

# FASD News and Views



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



Established in 2003

## Questions We Are Asked

**Question:** *My daughter just started 2<sup>nd</sup> grade and used to love school. Now, she wakes up crying each morning. She says she's bad and that her brain doesn't know what to do in her classroom. Her teacher uses a level system for discipline and my daughter has had to move her pin to yellow (which meant that I got a note home) on a couple of occasions. She has lost recess and free play time but can never clearly state what happened. She says she doesn't know what she does wrong or how to act better. How can we help her learn the system?*

**Answer:** You've asked a great question. This is a challenge that many families have experienced. Though it would probably more efficient for the teacher if all of her students responded positively to the same behavior system, real-world experience tells us that this rarely happens. So that a classroom can run smoothly, a teacher must have some method of keeping order. Some students are able to understand and follow the classroom rules. Other students, though, have difficulty remembering the rules and knowing how to follow them. For these students, it's the teacher's rules and expectations that must change. The disciplinary actions taken against your daughter may be causing her to

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experience anxiety and that anxiety could be causing her to fear school. Unless her concerns are addressed, she could begin to experience more challenges in the classroom.

The teacher may be unaware that impulsive behaviors (such a yelling out answers or pushing a classmate on the playground) are symptoms of FASD. Also, your daughter's inability to remember the morning classroom routine is a symptom of her diagnosis.

Work with the teacher to develop accommodations and modifications so that your daughter can enjoy success in the classroom. Develop a set of classroom expectations that your daughter can understand and follow. For example, if she

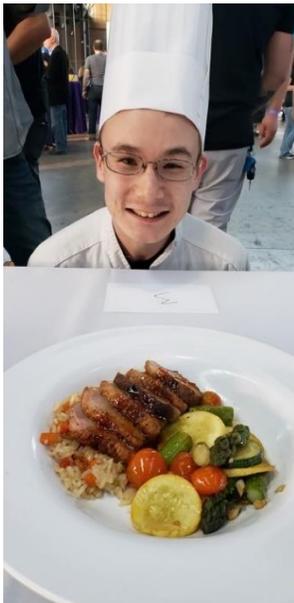
has trouble remembering the morning routine, simplify the routine or assign her a buddy who can assist her in completing the tasks. Some impulsive behaviors may need to be ignored or redirected in the short term (responding without being called upon) and for some behaviors (pushing children on the playground) your daughter may need closer supervision.

Your daughter will more likely experience success when the expectations match her abilities and when the adults in her life become flexible enough to put her needs before their rules.

*If you have any FASD-related questions, please send them to Charisse at [info@mcfares.org](mailto:info@mcfares.org)*

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## This is Me



I am Joshua.

I'm a nice guy.

I like to listen to music.

My favorite movie is *Transformers*.

My favorite TV show is *Bones*.

I'm a brown belt in karate.

I'm a chef.

I like to hang out with friends.

I want people to know not to drink when they're pregnant.

**(If you would like to be featured in our next "This is Me" column, please send your story and a picture to [info@mcfares.org](mailto:info@mcfares.org).)**

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## Documentary Viewing

MCFARES has a copy of the documentary film “Moment to Moment: Teens Growing Up with FASDs” by NTI Upstream. We would like to arrange viewings of the film around the state. If you are interested in viewing the film and/or are able to host a viewing, please contact Charisse at [charisse@mcfares.org](mailto:charisse@mcfares.org).



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## Lansing Area Project SAFE

Lansing Area Project SAFE is looking for school age members. Meetings/ events will be held quarterly. Please contact Brian Hagler at [haglerb3@gmail.com](mailto:haglerb3@gmail.com) if interested.



Cathy Mielke is working with children with FASD in 11th grade and above with self-advocacy and support in the mid-Michigan and Central Michigan area as part of Lansing Area Project SAFE. Please contact her at [cathymielke1@gmail.com](mailto:cathymielke1@gmail.com) if interested.

