

A  
TRAINING MANUAL  
FOR TRAINERS



FETAL ALCOHOL  
SYNDROME  
&  
FETAL ALCOHOL  
RELATED CONDITIONS

by Carolyn Hartness, Educator/Consultant  
First Edition  
February 1998

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## Acknowledgments

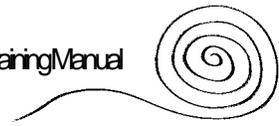
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This manual is dedicated to our teachers -- the children and adults with fetal alcohol syndrome (FAS) and fetal alcohol related conditions. Their lives make us painfully aware of the problems facing society today. The cracks they fall through reveal to us the inability of our systems to take care of all members of the “village.” Reforms in education, the legal system, legislative, social services and the medical community are needed to prevent isolation and loss of productivity suffered by people with organic brain damage. A holistic, individualized approach to raising and interacting with our children and adults is the most valuable intervention tool and form of prevention currently available to us. Let us heed their message, that it takes all of us working together to provide opportunities for happy healthy lives of the unborn and those who live among us affected by alcohol exposure in utero. This educational tool honors the teachings and the sacrifices offered to us in our capacities as parents, care givers, providers, and educators of children and adults with FAS and fetal alcohol related conditions.

I want to acknowledge the countless individuals and programs that are making a difference in the lives of many people with FAS. Thank you to the parents, care givers, and professionals who are dedicating their lives and giving their love to these bright spirits.

Special thanks to everyone who contributed to the writing of this manual; Dr. Susan Astley, June Beleford, Dr. Donna Burgess, Chan Brisbois, Dr. Heather Carmichael Olson, Dr. Sandra Clarren, Dr. Truman Coggins, Linda Colfax, Sharon Cummings Beck, Jocie DeVries, Susan Doctor, Christine Evans, Dr. Robert Fineman, Julie Gelo, Jackie Jamero-Berganio, Suzie Kuerschner, Margaret Kuklinski, Dr. Robin LaDue, Linda LaFever, Chris Lair, Jan Lutke, Vicky McKinney, Dr. Wendy Mouradian, Rose Quinby, Sandra Randels, Seattle/King County Department of Health staff, Dr. Ann Streissguth, Marceil Ten Eyck, Lorri Verzola, Nancy White and to the staff at the Centers for Disease Control and Prevention. Special thanks to Dr. Sterling Clarren for reviewing the manual for medical accuracy, and to Lucia Mejeir for writing Appendix I; *Behavioral Interventions for Working with Chemical Abusing and Dependent Mothers*.

The writing of this manual was funded in part by a cooperative agreement from the Centers for Disease Control and Prevention (grant # U50/CCU008566-04), Dr. Robert Fineman, Principle Investigator, Washington State Department of Health.



## Endorsements

*“This manual presents a comprehensive view of the field of fetal alcohol syndrome and its myriad of problems and issues. The work is current, accurate and presented in an easy to use format. I am not aware of any other source on the market that is comparable”.*

**Sterling K. Clarren, M.D.**

**Robert A. Aldrich, Professor of Pediatrics**

**University of Washington School of Medicine**

**Medical Director, Fetal Alcohol Syndrome Diagnostic and Prevention Network**

**State of Washington**

*“Thank you Carolyn, for writing a practical and useable manual for trainers on fetal alcohol syndrome and fetal alcohol related conditions. I have presented in this field and worked with adolescents and their families for many years. I am grateful to have a manual that is not only readable but also wise”.*

**Dr. Robin A. LaDue, Clinical Psychologist**

**Team Member at the FAS Diagnostic Clinic**

**University of Washington**

**Seattle, WA**

*“Accessing information on children in particular developmental stages makes this manual easy to understand. The suggestions for interventions tested by caregivers was definitely a plus. The ideas for using the training materials assists the trainer in developing their own presentations. I found it useable and informative”.*

**Julie Gelo, LPN**

**Background in chemical dependency**

**Birth, adopt and foster parent of seven children with FAS/FARC**

**Family Resource Advocate for the FAS Diagnostic Clinic**

**University of Washington**

**Seattle, WA**



## Necessary Information For Trainers

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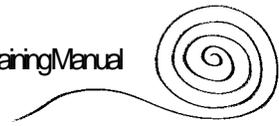
This is an advanced training manual for professional and paraprofessional trainers who want to expand their knowledge of fetal alcohol syndrome and fetal alcohol related conditions. Trainers who use this manual will be able to develop presentations for various types of audiences, i.e., parents, teachers, social service professionals, medical and treatment providers, as well as community groups. The manual contains modules that discuss seven major topics related to fetal alcohol syndrome (FAS) and fetal alcohol related conditions. Each module includes training content ideas and suggested training materials such as overheads, handouts and other resources related to the theme of the module. An extensive list of resources is found in the Bibliography of Resources section. Modules may be selected according to variables listed below.

