

THE SYCAMORE PROJECT

*Kentucky's Prevention Enhancement Site
For Fetal Alcohol Spectrum Disorders
(FASD PES)*



*Service
Guide*

Bluegrass Prevention Center is a program of Bluegrass Regional MHMR Board and is funded by the Division of Substance Abuse through the CSAP Substance Abuse Block Grant

About the Name

The Sycamore Tree teaches
us about resiliency. It can
live far from water
because of its deep and slow
growing roots.

Our communities show this
resilience through a deep
and enduring
commitment to the wellness
of our children and families.

The Sycamore Project
supports and celebrates
Kentucky's resilient
Communities.

Kentucky's Prevention Enhancement Site System

In 1999, the Kentucky Division of Substance Abuse created a network of Prevention Enhancement Sites to do research and provide technical assistance and training to Regional Prevention Centers and community groups across Kentucky. The following Prevention Enhancement Sites are available to Kentucky communities:

Environmental Alcohol Prevention
Environmental Tobacco Prevention
Fetal Alcohol Spectrum Disorders
Faith-Based Prevention
Methamphetamine Prevention

The PES network, funded by the Kentucky Division of Substance Abuse, has been instrumental in helping communities develop and implement comprehensive prevention strategies. Please call the Kentucky Division of Substance Abuse at 502-564-2880 for more information.

**Can you pick out the person with
Fetal Alcohol Spectrum Disorders?**



You can't. At least not just by looking.
People exposed to alcohol prenatally can look just like
everyone else, but have severe brain dysfunction.

***Of all the substances of abuse,
including heroin, cocaine and
marijuana, alcohol produces BY FAR
the most serious neuro-behavioral
effects in the fetus, resulting in
lifelong, permanent disorders of
memory function, impulse control
and judgment.
(Institute of Medicine)***

***In 2007, the Kentucky Division of Substance
Abuse founded a Prevention Enhancement Site
to assist communities in preventing FASD.***

FASD Affects Kentucky

Did You Know?

- ◆ **Out of 1000 live births in the United States , 10 babies are born with FASD.**
- ◆ **In Kentucky, approximately 500 babies are born each year with FASD and there are approximately 40,000 children, teenagers and adults with FASD living in Kentucky. (FAS Online Clinic)**

Which Service Systems in Kentucky are Affected by FASD?



Mental Health Education Social Services
Substance Abuse Public Health Juvenile Justice
Criminal Justice Early Childhood
Maternal and Child Health

All Systems Are Affected But Most Do Not Yet Realize It.

- ◆ The damage caused by prenatal exposure to alcohol is irreversible and the financial and emotional costs to individuals, families and communities are enormous.
- ◆ Conservative estimates give a cost of **three million dollars** to support and maintain an individual with FASD throughout their lifetime, including special education, medical costs, respite care, foster care, legal expenses and mental health care.

FASD Facts



More babies are born with Fetal Alcohol Spectrum Disorders each year than Down Syndrome, Spina Bifida and AIDS combined.

(Fetal Alcohol Syndrome Community Resource Center)

- ◆ Every single organ and body system in the developing baby can be affected by alcohol, depending on the specific development occurring at the moment that alcohol is used.
- ◆ The brain develops every single day of the pregnancy, which makes it especially vulnerable to damage.
- ◆ 48% of all pregnancies, and 78% of teenage pregnancies, are unplanned, and many women do not know they are pregnant until they are in their second or third month of pregnancy.
- ◆ Binge drinking rates among teenage girls and college students are increasing faster than any other group.
- ◆ **FASD is 100% preventable.**

Kentucky citizens need accurate information about the effects of alcohol on a developing fetus.

Awareness

A community awareness campaign targets the entire community and focuses on bringing an issue into the attention of the public. Awareness campaigns have been an effective universal prevention strategy to address many public health and safety issues, including drunk driving and the use of seatbelts.

