

# FASD NPN Communications Bulletin

## A COLLECTION OF CONTENT UPDATES + TIPS

Issue 11 | December 2024



Click the links below to jump to the sections featuring:

- [Special Event: Join a virtual watch party for the new FASD lived experience videos](#)
- [Quick Tips: Promote FASD lived experience stories](#)
- [NPN Toolkit Updates: 2025 Awareness Events Calendar](#)
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## Special Event

[Join us during Birth Defects Awareness Month for a watch party featuring a new video series about living experiences of FASDs!](#)

**WHEN:** Wednesday, January 15, 2025 | 6:00 – 7:30pm ET

**WHERE:** Virtually on Zoom

**WHO:** FASD partners, advocates, and allies

**HOW:** [RSVP to get the Zoom link](#)



### Invite others to attend the event!

All are welcome. Download the [digital invite](#) and [social media graphics](#) to use in your own invitations.

## Quick Tips

### [Amplify stories of FASD lived experience with the Video Series Partner Promotion Toolkit](#)

ORAU and FASD United partnered to develop a video series which highlights people's lived experiences with prenatal alcohol and other substance exposure and FASDs.

FASD partners, advocates, and allies can use the toolkit to promote the video series and

- ✓ increase healthcare professionals' awareness about how to reduce stigma and discrimination in clinical settings and provide FASD care that is supportive, affirming, and effective,
- ✓ educate healthcare professionals about the challenges individuals with FASDs face in obtaining a diagnosis, and supports professionals can provide throughout childhood, adolescence, and adulthood, and
- ✓ celebrate the resilience of people with FASDs and their families.

### [Social Media Post Text](#)

7 sample posts that you can tailor for your audiences and channels

**Post 1:** CDC's new video series shines a light on the triumphs and challenges of individuals and families living with FASDs. It explores the difficult path to diagnosis and the life-changing impact of recognition and validation. *[insert call to action]* #FASDNPN

**Post 2:** In CDC's new video series, families with FASDs share their experiences with stigma and a longing for compassionate care. The videos offer a glimpse into their world, calling for more empathy, education, and partnership. *[insert call to action]* #FASDNPN

## Graphics

### Evergreen - 51 graphics to use year round



### Awareness Events - 20 graphics to recognize awareness days and events throughout the year



## Social Media Clips

### Evergreen - 23 short video clips to use year round



### Awareness Events - 15 short video clips to recognize awareness days and events throughout the year



## FASD NPN Toolkit Updates

### 2025 Awareness Events and Observances Calendar

[NPN Toolkit Communication Resources page](#) > [FASD NPN Resources](#) > [Awareness Events and Observances Calendar](#)

Use this calendar to identify important awareness days for your organization and inform your social media content creation plan.

Awareness Events and Observances Calendar   2025	
<b>January</b>	Dry January   January National Birth Defects Awareness Month   January New Year's Day   January 1, 2025 Maternal Health Awareness Day   January 23, 2025 Sundance Film Festival   January 23-February 2, 2025 National Pediatrician Day   January 28, 2025
<b>February</b>	Black History Month   February Patient Recognition Week   February 1-7, 2025

# NPN Content Stream

Between October 1 and November 20, the FASD NPN disseminated **150 social media posts** about prenatal alcohol and polysubstance use and FASDs reaching approximately **1,013,582 people**. A selectio of posts is featured in this section.

## NPN PRODUCTS, EVENTS, + SERVICES

### [FASD United](#) partnered with NIAAA for a webinar: Alcohol & Women's Health\*

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

"Alcohol can have unique effects on women, including during pregnancy. Join FASD United and the @NIAAnews for this webinar to learn about alcohol's effects on women's health, the living experience of those impacted, and how different factors influence the effects of prenatal alcohol exposure."

\*this webinar has already occurred



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

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

"Children with FASD need specialized care, and families play a key role in creating the right environment for them to thrive. That's where FASD United's Family Navigators come in. 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!"