New nomenclature continues to be challenging for trainers in the field of fetal alcohol syndrome and fetal alcohol related conditions. **According to Dr. Sterling Clarren, individuals who have been exposed to alcohol *in utero* and present with FAS-like cognitive and behavioral disabilities, but do not have the characteristic FAS facial appearance, are often classified as having PFAE (possible fetal alcohol effects). More recently, however, this is being referred to as “fetal alcohol related conditions.”** Fetal alcohol syndrome and fetal alcohol related conditions are the terms used in this manual to describe the possible results from drinking during pregnancy.

The design of this curriculum and the concept of the training modules are based on the belief that the best trainers:

- are passionate about their subject.
- have had personal or professional experiences which give them anecdotal information that brings the subject to life.
- are able to update their teaching materials as new information becomes available.
- enjoy and are comfortable speaking to groups as a trainer.
- can organize presentations based on the needs of their audiences.
- allow their personalities to guide their training style.

The modules are not scripted. However, if you as a trainer work better with an outline or a script, you will be able to develop one with information provided in this manual. To be most effective, trainers should be familiar with the contents of the Bibliography of Resources section of the



manual and you are encouraged to read as many of the listings as possible. As you become more knowledgeable and experienced, you will develop much of your own material. Information in the field is constantly being updated, so you will have to change your curriculum to include new and/or revised information.

Variables for you to consider in order to develop relevant trainings for teachers, medical providers, criminal justice workers, parents, social workers and other audiences include:

- Who is requesting a training
- The needs and goals of your audience
- Their level of knowledge about FAS and fetal alcohol related conditions
- Which training materials are appropriate
- The amount of time allowed for your presentation
- The training setting

A description of how the training modules are formatted and suggestions for their use, appears in the Module Organization section.

Many good curricula have been developed for specific purposes and audiences. They are listed in the Training Materials section of each module and/or the Bibliography of Resources section.

Thank you for your passion and desire to educate people about this very important subject. Our final advice to trainers is to be you, be creative and have fun!



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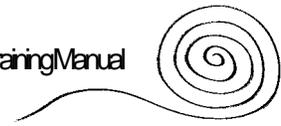
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### Overheads and Descriptions

Seventy overheads with a brief description of image and/or explanation of the image.



## Module Organization

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Each module is organized using the following format:

### **Module Training Goals**

Overall training goals are listed for each module.

### **Module Contents**

Each module is subdivided into units.

### **Unit Goals**

Each module is broken into units which cover the important topics relating to the subject of the modules. Each unit describes one or more goals outlining the learning objectives for that unit.

### **Training Tips**

Each unit has an introduction to the key issues relating to the topic and gives suggestions for presenting the material.

### **Training Contents**

Training Contents contains a combination of facts, and anecdotal information that are important to the topic.

### **Training Materials**

Some of the training materials available are suggested at the end of each unit of the modules. Additional material may be found in the Bibliography of Resources section at the end of the manual. The numbers preceding each resource correspond to the alphabetical listings in the bibliography. Some of the modules include handouts at the end of the module. Materials mentioned may include or refer to:

- *books*
- *curricula*
- *modules*
- *overheads*
- *brochures*
- *handouts*
- *references*
- *video listings*

# MODULE I

## History Of Alcohol Related Birth Defects



### Module Training Goals

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- To know there has been an awareness of the connection between drinking during pregnancy and fetal development for more than 2,000 years.
- To be aware of research conducted since the late 1800s.

### Module Contents

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Unit I	Historical References
Unit II	Early Findings and Experiments
Unit III	Recent Research Contributions

# MODULE II



## Alcohol Ingestion, Fetal Alcohol Syndrome And Fetal alcohol related conditions

### Module Training Goals

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- To understand that there is no known safe amount of alcohol consumption during pregnancy by understanding the following:
  - alcohol as a teratogen
  - route of ingestion
  - dose
  
- To understand how fetal development is affected by alcohol and how prevalent FAS and fetal alcohol related conditions are in the population.
  
- To understand the father's role in fetal alcohol syndrome and fetal alcohol related conditions.

### Module Contents

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Unit I	Agent, Route of Ingestion and Dose
Unit II	The Effects of Alcohol on the Fetus
Unit III	The Father's Role

# MODULE III

## Central Nervous System (CNS) Dysfunction

## Cognitive And Behavioral Characteristics

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### Module Training Goals

- To understand the organicity of central nervous system damage to the fetus as a result of alcohol exposure in utero.
- To recognize the behaviors associated with exposure to alcohol *in utero* at different stages of an individual's development.

