

# 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 3-year-old son has been in a daycare setting for the last year. In recent months his behavior has become more challenging for the workers and they are suggesting that unless his behavior improves, we will need to find another daycare for him. He needs constant supervision at home, too, or he will get himself in dangerous situations. Are there any services available to help us?*

**Answer:** It is sometimes difficult to know how to change challenging behaviors that our kids display. When addressing these challenging behaviors, it is futile to place the emphasis on changing the child and forcing him to adapt to his environment. This only causes more anxiety and likely more behaviors.

Ensure that everyone who works with your son understands how prenatal exposure to alcohol affects growth and learning. Once those concepts are understood, learning how to implement the neurobehavioral approach to addressing behavior is going to be vital to appropriately interacting with your son. This takes time and it takes a change in thinking about the child's behaviors. For those who believe that behaviors are a symptom of willful defiance, a change needs to be made to seeing those behaviors as an expression of anxiety or

	Questions We Are Asked	1
	Documentary Screening	2
	Project SAFE/This is Me	3
	Living and Learning with an FASD Conference	4
	NB This	5
	FASD Spotlight	6
	Braggs	8
	Support Groups	11

fear about the environment. Stemming from their own beliefs and history, adults may instinctively react negatively to your son's behaviors. For example, if the adult in your son's life believes that children should listen when adults speak, that adult is likely to react poorly if your son is unable to follow through on requests. Your son's inability to follow-through on requests may be seen as willful defiance rather than an inability to understand what is being asked of him. This is why education about FASD is so important for all who interact with your son.

Sometimes it happens that even with education and a change in behavior in the adults, the relationship cannot be repaired which means you may have to search for another daycare setting. It can be that your son has become accustomed to behaving a certain way in that setting and, even with changes in adult responses, may continue with challenging behaviors.

Though quality FASD-related education programs may be difficult to find, there are

some webinars that may be available to start everyone on the right path. To learn about available webinars, check out the MIFASD page on Facebook

(<https://www.facebook.com/groups/mifasd/>) or the MCFARES Facebook page (<https://www.facebook.com/groups/MCFARESFASD/>). Adrienne Bashista will be hosting a 5-week webinar beginning in May. More information can be found at: <https://fafasd.org/workshops-and-training/>

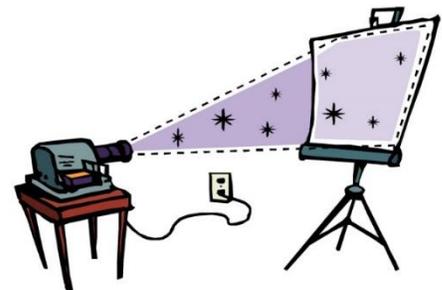
*If you have any FASD-related questions, please send them to Charisse at [charisse@mcfares.org](mailto:charisse@mcfares.org)*

**Follow-up to January newsletter question:** Terri wrote to say that her son was named employee-of-the-month and received a certificate and a pin. The praise he received motivated him to continue working hard. The pin was a tangible reminder of his accomplishment. He wore it proudly and showed it to family members and friends.

---

## Documentary Screening

If you'll be in the Lansing area on the evening of Thursday, May 16, please join us for a screening of the documentary film, "Moment to Moment: Teens Growing Up with FASDs" by NTI Upstream. We'll start the film around 8 p.m. and then have a discussion afterwards. We'll be meeting in the conference room at the Best Western Okemos/East Lansing Hotel at 2209 University Park Drive, Okemos, MI 48864 starting at 8:00 p.m. If you'd like to join us, please let us know by sending an email to [charisse@mcfares.org](mailto:charisse@mcfares.org) (RSVP not necessary. We'd just like an idea of how many will be joining us so that we have enough beverages and snacks.)



