

FASD NPN Communications Bulletin

A collection of content updates + tips

Issue 13 | April 2025



Quick Tips

Prepare to recognize upcoming awareness days by downloading and incorporating graphics and short video from the [FASDs Video Series Partner Promotion Toolkit](#)

National Parents' Day

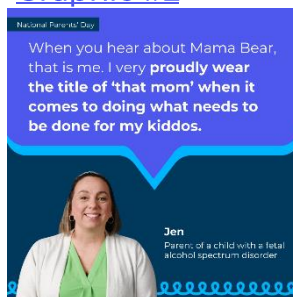
July 27, 2025

recognize outstanding parents, celebrate the teamwork in raising children, and support the role of parental guidance in building a strong, stable society

[Graphic #1](#)



[Graphic #2](#)

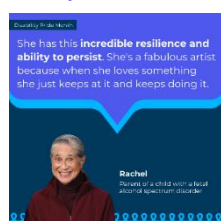


Disability Pride Month

July 2025

celebrate persons with disabilities by embracing their disabilities as integral parts of who they are, confidently interacting publicly without feeling a need to conceal or hide their disabilities, and rejecting shame and internalized ableism

[Graphic #1](#)



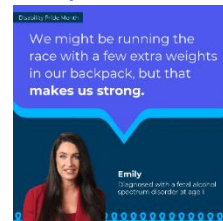
[Graphic #2](#)



[Graphic #3](#)



[Graphic #4](#)



[Graphic #5](#)



[Landscape](#) or [square](#) social media video clip

Rachel highlights the importance of focusing on the strengths of those with FASDs.

Length: 0:47



FASD NPN Toolkit Updates

Three new Spanish ‘Let’s Talk’ materials

NPN Toolkit *Custom Materials page* > NPN Custom Materials Library > Spanish Materials

General Public Infographic (Spanish): Let's Talk about Alcohol Use During Pregnancy

[View English version](#)



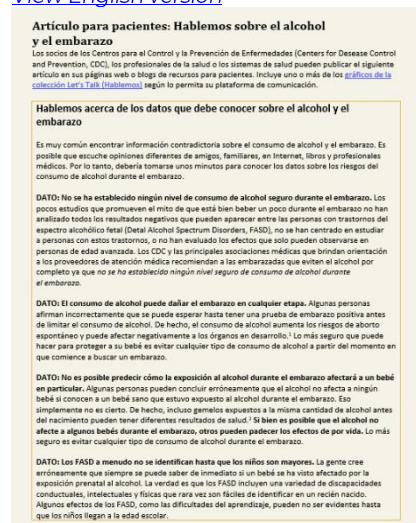
General Public Infographic (Spanish): Let's Talk about Alcohol Use

[View English version](#)



General Public Article (Spanish): Let's Talk about Alcohol Use During Pregnancy

[View English version](#)



NPN Content Stream

Between February 1 and March 31, 2025, the FASD NPN disseminated **329 social media posts** about prenatal alcohol and polysubstance use and FASDs reaching approximately **2,089,510 people**. A selection of posts is featured in this section.

NPN PRODUCTS, EVENTS + SERVICES

FASD United promoted their [Language & Stigma Guide](#)

[X](#) | [Facebook](#) | [Instagram](#)

"... The Language and Stigma Guide offers best practices for healthcare and social service providers, including: Using transparent, non-judgmental language when discussing alcohol use during pregnancy. Promoting #FASDinformed care to #reducestigma and improve patient trust. Regularly screening for alcohol use in a way that prioritizes support, not blame. By changing the way we talk about FASD, we can create a more supportive environment for those who need it most. ..."



🌟 Collaboration Spotlight 🌟

University of Nevada, Reno/AAMA's [Medical Assistant Partnership for Healthy Pregnancies and Families \(MAP\)](#) promoted two new [fentanyl posters](#) created in collaboration with [UAA](#) and [ORAU](#)

• [X](#) | [Instagram](#)

"Getting the right information about pregnancy is essential. 🤔 Curious about learning more about pregnancy and the risks associated with fentanyl? Explore our newest poster at <https://buff.ly/4b6TPn3>."

