer our friends so that our son can be successful in this new job?*

Answer: Congratulations to your son on getting his first job. With some understanding of FASD, your friends can help your son be successful at his job. Your son can help them to understand his needs. The self-advocacy skills he develops while working this job will help him throughout his life.

First, work with your son to define his concerns about the new job. It seems he's worried about remembering his schedule. Help him to develop a method of keeping track of his schedule, possibly suggesting different methods, including paper methods and electronic methods. After several weeks, talk with your son to see if he's comfortable with

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the method that he's chosen. Help him to refine his method on an on-going basis.

He also expressed concern about remembering how to do the job. In this he can also learn self-advocacy skills by working through the process with his employer and figuring out a way to help him remember the job requirements. Help him to decide the method that works best for him. Possibilities include cue cards or a picture schedule. It may help for his employer to closely monitor him for at least the first few weeks, walk him through the job process, then back off a bit but still keep an eye on your son's work and help him out as necessary.

Also, your son's employer should remember that if challenges develop, it is likely not due to defiance or willful

misconduct. It sounds like your son is interested in working this job and with support and guidance, he'll be very successful. Working together, the three of you can manage any challenges that develop and help your son to learn skills that he'll need to use as an adult.

Information for employers can be found on the NOFAS website (<https://www.nofas.org/employment/>). The Job Accommodation Network has a page that lists many accommodations that may be helpful for your son (<https://askjan.org/disabilities/Fetal-Alcohol-Syndrome.cfm>).

If you have any FASD-related questions, please send them to Charisse at charisse@mcfares.org

Now That's Funny

I'm making hamburger soup tonight for dinner. Duncan walks through the kitchen & says, "It smells good. What's burning?"

NOFAS Summit 2018

Each year, MCFARES sends a representative to the national NOFAS Affiliate Summit. This is a chance for each of the affiliates, like MCFARES, to get together, share experiences, and network to find solutions for helping member organizations improve access to their state's resources and increase awareness about FASD.

This year, Emily Rusnak, MCFARES Vice President, attended the Summit on behalf of MCFARES. The Summit is usually held in Washington D.C. in early fall, but this year the Summit was held in Minneapolis, MN in November, in conjunction with the FASD Matters Conference sponsored by Minnesota's NOFAS affiliate.



One of the biggest changes that was seen and felt at the Summit and conference was Minnesota's NOFAS affiliate had a name change from MOFAS (Minnesota NOFAS) to Proof Alliance. As a result, most of us are still getting used to the name Proof Alliance when we talk about FASD resources and events held in Minnesota.

The Summit itself lasted two half days, with an evening dinner on the first night. Member organizations offered a summary of their group's activities from the past year. Many of the states are still grappling with some of the same issues that MCFARES addresses--how to provide effective parent support and offer training to constituents in their community. Neighboring states such as Wisconsin are eager to look into ways to create a Great Lakes FASD coalition, while west coast

groups are developing their birthmother support circles and finding ways to create coalitions with other state groups, like our friends in Colorado.

Presentations were made by representatives from NOFAS and the Centers for Disease Control (CDC). NOFAS is eager to try to gain more federal grant funds to support affiliate activities and is invested in developing new materials to run effective birthmother support groups. CDC discussed new research initiatives in prevention using the



Structured Brief Interview (SBI), as well as the continued development of new training materials for healthcare professionals.

For Michigan, we were able to present on a range of activities currently being targeted by MCFARES, including our Facebook groups, development of a coalition of FASD leaders around the state to support regional work on FASD, the upcoming FASD conference in May 2019, and the development of a new microcredential training program through MCFARES, to help families, practitioners, and communities members learn more about FASD and help "retool" their local areas to be more supportive of individuals with FASD and their families.

New Support Groups Forming

Two new support groups are in the process of forming. One will be in the Lansing area and the other in the mid-Michigan area. If you are interested in attending either of these groups, please email Charisse at charisse@mcfares.org.