Awareness of FASD begins BEFORE a woman becomes pregnant!!!!



The FASD PES can provide community awareness materials and assistance in developing a community awareness campaign.

Education

During pregnancy, women can be highly motivated to stop drinking, smoking or using other drugs for the sake of their unborn child.

Nationally, pregnant women report that they consider health care providers to be one of their best and most reliable sources of information.

The FASD PES can provide research and resources about FASD prevention for state and local agencies that work with pregnant women.



The FASD PES will provide regional trainings for community members to become part of the FASD Statewide Training Network, which will allow local trainers to meet local training needs.

FASD: A Community Mobilization Issue

Every community system is affected by FASD. No single system can address it alone. An effective response requires the community to work together in new and creative ways.



The FASD PES can assist coalitions and other local organizations to develop a strategic plan which includes FASD prevention.

Identification of FASD

An important part of an effective community response involves supporting individuals with FASD and their families by increasing local capacity to identify and diagnose FASD.

Longitudinal research conducted at the University of Washington provides indisputable evidence that the effects of prenatal alcohol exposure grow steadily worse without intensive intervention by caregivers, medical professionals, the school system and the larger community.

Without a diagnosis, many people with FASD are labeled “lazy”, “unmotivated” and “untreatable” by teachers, service providers and other community support systems.

The FASD PES can provide research, resources and linkages about FASD intervention strategies for state and local agencies that work with children, adults and families living with FASD.

Changing the Environment of the Community

Community norms and attitudes are an important part of preventing FASD. There is a stigma attached to addiction, and *mothers* with addictions face an even deeper stigma. Imagine some of the reactions a community has toward a pregnant woman with an addiction:

“She doesn’t deserve to have children.”

“If she loved her children, she’d stop.”

Do these reactions make her feel safe to ask for help, or do they make her feel even more ashamed?



Effective FASD prevention means that our community understands that addiction is a disease. If a woman is pregnant and she can’t stop drinking, she needs and deserves help and support.

The FASD PES can provide research, resources and information about women and addiction.

Local Resources

KIDS NOW Plus Program: In order to reach the goal that all young children in Kentucky are healthy and safe, possess the foundation that will enable school and personal success, and live in strong families, Tobacco Settlement dollars funds the KIDS NOW Early Childhood Initiative. One area of the initiative focuses on case management for pregnant and postpartum women through collaborations with Public Health and Community Mental Health Centers throughout Kentucky.

Contact: Suzanne Carrier,
Department of MH/MR Services: 502
-564-2880

Local Resources

Division of Substance Abuse:

The Division of Substance Abuse provides policy direction, funding and treatment programs across the Commonwealth. The Division administers and financially supports the statewide prevention system that includes 14 Regional Prevention Centers, targeted prevention programs, Champions for a Drug-Free Kentucky and the Prevention Enhancement Sites.

Director: Donna Hillman

502-564-2880

For FAS Evaluation:

Weisskopf Clinic, Louisville,
Kentucky: 502-852-5331

Dr. Yasmin Senturias

Internet Resources

<http://come-over.to/FASCRC>

“Fetal Alcohol Syndrome Community Resource Center”

This website provides facts, resources and information including diagnostic tools, pictures, research / journal articles, strategies for intervention (in English and Spanish) and training opportunities. Resources and links are included.

www.mofas.org

“Minnesota Organization of Fetal Alcohol Syndrome”

This chapter of the National Organization of Fetal Alcohol Syndrome focuses on developing a coordinated approach to prevention and intervention activities. This site provides an overview of information, including a free guidebook that answers commonly asked questions about the needs of children and young adults with FASD.

www.fascenter.samhsa.gov/

“FASD Center for Excellence”

The mission of the FASD Center for Excellence is to facilitate the development and improvement of prevention, treatment, and care systems in the United States by providing national leadership and facilitating collaboration in the field.

CONTACT US:

The Sycamore Project

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