• [X](#) | [Instagram](#)

"During pregnancy, there IS help available if you or someone you know is experiencing an opioid use disorder. 🤔 Learn more and get more resources at <http://buff.ly/4bnsuwT>."

• [X](#) | [Instagram](#)

"Did you know that fentanyl use during pregnancy is associated with Neonatal abstinence syndrome (NAS)? 🤔 Learn more about the risks of fentanyl use during pregnancy at <http://buff.ly/4bnsuwT>."

• [X](#) | [Instagram](#)

"What about fentanyl overdose in pregnancy? Swipe through to learn more! You can also visit <http://buff.ly/4bnsuwT> to get more fentanyl facts!"



While fentanyl-specific information about maternal and fetal outcomes is currently limited, use of other opioids during pregnancy has been linked to **low birth weight, preterm birth, and neonatal abstinence syndrome (NAS)**.

🌟 Collaboration Spotlight 🌟

[FASD United's International Research Conference*](#) was highlighted across the FASD NPN

• [FASD United](#)

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"The 9th International Research Conference on #FASD in #Seattle was an incredible gathering of #researchers, #advocates, and #community #leaders, all united by a shared commitment to advancing FASD understanding and support. From groundbreaking studies to powerful discussions, this event showcased the latest in FASD research and the voices driving change. Your dedication fuels progress, and we're grateful to be on this journey with you. 🤝 Let's continue



working together to create a future where individuals with FASD receive the recognition and support they deserve.”

- [MAP](#)

[X](#) | [Instagram](#)

“Huge thanks to @fasdunited for hosting an incredible conference last week! We're grateful for their support and expertise. What a fantastic chance to network, learn, and grow with global FASD experts! 🌍 ✈️”

- [ORAU](#)

[X](#) | [Facebook](#)

“📢 We're headed to Seattle for the International Research Conference on FASDs hosted by FASD United! ORAU's Katherine Chyka will present on our work supporting the FASD National Partner Network and developing an FASD living experience video series in partnership with FASD United. 📺 Learn more about the video series featuring real stories of those living with FASDs at bit.ly/4bwpUoD”

* This event has already occurred



[FASD United announced the first-ever FASD United Symposium White Paper](#)

[X](#) | [Facebook](#) | [Instagram](#)

“... How do we strengthen partnerships and drive progress for FASD at the national, state, and local levels? Our new White Paper brings together people's experience, expert insights, and national recommendations to advance the conversation. ...”



[MAP promoted their 2025 Women & Alcohol virtual Training of Trainers](#)

[X](#) | [Instagram](#)

“JOIN US for the upcoming 2025 Women & Alcohol virtual Training of Trainers! 📺 There are only 20 spots available for this training so apply now! Applications close May 11, 2025. 📝 Register here: buff.ly/7tePMDf. We can't wait to see you! 😊 #FASDNPN #FASD #ToT #MedicalAssistants”



[FASD United promoted their Family Navigator Service](#)

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“Children with FASD need specialized care, and families play a key role in creating the right environment for them to thrive. ... Our navigators provide free training, resources, and personalized support to help parents and caregivers better understand FASD, manage symptoms, and build an optimal space for healthy development. You're not alone—let us guide you on this journey!”



🌟 Collaboration Spotlight 🌟

[MAP amplified living experiences of FASD by sharing video clips from CDC's FASDs video series and the Partner Promotion Toolkit](#)

- Advice to healthcare professionals

[X](#) | [Instagram](#)

“A reminder for all healthcare providers to slow down & listen to parents and families with intention and curiosity. 🧐 ❤️ #FASDNPN”

- Medical office accommodations

[X](#) | [Instagram](#)

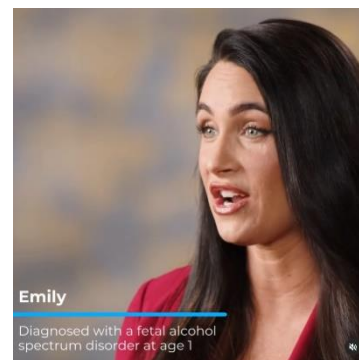
“Emily shares medical office accommodations that are helpful for people with FASDs. This information can be used to enhance accessibility in all settings! ❤️ #FASDNPN #FASD”



- Stigma

[X](#) | [Instagram](#)