## Macomb Project SAFE FASDay, 2019

On Saturday, September 14 Macomb Project SAFE hosted an open Project SAFE meeting to recognize International Fetal Alcohol Spectrum Disorders Awareness Day. Families, friends, professionals attended to support MCFARES and learn more about FASDs. We enjoyed a wonderful potluck dinner, the young people had some time to play in the gym, we heard from a few speakers and we played the MCFARES FASD trivia game.



Macomb Project SAFE is held on the 2<sup>nd</sup> Saturday of each month in Sterling Heights. Monthly meetings are announced on the MCFARES Facebook page ([www.facebook.com/groups/MCFARESFASD](http://www.facebook.com/groups/MCFARESFASD)). For more information, contact Charisse at [charisse@mcfares.org](mailto:charisse@mcfares.org)

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## Kent County Project SAFE

We scheduled a family picnic in September to coincide with FASD awareness month. There were 16 people (adults and kids) who were able to make it. It was a time of connecting with families in person who we had previously only had online interaction. After our picnic lunch we had a raffle for a couple of pairs of red shoes. We ended a bit earlier than planned because the wind kicked up and was blowing everything away!

For information about future Kent County Project SAFE events, contact Juline at [juline@mcfares.org](mailto:juline@mcfares.org).



## Call to Legislative Action

Greetings,

My name is Juline Lloyd and I have been involved with MCFARES for the last few years. My focus in the past year has been to pass legislation in Michigan that requires all businesses who sell or serve alcohol post warning signs about the dangers of drinking alcohol while pregnant. There has been research that shows these signs are effective at reducing the number of women who drink alcohol while pregnant. One study showed the rate of women drinking while pregnant was reduced by 11%, which in Michigan could affect over 600 births per year! Currently 23 states, besides Michigan, have this requirement.

HB 4112 passed through the Michigan House of Representatives with bipartisan support. The next step is to get the bill through the Senate. We are waiting for the Regulatory Reform Committee to hold a hearing on vote on this bill.

**Here is where we need your help!!** We need residents of Michigan to call or email their Senator to show support for HB 4112. We also need you to call or email the chair of the Regulatory Reform Committee, Senator Nesbitt, and ask him to hold a hearing on the bill.

Here is a link to assist you in finding the contact information for your Senator: [Find your senator](#)

Here is a link to Senator Nesbitt's contact information: [Senator Nesbitt](#)

Here are two sample letters you may use if you'd like. Make sure to include your name and address so they can see where the support is coming from.

Dear Senator Nesbitt,

I am concerned about the rate of Fetal Alcohol Spectrum Disorder in the state of Michigan. I support HB 4112 which requires posting warning signs about the dangers of drinking alcohol while pregnant in all locations that sell or serve alcohol. I request that you hold a hearing and vote on this legislation which has the potential to reduce the number of individuals born with Fetal Alcohol Spectrum Disorder.

Thank you,

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Dear Senator \_\_\_\_\_,

I am contacting you today to show my support for the quick passage of HB 4112. This legislation, requiring alcohol warning signs about the dangers of drinking alcohol while pregnant has the potential to reduce the number of individuals born with Fetal Alcohol Spectrum Disorder. As a resident of Michigan, I am concerned about the rate of FASD in our state and hope that as a state we can bring increased awareness to this issue.

Thank you,

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**Thank you for your help in raising awareness about the dangers of drinking alcohol while pregnant!**

Juline Lloyd



The 2nd annual Friends of FASD 5K is in the books! On Saturday, September 21st over 50 people participated in the 2nd annual Friends of FASD 5K run/walk to raise community awareness for FASD! Another 20 people across the US (and even Canada!) participated as virtual runners.



The run/walk again started and ended in Shiawassee Park in Farmington, MI. RF Events came out to time the race and the fastest finisher completed the course in 22 minutes. Not far behind him was an amazing 9-year-old runner that came in 2nd place overall!

The event this year included a face painter, Bling it up with April, who even painted red shoes on faces and arms! Her designs stick on for several days and we have heard there were lots of questions about the red shoes painted on faces and arms that started conversations about Fetal Alcohol Spectrum Disorders.

Two local police officers from the city of Farmington came out to make sure the runners were safe at crossings. It was encouraging to find out that these two officers were knowledgeable about Fetal Alcohol Spectrum Disorders and appropriate interventions even before coming to the race.