### [FASD United](#) published a new [blog post](#) featuring an interview with Emily Travis Hargrove

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

"Emily Hargrove, FASD self-advocate and Ph.D. candidate, has released her new book "FASD is My Superpower"! 🌟 A fun, interactive guide helping kids with FASD embrace their unique strengths and see their diagnosis in a positive light. 📖 Discover more about Emily's inspiring journey and how this book is changing the narrative around FASD in our latest blog post! 📄👉"



### 🌟 Collaboration Spotlight 🌟

### Emily is featured in [CDC's new video series: Lived Experiences with FASDs](#)

### [FASD United](#) released [State Data Sheets](#) on how each state addresses FASDs and promotes alcohol-free pregnancies

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

"FASD United has released comprehensive State Data Sheets detailing how each state addresses FASD and promotes alcohol-free pregnancies. These customized documents include:

- Statistics on unplanned pregnancies
- Rates of binge drinking
- Information on mandated alcohol warning signs
- Recognition of FASD as a developmental disability in your state

Understanding your state's approach can help inform community support and advocacy efforts."

### 🌟 Collaboration Spotlight 🌟

### University of Nevada, Reno/AAMA's [Medical Assistant Partnership for Healthy Pregnancies and Families \(MAP\)](#) promoted [FASD United's State Data Sheets](#)

See How Each State is Addressing FASD and Supporting Alcohol-Free Pregnancies: FASD United's State Data Sheets

**How is FASD Recognized in California?**

- ✓ FASD is recognized by the State Department of Health. Information about FASD is available on the California Department of Public Health website.
- ✗ The state does not include FASD in its definition of Developmental Disability.
- ✓ People with FASD may qualify for waiver services through the State. Although FASD is not a named condition, a person with FASD may still qualify. There is no IQ cutoff for waiver services, and individuals have to be diagnosed prior to age 18.
- ✓ FASD is recognized by the state for Special Education services. FASD is listed as a named condition under OHI, or Other Health Impairment.
- ✓ The state tracks rates of alcohol-exposed pregnancies. Questions about prenatal alcohol use are asked in the Maternal and Infant Health Assessment (MIHA).

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

"Check out @fasdunited new state fact sheets regarding state-by-state resources for FASDs and healthy pregnancies! #FASD #StateResources #Pregnancies #FASDNPN #FASDUnited"

## [FASD United](#) exhibited and presented at the Association of University Centers on Disabilities Conference

- Table exhibit

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

"...Our wonderful team is here tabling among over 1,100 dedicated researchers, policymakers, practitioners, and advocates, all focused on advancing disability rights and inclusivity. Together, we're working to ensure that everyone's voice is heard and valued. ..."

- FASD allies

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

"Unlocking better healthcare for those with FASD starts with understanding and a seat at the table. Let's raise awareness and promote early detection ... to improve health outcomes."

- Pre-conference presentation

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

"FASD United was proud to be part of the FASD Preconference at this year's AUCD 2024 Conference, alongside the FASD Collaborative Project and the FASD Special Interest Group led by Dr. Elizabeth Cleveland from the University of Arkansas. Together, we highlighted the latest research, best practices, and innovative solutions to support individuals and families impacted by FASD. ..."



## [FASD United](#) exhibited at American Public Health Association Conference

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

"... We're engaging with thousands of public health professionals from across the country to raise awareness about #FASD and the crucial need to give it a seat at the table. Together, we can drive meaningful change and support for those affected by FASD. #PublicHealth #APHA2024 #TogetherWeCan #APHA"

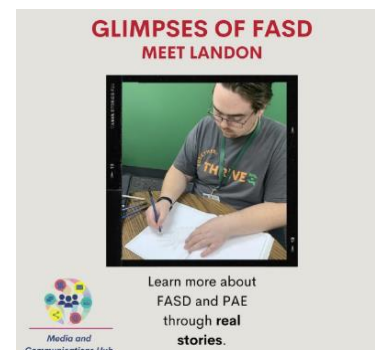


## EDUCATING + AWARENESS RAISING

## [FASD United](#) shared a "[Glimpse of FASD](#)": Meet Landon

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

"... Landon shares his journey, speaking about the challenges of memory, the power of family support, and the importance of accommodations at school. A creator at heart, Landon makes videos, digital art, and music—and reminds us: "Not every disability has a visibility."