"Debbie encourages healthcare professionals to reduce stigma by avoiding "blame labels" on FASDs. An important reminder for all people to bring awareness to the ways we may be enabling stigmatizing language 🗣️ #FASDNPN #FASD #Stigma"



EDUCATING + AWARENESS RAISING

FASD United provided FASD education

- FASD is an umbrella term

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"#FASD is not just one diagnosis—it's an umbrella term covering a range of conditions caused by prenatal alcohol exposure #PAE. Each individual with FASD is unique, with their own strengths and challenges, yet too often, these conditions go unrecognized or misunderstood. Together, we can build awareness, improve access to care, and ensure that no one feels alone in this journey!"

- FASD prevalence and awareness disparities

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"FASD affect 1 in 20 Americans—that's more common than Autism. Yet, awareness, understanding, and support still lag behind. Many individuals go undiagnosed or misunderstood, facing challenges without the resources they deserve."



🌟 Collaboration Spotlight 🌟

FASD United interviewed two NPN organizations for their FASD NPN Spotlight Series

- MAP and AAMA Team

[X](#) | [Instagram](#)

- ORAU Team

[X](#) | [Facebook](#) | [Instagram](#)



NASW with UT-Austin promoted a Social Work Advocates article: Cannabis: As Drug Becomes More Mainstream, Experts Sound the Alarm About its Dangers

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"Cannabis use directly affects brain function. Developing brains, like those in babies, children and teenagers, are especially susceptible to the harmful effects of cannabis and THC because the brain continues to develop until about age 25. Marijuana, which is the most widely used illicit drug among pregnant women in the U.S., poses serious, sometimes fatal risks to fetuses and babies. THC and other chemicals also can be passed to the baby during breastfeeding, increasing the risk of impairment to the baby's brain development."

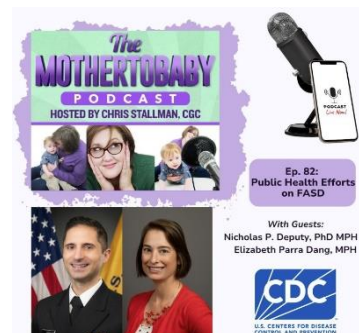


FASD United promoted CDC NCBDDD's MotherToBaby podcast series: Episode #83 Public Health Efforts on FASD

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"This episode dives into the CDC's efforts to address FASD and features valuable insights from their experts. Discover critical information about:

- ✓ Alcohol and other substance use during pregnancy
- ✓ FASD and its impact
- ✓ Effective strategies for reaching healthcare professionals ..."



National Drug and Alcohol Facts Week was observed across the FASD NPN

Check out highlights and explore posts:

- [ACOG](#) advised about the [risks of cannabis use during pregnancy](#)
- [AWHONN](#) with [UAA](#) explained [what counts as one alcoholic drink](#) and [why alcohol intake guidelines differ for men and women](#)
- [NPWH](#) with [UAA](#) highlighted how alcohol and substance use impacts health [across the lifespan](#) and [specifically women's health](#)

🌟 Collaboration Spotlight 🌟

[MAP](#) and [FASD United](#) recognized Neurodiversity Celebration Week

- [MAP](#)

[X](#) | [Instagram](#)

"...Welcome to Neurodiversity Celebration Week! Today we would like to take a moment to highlight the words of @FASDUnited in the importance of including FASD in the celebrations this week. "FASD awareness and neurodiversity go together. Our communities are stronger together when we draw from each other's work and momentum, feel inspired by each other's passion, and are aligned in our missions and goals. We all benefit when we accept each other's differences, including brain differences, and including FASD. Embracing neurodiversity allows us to support all differences and ways of being, including those of individuals with FASD."