This year, Friends of FASD had some amazing sponsors! Busch's Fresh Market donated water for all of the runners, Next Generation Entertainment provided a DJ, AJRon provided some amazing photography, Kids in Motion, Oakland Neuropsychology Center, Alison Lubyansky were all sponsors of the event.

Following the run/walk, the participants mingled, took selfies in the Friends of FASD frames, enjoyed bagels and coffee and waited to hear the raffle winners. It was a great family friendly event and a great day to be surrounded by people who care about and support those with an FASD.

Friends of FASD a non-profit 501(c)3 founded in 2018 by Kari Jo Wagner, who has a 6-year-old daughter with FAS. The mission of Friends of FASD is to raise community awareness for FASD. The annual 5K is one such event. Friends of FASD also has plans to offer sensory friendly and FASD related events in the future. Proceeds from events fund small grants for children in Michigan with FASD. Following last year's 5K, Friends of FASD was able to award four small grants. Please visit our website at [www.friends-of-fasd.com](http://www.friends-of-fasd.com) and follow us on Facebook and Instagram for the latest updates on available grants and events!



## NB This . . .

Sometimes we struggle to figure out how to most appropriately address our child's behavior in a neurobehavioral manner.

Here's a scenario and a response to addressing the behavior using a neurobehavioral approach.

**Scenario:** As I was making lunch, I turned my back to answer the phone. In that split second, my 8-year-old son grabbed the butter knife and tried to stab the dog.



1. **Neurobehavioral Challenges:** Impulsive behaviors, inability to understand cause-and-effect, social dysmaturity (at 8-years-old, he acts more like a 4-year-old)

2. **Scenario Without Accommodations:** Without accommodations and interventions, child will act impulsively and display dangerous behaviors.

3. **Accommodations:** Lock up all dangerous objects including knives, tools, household chemicals. Provide line-of-sight supervision at all times. If practical, install indoor and outdoor cameras capable of recording. Also, if practical, install door and window sensors.

4. **Neurobehavioral Approach to Success:** Remember that one of the great challenges that accompanies pre-natal exposure to alcohol is an inability to thwart impulsive thoughts from becoming actions. The thought becomes action before the brain can prevent the action from occurring. With time, repetition and carefully-staged explanations of appropriate behaviors, it is possible to provide an environment where appropriate behaviors can be learned. We can model appropriate choices by naming our behaviors. For example, when we use a knife, we verbalize proper use (i.e., "First I'll spread the butter, then I'll put the knife in the sink."). These explanations can be used for many different actions. When you're near a street, talk out loud about ways to maintain safety. When you're using tools, talk about how tools are safely used. These aren't lectures or commands but rather self-talk for the benefit of the child.

5. **Explanation:** The goal of this intervention is to maintain and improve the relationship with the child. Rather than scolding or disciplining, you are providing, by example, the appropriate way of handling daily situations.

# Michigan FASD Champion Spotlight

## Kari Jo Bank Wagner

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

1. I lived in Japan
2. We have a pet bearded dragon
3. I am scared of fish

**What is your favorite season and why?** Fall! I love back to school, sweaters and the crunching of fallen leaves.

**It's a sunny, crisp fall day. You are free all day to do whatever you wish. How will you spend your day?** Drinking coffee and hanging out with my two kiddos downtown Detroit at the Riverwalk. We love to watch the freighters on the river and take the paths north up to the DNR Outdoor Adventure Center!



**Favorite Color** – green

**Favorite Sport** – I don't really love any sport in particular but I do LOVE stadium hot dogs...

**Favorite Store** – Goodwill or any thrift store

**What is your favorite movie? Why?** The original Home Alone

**What is one thing you could not go without during your day?** Coffee!

**Tell us about your job:** I am a former special ed teacher. Now I stay home with my kiddos and spend my time doing a handful of things I love! #1 I am an Educational Therapist and support students in building their executive functioning skills. #2 I am the director of a non-profit called Friends of FASD and our mission is to raise community awareness and understanding for FASD through an annual 5K. We are also planning to co-sponsor some other events in 2020! So stay tuned! #3 I have just written and published a children's book called *ABC Detroit* to foster both child literacy and a love for the great city of Detroit.