GoodSearch

Please consider helping MCFARES raise funds to support individuals and families who are affected by pre-natal exposure to alcohol. Each time you conduct a search at <http://www.goodsearch.com/>, a donation is made to MCFARES. Please designate MCFARES as your charity of choice. You can also use GoodShop for your on-line shopping needs. A percentage of your on-line purchases will be donated to MCFARES.

Amazon Smile

If you shop on-line with Amazon.com, please consider using this link: A donation to MCFARES will be made each time you shop: [smile.amazon.com/ch/35-2394822](https://www.amazon.com/smile/?ref=af_pill_card&source=af_pill_card&ch=35-2394822)

Member Spotlight

June Malachowski

Tell us 3 things about yourself (two things are true, one is false):

1. I've traveled a lot.
2. I've traveled a little.
3. I haven't traveled at all.

What is your favorite season and why? Spring because of the growth it represents, the warmer temperatures, and blooming flowers.

It's a chilly, snowy winter day. You've got the day off work and no commitments. How will you spend your day? Snuggling up and watching a movie.

Favorite Color – Blue

Favorite Sport – Basketball

Favorite Store – Target

What is your favorite movie? Why? Wizard of Oz because of its metaphysical and symbolic meanings.

What is one thing you could not go without during your day? Seeing my family.

Tell us about your job: I am a research assistant at the Michigan Developmental Disabilities Institute (MI-DDI) at Wayne State University. Within this job, I am glad I have am able to support causes such as FASD/MCFARES for the past four years. Currently, I am the project manager for the Michigan National Cores Indicators (NCI), Adult Consumer Survey (ACS) which is a national survey used by developmental disabilities agencies to evaluate the outcomes of services provided to individuals.

What attracted you to your current job? I wanted to be a change agent in the developmental disabilities field as I am aware of the hardships my family has endured for my cousin (deceased) who had Down Syndrome and my nephew who has Autism. Since working in this field, I have learned that others are going through similar things which has increased my desire to be a change agent.

What, in your opinion, is the biggest need related to FASD in Michigan? Awareness because it is under-reported and often over-looked by many. With more awareness, we can begin to make great strides in helping individuals with FASD and their families.

#1 is the lie. I haven't had the opportunity to travel a lot----yet. I would like to travel more to experience different cultures and all that the earth has to offer.



Looking for Information and Support? It's Just a Click Away

If you are looking for support or information on FASD, consider joining us online on both of the MCFARES Facebook pages.

MCFARES hosts a public Facebook page, where new research and information about FASD is discussed with Michiganders and folks interested in FASD from around the globe. We also make announcements about the Macomb Project SAFE meeting, our monthly family potluck hosted in Sterling Heights. Visit our public Facebook page here:

<https://www.facebook.com/groups/MCFARESFASD>

If you prefer a space on Facebook that does not post to your own newsfeed, then consider joining the MI FASD group--MCFARES social networking spot for families, practitioners, and self-advocates. We offer new research and information about FASD in this space. It is also a group that allows parents/caregivers, practitioners, and self-advocates to ask questions and receive support from people who "get it". Most of the members are from Michigan, but we do have a number of national members including some national presenters on FASD. Visit our closed support group space here: <https://www.facebook.com/groups/mifasd/>



Consider joining us online to help gain a better understanding of the disorder and find a support network of your peers!

Pure Michigan



Bond Falls, Paulding, Michigan

(photo credit: Aubrieta V. Hope)

SAVE THE DATE!

MCFARES and
the Michigan FASD Task Force Present:

Living and Learning with
Fetal Alcohol Spectrum Disorders Conference

May 17, 2019
Lansing, Michigan

Keynote Speakers:

Christina Chambers, Ph.D., Prevalence of FASD in the U.S.
Julie Kable, Ph.D., Educational Supports
Heather Carmichael Olson, Ph.D., Families Moving Forward

Breakout sessions:

- The Brain-Based Approach with Adrienne Bashista
- Cognitive Supports Model with Nate Sheets
- Child and Adult Supports and Services
- Criminal Justice Issues
- Family and Self-Advocate Panels
- Resources and Information

Please Contact Ann Carrellas at the Michigan Developmental Disabilities
Institute for details: do9921@wayne.edu or (313) 577-8562

Social Work, Nursing, and Education
Continuing Education Credits pending.