📣 Shout out to [MAP](#) for amplifying FASD United's messaging

- [FASD United](#)

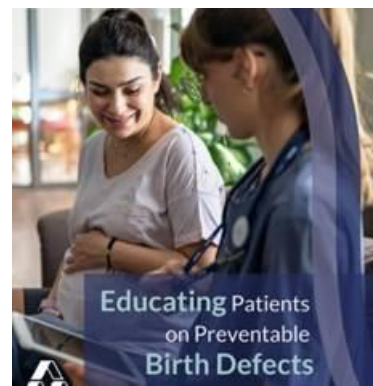
[X](#) | [Facebook](#) | [Instagram](#)

"🧠 Neurodiversity Celebration Week 2025 is about breaking barriers and embracing differences—but to be truly inclusive, we must ensure FASD has a seat at the table. Fetal Alcohol Spectrum Disorders (#FASD) are a brain-based disability that affects millions, yet it remains one of the most overlooked and misunderstood neurodevelopmental conditions. #Neurodiversity means recognizing ALL brain differences, including FASD. 🦋 When we amplify lived experiences, eliminate stigma, and advocate for support, we build a world where neurodivergent individuals can thrive. 🌟 Let's reframe the conversation. Let's empower ALL neurodivergent voices. Let's make neurodiversity truly inclusive."

AAMA with MAP recognized World Birth Defects Day

[Instagram](#)

"Medical assistants play a vital role in educating patients about prenatal health. Did you know that drinking alcohol during pregnancy is the #1 cause of preventable birth defects? There is no safe amount, no safe time, and no safe type of alcohol during pregnancy. Tomorrow on World Birth Defects Day, the AAMA and its partner the MAP encourage all medical assistants to share this critical message: alcohol-free pregnancies give babies the best start in life! Help spread awareness and support healthier futures. Learn more about supporting patients and their healthy pregnancies via MAP: fasdmap.org"



FASD United discussed FASD as a whole-body condition by recognizing:

- American Heart Month

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"February is American Heart Month, and FASD United is highlighting the critical connection between FASD and heart health. Congenital heart defects are significantly more common in individuals with FASD than in the general population. Early detection is key, as some heart complications may not manifest until adulthood. Understanding prenatal alcohol exposure can help identify heart issues sooner and prevent future health threats. This Heart Month, let's prioritize heart health for everyone, including those impacted by FASD. Learn more about the link between FASD and heart health: bit.ly/FASDHeartHealthMonth"

- Brain Awareness Week

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🧠💡 Did you know that regular physical activity can have a positive impact on brain health—including for individuals with #FASD? Exercise supports cognitive function, emotional regulation, and mental well-being, all of which are critical for individuals with FASD. Whether it's walking, swimming, or dancing, movement can help the brain build resilience, improve focus, and reduce stress."

- Congenital Heart Disease Awareness Week

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"Children born with FASD are at a significantly higher risk for congenital heart defects than the general population. While some heart problems are apparent at birth, others may go unnoticed until adulthood. Because individuals with FASD may experience hyposensitivity, they might not recognize typical heart-related symptoms. Knowing about prenatal alcohol exposure is crucial for early detection and intervention, potentially preventing serious health issues and saving significant costs associated with later-life complications. By including FASD in conversations about heart health, we can ensure individuals receive timely support and treatment, leading to better long-term outcomes. Read more from our blog here: bit.ly/HeartHealthMonth25"

- National Nutrition Month

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"Nutrient-rich diets can play a role in mitigating some of the challenges associated with PAE and promote overall well-being. Join us in advocating for nutritious choices and supporting those with FASD!"



National Nutrition Month March 2024

Dietary supplementation with specific nutrients can help mitigate certain alcohol-related neurodevelopmental impacts and improve cognitive outcomes for individuals with FASD.

FASD United recognized National Caregivers Day by focusing on their family navigators

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“🌟 Happy National Caregivers Day! 🌟 Today, we recognize and celebrate the caregivers who show up with love, strength, patience, and dedication every single day. Whether you're supporting a loved one with #FASD, navigating services, or advocating for change, your impact is immeasurable! 💖 A special shoutout to our incredible Family Navigators—Laura, Heather, and Kristen—who provide guidance, support, reassurance, and hope to everyone who reaches out. Whether you're an expecting parent, a caregiver, someone with FASD, or a community member looking for answers, they are here for you — all while balancing their own families and lives—true superheroes 💖”



The FASD NPN Communications Bulletin is created by ORAU.
Please send any questions, corrections, or suggestions to [Katherine Chyka](#).

Want something included in the next bi-monthly bulletin?

[Let us know](#). We'd love to hear from you!



FASD NATIONAL PARTNER NETWORK