**What attracted you to your current job?** I love teaching, working with students, supporting those with special needs and reading!

**What, in your opinion, is the biggest need related to FASD in Michigan?** Community awareness and understanding - teachers, doctors, nurses, law enforcement... It's so important that all these community figures understand what FASD is and what our kiddos need to help them succeed!

*#2 is false: Kari Jo does not have a pet bearded dragon.*

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# Duncan Smith's Summer Learning Experience

Duncan Smith went to a new camp this summer. Here he summarizes his experience (interview questions asked by his mom, Laurel Smith).

**How old are you?** 15 years old



**What school do you go to?** Arts Academy in the Woods

**Do you want to be an artist?** No, I'm not sure yet



**How did you find out about the camp you went to?** My mom's friend sent her information about the camp. My mom told me and I thought it sounded pretty good.

**What was the camp for?** The camp was about learning woodworking and the apprenticeship for woodworking.

**Was the camp fun?** Yes

**What was the most fun?** Probably actually building our project.

**You said "our". Did you work with other people?** Yes, there were 2 other people in my group.

**How old were the other kids in the camp?** My group was the age range of 15-17.

**Where was the camp?** In the carpentry union workshop in Ferndale.

**Will they have another camp next year?** Yes, and it will be even bigger than this year.

**Are there any other things you'd like to say about the camp?** It was a great experience and I'd like to thank the people who accepted me into the camp.

**How did the camp cost?** Nothing in money but it took time to get in.



**Was there anything special you needed to do?** We had to write a resume and then a cover letter, like getting a job. Then they reviewed those. They picked the best from that group and we had an interview. After a week or so, we heard when the camp would be.

The camp is run by the Detroit Carpenters Union, Millworkers Union and MiWorks, Jr. Duncan received a certificate for his training walked in the Labor Day parade with the Millwright union. The Lieutenant Governor came to visit the program one day and was pleased to see so many young people interested in learning the skilled trades.



Oh, an additional question

**What skills did you learn?** How to write a resume and cover letter and do an interview. In camp I learned basic carpentry skills, using a circular saw, parts of a wall and framing a wall and how to shingle a roof.

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### 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/ch/35-2394822)

### 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.

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## Our Story

September, 2012: It was a glorious day. Getting wheeled out of the hospital in a wheelchair with a sweet little baby in my arms. We take him home and feed him then we get settled for bed. How naïve I was thinking that we would be sleeping the whole night. Three hours later we were up; three hours after that we were up again. We slept in two-hour increments for the first 2 ½- years of our lives together.

Many therapy appointments and many crying sessions (with me, not the baby). Never once did anybody say he might have an FASD or said, “Have you had this toddler evaluated for that?” A mom acquaintance that I knew just in passing on social media, mentioned that to me after our adoption was finalized in August, 2013. Looking back, our child had all the signs of FASD, but I could not recognize them. We were blessed to have an amazing physical therapist, occupational therapist and speech therapist start with our baby at six and nine months old, respectively. We knew that alcohol and drug consumption happened in utero, but my husband and I did not fully understand the permanent lifelong effects and damage this baby had suffered.

Baby had left side torticollis with a pinch of possible cerebral palsy, so those were the main concerns while doing these therapies. After reaching out to several parents that have lived with a child that had fetal alcohol spectrum disorder, it all started to make sense. The lack of impulse control, the elevated noise sensitivity, sensory issues so that a nice gentle breeze would cause our baby to go into complete meltdown.

I was determined to find answers and to never fail this little baby who was brought into our lives. My research started with social media groups of children born exposed and caregivers who were raising them. Then I stumbled across groups specifically for FASD, where I felt I needed to be. After months of reading and husband reassuring me I was not making it up, I made an appointment at a FASD clinic in Ann Arbor to get some concrete answers. Fast forward to three and four years old, the impulsivity was at its greatest along with sensory concerns and dysregulation. Traditional parenting approaches were not working, so I turned to those who knew what worked. My husband and I started diving in on Neuro brain parenting and natural consequences and truly overnight we saw a child who had fewer dysregulated episodes. The child’s world was turned upside down when we made the world so small, that the child could succeed. Currently in first grade now, we are seeing all those sleepless nights, meltdowns and tantrums fade away, turn this wonderful baby turned toddler turned little child into the most wonderful child. We still continue the therapy child has had since an infant, and it does work!