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### Module Contents

Unit I    Organic Brain Damage

Unit II    Cognitive and Behavioral Characteristics

# MODULE IV

## Early Identification And Referral For Diagnosis Of Fetal Alcohol Syndrome And FETAL ALCOHOL Related conditions



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### Module Training Goals

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- Learn to establish a history of exposure to alcohol during pregnancy.
- Learn to identify physical, and behavioral characteristics indicative of FAS or related conditions.
- Identify referral resources for diagnosis of FAS and related conditions.

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### Module Contents

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- |                 |  |
|-----------------|--|
| <b>Unit I</b>   | Importance of and Procedures for Establishing Prenatal Alcohol Exposure  |
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| <b>Unit III</b> | Referral for FAS/fetal alcohol related conditions Diagnosis  |



# MODULE V

## Interventions For Children And Adults With Fetal Alcohol Syndrome And Related Conditions In Various Settings

### Module Training Goals

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- To learn the importance of identifying the specific needs of each child and adult with FAS or fetal alcohol related conditions.
- To create and identify age appropriate interventions specific to each person with FAS or fetal alcohol related conditions and apply them in various settings.
- To recognize and utilize the strengths of people with FAS and fetal alcohol related conditions when creating interventions.
- To understand that there may be other factors influencing behavior in addition to brain damage caused by exposure to alcohol during pregnancy.

# MODULE VI

## ALCOHOL & SOCIETY

### Module Training Goals

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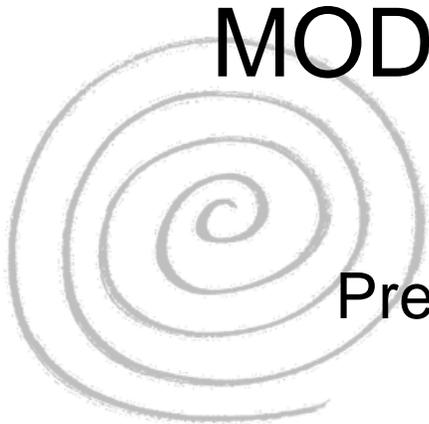
- To be aware of alcohol's impact on our society.
- Identify markets for alcohol consumption.

### Module Contents

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Unit I	Our Number One Choice
Unit II	Alcohol Marketing



# MODULE VII

## Prevention

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### Module Training Goals

- To recognize various approaches to the prevention of FAS and fetal alcohol related conditions, their components and the need for comprehensive, holistic approaches to prevention.
- Learn what prevention strategies have been used and are needed in the future.
- To recognize good parenting as a “natural” form of prevention.
- To create motivation among audiences to form “contemporary villages” for the protection of the next generation.

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### Module Contents

Unit I	Prevention Overview
Unit II	Prevention Strategies
Unit III	Parenting as Prevention
Unit IV	Creating Villages

*Ordering Instructions for:*

**FETAL ALCOHOL SYNDROME  
AND  
FETAL ALCOHOL RELATED CONDITIONS  
A TRAINING MANUAL FOR TRAINERS**

**By Carolyn Hartness**

The first edition of the Fetal Alcohol Syndrome and Fetal Alcohol Related Conditions Training of Trainers Manual has been completed. This manual, authored by Carolyn Hartness, will be a vital resource for trainers working in communities to increase awareness of the impact of alcohol use during pregnancy.

The format is easy to follow and includes modules on early identification and referral, intervention for the pregnant, substance abusing woman, and interventions for children and adults with FAS/FARC. In addition, there is an extensive bibliography including a comprehensive literature review. There are listings of books, newsletters, organizations and visual aids that trainers will find invaluable as well as user friendly.

*About the author:*

Carolyn has worked independently and through grants as an educator and consultant in the field of FAS for many years. Her work with the March of Dimes, county health departments, DSHS, school systems, parents, the criminal justice system and community organizations gives her a wide range of expertise. As a member of the Native American community, she has traveled throughout the United States and Canada educating and consulting with tribes and bands in both countries. She has presented at many conferences across the country including engagements in Norway, Canada, Hawaii, Alaska and New Zealand. Carolyn is also a team member at the FAS Diagnostic Clinic at the University of Washington in Seattle, Washington under the direction of Dr. Sterling Clarren.

**Price:           \$27.00**

*To order this manual, please send check or money order*

**Payable to: Seattle King County Dept. of Public Health**

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