---

## Lansing: Project SAFE



Lansing: Project SAFE is up and going. We had our initial meeting on Saturday, March 16 with 4 parents. On April 7, we met at Potter Zoo, learning about different frogs in Michigan, to take part in Frog Watch. Our next meeting will be at the Whiting Forest in the Dow Gardens on May 11. We will meet at 10am. Email Brian Hagler, [bhagler3@icloud.com](mailto:bhagler3@icloud.com), or Cathy Mielke, [cathymielke1@gmail.com](mailto:cathymielke1@gmail.com), for information about joining us on May 11 or future Lansing: Project SAFE events.

---

## This is Me

HI MANE IS ANNA IM 22 OLD AND THIS IS MY SERVICE DOG BARKLEY HE IS 10 OLD HE IS A FASD SERVICE DOG WE HAVE BEEN TOGETHER FOR 10 YEAR BARKLEY HAVE BEEN WITH ME THROU HIGHT SCHOOL AND WE NOW GOING TO TRAILS BARKLEY IS GREAT SERVICE DOG HE KNOW WHEN IS WORK TIME HE LOVE WORK WITH ME

FROM ANNA THANK YOU



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

# MICHIGAN FASD CONFERENCE: Living and Learning with an FASD

## MAY 17, 2019



### VENUE

The MTG Space Conference Center  
4039 Legacy Pkwy #200, Lansing, MI 48911

### TIME

9:00 a.m. - 4:30 p.m.  
Registration and Breakfast  
starting at 8:00 a.m.

### KEYNOTE SPEAKERS

Christina Chambers, Ph.D.  
FASDs: A Common but Unrecognized  
Developmental Disability

Julie Kable, Ph.D.  
Improving the Lives of Individuals  
Impacted by Prenatal Alcohol Exposure  
and Those Who Care for Them

Heather Carmichael Olson, Ph.D.  
Bringing the Innovative Families Moving  
Forward Program to Michigan

### TICKETS

\$60 each; includes meals and materials

### 3-HOUR SPECIAL SESSIONS

Adrienne Bashista  
FASD and the Brain-based Approach

Nate Sheets  
Cognitive Supports for People with FASDs

**6.0 Social Work and  
Education CEUs Offered**



### BREAKOUT SESSION TOPICS

Education, FASD self-advocates, supports and  
services for children and adults, sensory  
strategies, equal justice, family experiences

More info at [www.mcfares.org](http://www.mcfares.org)

**REGISTRATION CLOSING MAY 6**

## 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:

1. **Neurobehavioral Challenges:** 14-year-old who is overwhelmed by transitions, unable to self-regulate, easily angered, easily dysregulated, doesn't learn from consequences, normal IQ, social communication issues

2. **Accommodations:** Novelty, favorite topics, food, distraction, and reassurances are useful tools to employ when the child becomes very easily overstimulation. She needs a focus on "less talk, more supports" and to remember "don't try to teach skills during periods of high dysregulation; the focus is on re-regulating only."

3. **Situation:** Mom is leaving for the evening and child becomes overwhelmed by change to typical schedule. If husband said that they were going to have a typical dinner and bedtime, child would have exploded with stress and had a violent meltdown, due to the unexpected change in the schedule and the timing (right before dinner and bedtime).

4. **Neurobehavioral Approach to Success:** Using novelty, favorite topics, and food supports, the options could have been: dinner out at a cheap restaurant, or a special video during dinner on a favorite topic, or a special food tucked away in the freezer to bring out when dysregulated. Regular bed routine after calmer evening, possibly with extra trips by second parent to her room to assure her everything is still okay. Talk the next day about the change in schedule, how everything went for the parent away and the family at home.

By planning ahead (#3) and considering challenges that might occur (#1), the evening ended successfully and the child experienced a successful evening.