Now our seven-year-old can advocate on their own, use calm down techniques to de-escalate, and show empathy and understanding from us modeling the behavior we wanted the child to have. Advocating for our child will be a lifelong task, which we are ready to take on. We now onto educate others that fetal alcohol is permanent brain damage. Every child with FASD has the greatest potential in the world, but to get that potential from your child, you need to understand your child and have others understand your child also and what works. School

meetings are the norm these days, educating teachers and professionals on how to interact with your child to make him or her successful. We need others to understand that we are not giving our child a break or a pass when a behavior occurred, it's just as a symptom of the FASD diagnosis.

*-The parent who wrote this article wishes to remain anonymous but is available to provide support and encouragement. If you're on Facebook and post a question or concern to our Michigan group, be assured that this parent will be there to support you.*

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## 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](mailto:charisse@mcfares.org).

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

- **Non-profit Accountant:** *Frequency:* probably 2-3 times/year. *Location:* from your office. *Time commitment:* probably no more than a couple hours/year.
- **Non-profit Lawyer:** *Frequency:* probably 1-2 times/year. *Location:* from your office. *Time commitment:* probably no more than a couple hours/year.
- **Project S.A.F.E.:** *Frequency:* about once a month. *Location:* varies. *Time commitment:* about 3 hours for each activity.
- **MCFARES FASD News and Views newsletter:** *Frequency:* four times/year. *Location:* varies. *Time commitment:* your choice.
- **Literature Packets:** *Frequency:* as your schedule permits. *Location:* your community. *Time commitment:* your choice.




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## Now that's Silly

**Q: What is a ghost's favorite dessert?**

**A: I scream**

Submitted by Jennifer K.

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## Looking for Resources, Education and Support? Help is Just a Click Away

If you are looking for resources, education and support for 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 Project SAFE meetings and other events. 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

Alberta  
(courtesy of Pure Michigan website)

## Brag

Anna, 22,

Duncan S., 15.5 years old, ran his second Insane Inflatables 5k at Stony Creek on September 21 and loved it. He would love it even more if some other kids could join him. He can go zooming fast or take it slow. There are rest areas and whole families to this run with crazy Inflatables to climb, big balls swinging at you, a bouncy mattress to run across and more. This was his 4th 5k. He really likes doing them! (There are great early bird prices for the run, starting in about April. Go to the [insaneinflatables5k.com](http://insaneinflatables5k.com) website in Early 2020.)



is very proud to announce that her first music album will be coming out sometime next year. Anna is receiving help from a musician at her school and will begin recording soon. Anna reports that music helps motivate her to get through her day.



. . . also, Anna . . .

has started a job as a dog walker and has been on over 25 walks. Her family is so proud of her!



Marcin, 22,

continues to be employed full time as a cashier at a large home improvement store. He was Cashier of the Month again for September! (He was also Cashier of the month in July.). His family continues to be very proud of him!



Gabby S. is applying for jobs. She has a call back at Tim Hortons right now. Her grades as a junior in high school are As & Bs so far, with a really good IEP.



If you would like to feature your brag in the next newsletter, please send the information to [info@mcfares.org](mailto:info@mcfares.org) with "Newsletter Brag" in the subject line.

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## A Parent's Perspective

Back to school is such a glorious time. New teachers, new food, new material to learn, new schedules that are different every day. It will be a magical year you tell yourself. Complete with frustration and meltdowns, and not from my child.

When a school age child with FASD is struggling, academically and behaviorally, you have two choices: wait and it may get better, give it some time, or set a plan of attack, I mean execution, and do it.

You may think, "I can't do this, I don't know enough about FASD to make this happen." You're feeling uncomfortable, defeated, defensive, and mentally exhausted. You send that email asking the school for a meeting. The ugly tears, really ugly tears are a flowing now.