Braggs

Gabby, age 16 . . .

. . . danced with her tap class at the Winter Showcase for her school. She remembered the tap steps and had the older girls help with make-up.



Duncan, age 14 . . .

. . . I bumped the water filter cartridge in our refrigerator about 2 months ago, so we have not had water or ice for awhile. We had to turn off the water line because water was shooting out of the cartridge area. Over the past weekend, Duncan took apart the filter holder a little bit and was able to pull out the part that stuck & broke off the old cartridge. He got stuck in a couple spots but very calmly looked at the situation, asked for some help and we were able to put in a new water filter. I am so proud of him and the way he works carefully. He remembered exactly how everything went back together too. We missed the ice for drinks the most!

Joshua, age 24 . . .

. . . started serving cross during Mass. He's been an altar server for many years and has wanted to learn how to serve as cross bearer.



Marcin is turning 22 and has been employed for over a year as a cashier at a large home improvement store. He has received recognition twice for his excellent customer service. Currently on the store's online feedback surveys, Marcin has the most points of all employees in the store for customer service. His family is extremely proud of him for this!

Donate Time – Work with Us!

Do you have a few hours to spare? We have several different opportunities to help you put your spare time to good use. If you have time to help us out with any of these activities, please send an email to Charisse at charisse@mcfares.org.

Here are some opportunities that require only a few hours a month:

- Project S.A.F.E.: Supervise children after dinner. Typically once a month on a weekend evening. Locations vary.
- MCFARES FASD News and Views quarterly newsletter: We could always use your help writing articles or putting the newsletter together.
- Literature Packets: Share information about FASD with medical professionals, educational professionals and others who would benefit from information about FASD. We'll give you the list of flyers to use. You deliver them when you're able.

Kroger Community Rewards

Please consider registering MCFARES as the beneficiary of rewards using your Kroger Plus card. The MCFARES organization number is GK535. We thank you for your support. Funds raised will assist MCFARES in providing support to individuals and families affected by pre-natal exposure to alcohol.





Vision: The Coalition strengthens served communities' ability to eliminate prenatal alcohol exposure and provide support to persons and families impacted by fetal alcohol spectrum disorders (FASD) by delivering exemplary professional education, public awareness, and support.

Mission: Bridging the gap between individual needs and community services

To find out how you can help us work toward our vision and mission, contact us at info@mcfares.org.

What Do You Read, Watch, Listen To?

In our attempts to learn more about fetal alcohol spectrum disorders, we scour libraries, explore the internet, and question anyone who might know about FASD. We'd like to know about your favorite websites, books, articles, videos, support groups, etc. We'll compile the information and include it on resource sheets or on our website. If you've got suggestions to share, please email your favorites to Charisse at charisse@mcfares.org. Thanks for your help.

This Quarter's Recommendation:

University of South Dakota FASD Educational Strategies Handbook. This handbook is full of helpful tips and strategies that will be helpful in the school setting. The book can be downloaded from the University of South Dakota website. <https://www.usd.edu/medicine/center-for-disabilities/fetal-alcohol-spectrum-disorders/guides-and-handbooks>



Support Groups for FASD in Michigan

(not all groups are specifically for FASD support)

(Please phone or email contact person prior to attending to ensure that group is still meeting. If information has changed, please email Charisse at Charisse@mcfares.org).

Alpena County

FASD Family Support Group, Meets 2nd Thursday of each month; 1:30 – 2:30 p.m., Partners in Prevention office in the First Presbyterian Church at the corner of US23 and Long Rapids Road, Alpena. Contact Mary Schalk at mary@nemcpi.org or 989-359-2880 for more information.