## Michigan FASD Champion Spotlight

Brian Hagler

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

1. I live in Lansing.
2. I have been married multiple times.
3. I have seen Pope John Paul II in person.

(see below for the answer)

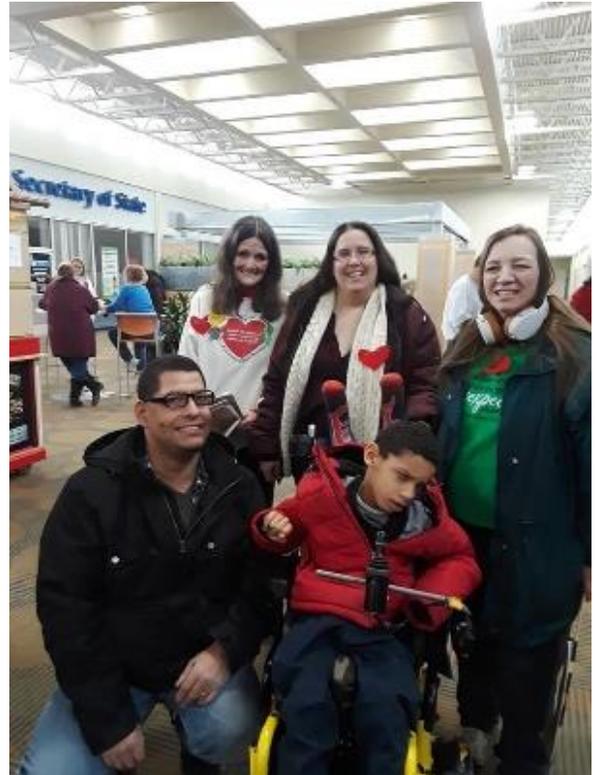
What is your favorite season and why? Summer is my favorite season because I love the warmth, the long days, and the easy travel.

It's a bright, crisp spring day. You've got the day off work and no commitments. How will you spend your day? I would work in my workshop, meet a friend for lunch, and go for a walk in a park.

Favorite Color – Green

Favorite Sport – Baseball

Favorite Store – Thrift stores



What is your favorite movie? Why? The Blues Brothers. The music is awesome and it's pure insanity.

What is one thing you could not go without during your day? Breakfast.

Tell us about your job: I work for the Office of Child Support helping the public establish paternity and support.

What attracted you to your current job? I was unemployed and needed a job. They were the best offer I had.

What, in your opinion, is the biggest need related to FASD in Michigan? The biggest need is awareness and support. It's lacking in schools, the general public, and among government officials. And, support for parents and those who are affected by FASD is quite hard to come by.

#2 is the lie. I have been married to the same beautiful woman since June 24, 1995.

---

## 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



## Frankenmuth, Michigan

(photo credit: Anna Mansor)

## Braggs

Joshua, age 25 . . .

. . . has earned his brown belt in karate.



Jay Caldwell, age 6 ½ . . .

. . . going across the lily pad on his own at Great Wolf Lodge in April 2019. This is a great accomplishment for our son. Early intervention with physical therapy and occupational therapy since 9 months old (and still doing both now) gives Jay the confidence he needs to try new things!



Jay, age 6 ½ . . .

. . . showing off his coloring skills at Great Wolf Lodge April 2019. Jay has practiced at school and home, to make his artwork masterpieces. He has been doing occupational therapy since 9 months old and continues to this day.



We'd love to hear from you, too. Send your brag to [charisse@mcfares.org](mailto:charisse@mcfares.org) and we'll feature you in our next newsletter.

---

## 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.

---

### 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](http://smile.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.



**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).

---

## 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: Website**

Families Affected by Fetal Alcohol Spectrum Disorder (FAFASD) is a website that seeks "to raise awareness about fetal alcohol spectrum disorder (FASD) through education, support and research-based training to family members, caregivers, and professionals living with, caring for, and working with individuals with an FASD. The website is located at: <https://fafasd.org/>

---



## **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 Support Group (KAFASD), Meets 2<sup>nd</sup> 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](mailto:KAFASDgroup@yahoo.com).

#### **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.

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.

### 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](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).

### Washtenaw County

Ann Arbor Support Group, Meets 4<sup>th</sup> Wednesday of each month except November (meets 3<sup>rd</sup> 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](mailto: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/>

*Note: no liability is assumed with respect to use of or inability to use the information contained in this newsletter. Although every precaution has been taken, the authors assume no liability for errors or omissions. No liability is assumed for damages resulting from the use of the information contained therein*

Updated 1/19



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.*