## [UAA with AWHONN](#) posted about the risks of drinking alcohol while pregnant

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

"What are the risks of drinking alcohol while pregnant? Alcohol use during pregnancy increases the risk of miscarriage, stillbirth, preterm birth, SIDS, & FASDs. FASDs can cause lifelong behavioral, intellectual, & physical disabilities. The good news is FASDs are preventable if a developing baby is not exposed to alcohol before birth. Learn more about how you can prevent FASD. #FASDNPN"



## MAP highlighted the power of podcasts: [Delivering Education Through a Podcast to Change Provider Practice: A Mixed Methods Evaluation of a Fetal Alcohol Spectrum Disorders Podcast](#)

X

"... the mixed-methods evaluation of the podcast allowed a deeper understanding of how medical education delivered through a 4-part podcast impacted provider behaviors to address FASDs and the barriers to implementation in practice."



## ACOG shared a video 'How do you talk to pregnant patients about marijuana use?' starring their FASD Champion Expert, Courtney Townsel, MD, MSc, FACOG

X | [Instagram](#)

"Up to 16% of pregnant and lactating people use cannabis. 🗣️ Talk with your patients about the risks that cannabis use poses to their fetus or infant and share ACOG's patient-focused resource: <http://bit.ly/3JEmKCR>"



## FASD United highlighted the importance of FASD 'having a seat at the table' during conversations about:

- Prenatal care

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

"Getting proper prenatal care at all stages of pregnancy sets the foundation for a healthy pregnancy and reduces the risk of complications, leading to better outcomes for mother and child."

- Nutrition

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

"Proper nutrition is essential for individuals with FASD in order to thrive."

- Neurodiversity

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🗣️ 🗣️ October is ADHD Awareness Month! At FASD United, we believe it's crucial to include FASD in the neurodiversity conversation. Let's give FASD a seat at the table this month and ensure all voices are heard! ❤️

Talking about Prenatal Care?



Talking about neurodiversity?



October is ADHD Awareness Month  
Give FASD a seat at the table.

## FASD United shared new research from the field

- [Normative Magnetic Resonance Imaging Data Increase the Sensitivity to Brain Volume Abnormalities in the Classification of Fetal Alcohol Spectrum Disorder](#)

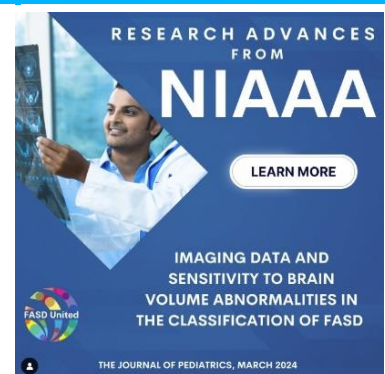
X | [Facebook](#) | [Instagram](#)

"National Institute on Alcohol Abuse and Alcoholism has found that age and gender-adjusted brain volumes based on a large normative dataset may be useful predictors of outcomes and may identify a greater number of individuals with FASD than the currently used criteria."

- [Effectiveness of Psychotropic Medications in Children with Prenatal Alcohol and Drug Exposures: A Case Series and Model of Care](#)

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

"The goal of National Institute on Alcohol Abuse and Alcoholism study is to report on the effectiveness of psychotropic medications in individuals with prenatal alcohol/drug exposure and propose a model for psychiatric care for this population."



[FASD United](#) recognized National Education Month by highlighting findings from their [National FASD & Special Education Survey](#)

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"... At FASD United, we're highlighting the findings from our National FASD & Special Education Survey. With input from 684 caregivers, professionals, and self-advocates across 43 states, we're shedding light on the strengths, barriers, and recommendations for students with FASD."



[FASD United](#) recognized Nurse Practitioner Week

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

"... From November 10-16, 2024, we celebrate the incredible Nurse Practitioners (NPs) who play a vital role in supporting individuals and families affected by FASD 🧑🏻‍⚕️🧑🏻‍⚕️ Nurse Practitioners are on the frontlines, providing compassionate care, raising awareness, and advocating for better healthcare services for those living with FASD. Their expertise and dedication make a lasting impact! 🙌 Thank you to all the NPs who continue to empower and improve the lives of people with FASD! Your work is truly invaluable."



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**