You reach deep into your heart and mind, to get focused, and then it happens, YOU. GET. DETERMINED.

You have made some contacts within the child welfare community and FASD circles. Now put that plan in motion.

You reach out to several professionals and acquaintances, who have walked this road before you. Their words, you've heard them before, but now you are intently listening, jotting down notes while they talk. Their passion and advocating is rubbing off on you now, your strength to proceed is more fierce. You want that meeting with the school, NOW.

Handing out a booklet you made that includes charts (I love charts!) and literature that describe FASD, you pass out like a boss. A big boss. A really big one.

People that are mentors to me, their words echo in my head: "a symptom of the diagnosis," "a punishment will not remove permanent brain damage," "meet the child where they are emotionally" are impacting statements the school educators will forever remember. Oh, did I mention that "little" piece about trauma? Yep, advocate covered that, and more.

Those acquaintances I mentioned before? They are friends now to me. I am not alone in this journey. I am committed. I am determined. I will make mountains move for my child. I cannot do this alone. I need all of you.

Now.... excuse me while I finish my syllabus for the next meeting. All while wearing my red shoes to pave the path for those who think they can't, they can.

Would you like to share your experience? Please email your story to Charisse at [charisse@mcfares.org](mailto:charisse@mcfares.org).



**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](mailto:info@mcfares.org).

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## 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](mailto:charisse@mcfares.org). Thanks for your help.



### This Quarter's Recommendation: MeLCat

When searching for FASD-related resources, many of us head to our local library. Sometimes, though, our local library has little that is helpful. When that's the case, Michigan residents have access to resources from other libraries throughout the state. Through the Michigan ELibrary Catalog (MeLCat) system, Michigan residents can request resources that are not available locally. To search for resources, go to <http://elibrary.mel.org>.



## **Information/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](mailto:Charisse@mcfares.org)).

### **Alpena County**

FASD Family Support Group, Meets 2<sup>nd</sup> 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](mailto:mary@nemcpi.org) or 989-359-2880 for more information.

### **Eaton County**

Eaton County Foster Adopt Support Group, Meets 1<sup>st</sup> 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](mailto:besa_93@yahoo.com).

### **Ingham County**

Lansing: Project SAFE, Meets monthly at various location in and around Ingham County. Contact Brian Hagler, [bhagler3@icloud.com](mailto:bhagler3@icloud.com), or Cathy Mielke, [cathymielke1@gmail.com](mailto:cathymielke1@gmail.com), for more information.

### **Kalamazoo County**

Kalamazoo Area Fetal Alcohol Spectrum Disorder (KAFASD) parent/caregiver support network is a local (West Michigan) closed Facebook support network, with occasional social events, trainings, meetings. Join KAFASD at <http://www.facebook.com/groups/KAFASD/> or contact Robin at 269-731-4577 or Kathy at 269-303-1402 for more information.

### **Kent County**

West Michigan FASD Support Group, Meets 3<sup>rd</sup> 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](mailto:sandnkez@hotmail.com); Cory Tait, 616-550-4273 or [taitville@comcast.net](mailto:taitville@comcast.net); or Barbara Wybrecht, 616-485-8665 or [bmwybrecht@gmail.com](mailto:bmwybrecht@gmail.com) for more information.

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Self-Advocates with and FASD in Action (SAFA), generally meets on the 3<sup>rd</sup> 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](mailto:rob1195@yahoo.com) or [robw436@gmail.com](mailto:robw436@gmail.com).

Adoptive Families Support Group, Meets 3<sup>rd</sup> 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](mailto:sgarcia@afsn.com) for more information.

Kent County Project SAFE, various activities planned around the county. Contact Juline Lloyd ([juline@mcfares.org](mailto:juline@mcfares.org)) for more information.

### Macomb County

Macomb 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](mailto:Charisse@mcfares.org) or 586-329-6722.

### Muskegon County

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

### 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/>

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MCFARES is the Michigan NOFAS Affiliate

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## MCFARES Member Agencies

Family members of affected individuals

Developmental Disabilities Institute, Detroit

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.***