Eaton County

Eaton County Foster Adopt Support Group, Meets 1st Thursday monthly, 6 – 8:30 p.m. Pot-luck dinner at 6:00 p.m. Group/training at 6:30 p.m. Childcare available. Eaton Intermediate School District, 1790 Packard Highway, Charlotte, MI 48813. Located right next door to Walmart. Contact Michelle for more information at besa_93@yahoo.com.

Kalamazoo County

Kalamazoo Area Fetal Alcohol Spectrum Disorder Support Group (KAFASD), Meets 2nd Tuesday monthly, 6:30 p.m. Augusta McKay Library, 105 S. Webster Street, Augusta, MI 49012. For more information, contact Robin or Kathy at KAFASDgroup@yahoo.com.

Kent County

West Michigan FASD Support Group, Meets 3rd Wednesday of each month, 7 – 8:30 p.m. September – May (no December meeting), Westminster Presbyterian Church, 47 Jefferson Avenue, Grand Rapids, MI 49503. Contact Sandy Kezenius, 616-648-9259 or sandnkez@hotmail.com; Cory Tait, 616-550-4273 or taitville@comcast.net; or Barbara Wybrecht, 616-485-8665 or bmwybrecht@gmail.com for more information.

Self-Advocates with and FASD in Action (SAFA), generally meets on the 3rd Wednesday of each month, September – May (no December meeting). The meeting is for adults age 18 and up who have an official FASD diagnosis. Contact Rob Wybrecht, 616-901-5980 (cell) or rob1195@yahoo.com or robw436@gmail.com.

Adoptive Families Support Group, Meets 3rd Tuesday of each month, 6 – 8 p.m., Holy Family Catholic Church, 9669 Kraft Avenue SE, Caledonia, MI 49316-9723. Contact Shelley Garcia, 1-855-MICH-P2P, x705 or sgarcia@afsn.com for more information.

Macomb County

Project SAFE (Supportive Activities for Everyone), generally on a Friday or Saturday evening from 5:30 – 8:30 p.m. at various locations in Macomb County. Families meet for pot-luck dinner followed by supervised play for the children and support group time for adults. Contact Charisse at Charisse@mcfares.org or 586-329-6722.

Brunch Bunch, Monthly, 2nd Tuesday, 9 a.m. – 11 a.m., In Clinton Township, Contact Charisse at Charisse@mcfares.org or 586-329-6722 for location details.

Muskegon County

Support group for foster/adoptive/kinship families. Very active group meets weekly for various activities. Contact Janice Hilleary at Bjhilleary@comcast.net or 231-286-7892 (cell phone).

Washtenaw County

Ann Arbor Support Group, Meets 4th Wednesday of each month except November (meets 3rd Wednesday) and December (no meeting), 7 -9 p.m. St. Joseph Mercy Hospital, Education Center, Classroom #5, 5305 East Huron Drive. Contact Vern Soden for more information, vsoden@umich.edu.

Statewide List

Foster, Adoptive, and Kinship Support Groups by County <http://afsn.org/services/foster-adoptive-and-kinship-support-groups-by-county/> (not all groups are FASD-specific)

On-line Information/Support

MCFARES: <https://www.facebook.com/groups/MCFARESFASD/>

Michigan's FASD Advocacy and Social Network: <https://www.facebook.com/groups/mifasd/>

KAFASD (Kalamazoo area): <https://www.facebook.com/groups/KAFASD/>

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MCFARES is the Michigan NOFAS Affiliate

MCFARES Member Agencies

Arc Services of Macomb
(fiduciary)

Family members of affected
individuals

Michigan FASD Task Force

Kids Belong/ACMH Board
Member

Oakland University School of
Nursing

Parent and Child Services, Inc.



*MCFARES needs you. Call
us at 586-329-6722 to find
out how you can help.*

