

FASD NPN Communications Bulletin

A collection of content updates + tips

Issue 17 | December 2025



Quick Tips

The [UAA Team](#) is piloting two social media accounts. Follow them on Instagram and LinkedIn and help amplify their content!

Instagram: [alcoholfreefutures](#)

LinkedIn: [alcoholfreefutures](#)



NPN Content Stream

Between October 1 and November 30, 2025, the FASD NPN disseminated **287 social media posts** about prenatal alcohol and polysubstance exposure and FASDs reaching about **1,503,270 people**. A selection of posts is featured in this section.

NPN PRODUCTS, EVENTS + SERVICES

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

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

"Empowering Families, One Call at a Time.

Navigating life with [#FASD](#) can be overwhelming, but you're in good hands. Our Family Navigator Program provides compassionate, confidential support to help you find answers and resources tailored to your unique situation.

Whether you need:

- Referrals to services and support networks
- Information about FASD and prenatal alcohol exposure
- A listening ear and guidance on next steps

Our Navigators are here to help. Your journey matters, and we're here to walk it with you."



UAA with NPWH released an article in the Clinical Journal for Nurse Practitioners in Women's Health: Marijuana Use During Pregnancy and Lactation: Insights and Implications

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

"As marijuana use increases, many pregnant and lactating individuals are making decisions without clear, consistent guidance. Limited and conflicting research can make conversations feel uncertain. The CJNPWH article breaks down what the evidence actually shows, where gaps remain, and how current recommendations can guide more confident screening and counseling."



University of Nevada, Reno/AAMA's Medical Assistant Partnership for Healthy Pregnancies and Families (MAP) promoted their Walk & Talk products

- Ethical Considerations

[X](#)

"Our newest tool focuses on ethical considerations—giving medical assistants a script + patient card to spark important conversations during the walk from the waiting room to the exam room. Every step is a chance to support people of all backgrounds and prevent excessive alcohol use 🍷👩🏻"

- Healthy Over the Holidays

[X](#)

"This Thanksgiving, let's serve up support — not pressure. 🍂🍷 Our Healthy Over the Holidays Walk & Talk helps medical assistants have quick, meaningful conversations with patients about staying alcohol-free during the holidays. Includes an easy script + take-home card to keep the support going."



FASD United highlighted that their Language and Stigma Guide is now available in Spanish

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

"👉 Great news! Our "Language and Stigma Guide" about FASD is now available in Spanish! Language matters! Use this essential tool to foster understanding, respect, and inclusion, and to combat stigma in your community"

👉 Shout out to MAP for amplifying this resource

[X](#)

"When discussing justice & FASD, context matters. Stigma-free language shifts the focus from blame to understanding neurodevelopmental needs."

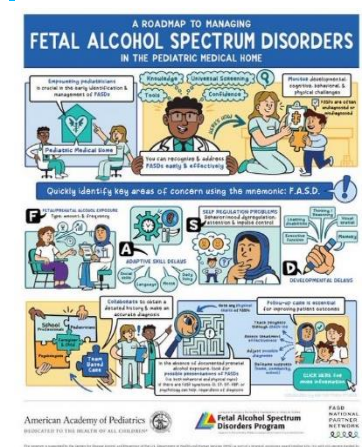


🌟 Collaboration Spotlight 🌟

MAP shared AAP's new resource: Roadmap to Managing FASDs in the Pediatric Medical Home

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

"Supporting children with FASDs starts with a clear path forward. ❤️ The AAP's new Roadmap to Managing FASDs in the Pediatric Medical Home gives pediatricians practical tools to identify, guide, and care for children and families. Stronger knowledge → stronger outcomes. **#FASDNP**"



FASD United promoted their new resource: [What to do After an FASD Diagnosis](#)

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

"Have you seen our new resource designed to guide individuals and families after receiving an FASD diagnosis? This tool highlights clear action steps like documenting your diagnosis and accessing benefits & services to build a strong support system. Whether you're just starting this journey or looking for next steps, we're here to support you"



AAFP highlighted their free, on-demand CME: [Fetal Alcohol Spectrum Disorders](#)

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

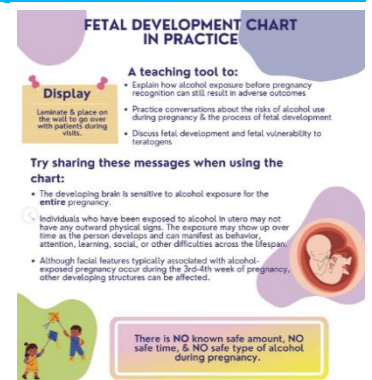
"Did you know prenatal exposure to alcohol and other drugs is a leading cause of birth defects and neurodevelopmental abnormalities in the U.S.? Learn more about how to recognize and manage FASDs with this on demand CME."



UAA shared their [fetal development chart and instructions on how to use it](#)

[Instagram](#)

"Today we're sharing our fetal development chart, as well as our handout with instructions on how to use it. The fetal development chart is a useful tool for facilitating conversations about fetal development and periods of vulnerability to teratogens. Head to our website to download pdf versions of the chart and instructions and find many other helpful tools as well! **#FASDNPN**"



🌟 Collaboration Spotlight 🌟

UAA promoted [Rachel and Patima's story](#) from CDC's [FASD video series](#)

[Instagram](#)

"In CDC's 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. Watch the full interview with Rachel and Patima on YouTube (link below) to learn more about their story, and the challenges related to getting an FASD diagnosis. **#FASDNPN**"



🌟 Collaboration Spotlight 🌟

UAA shared [FASD United's fact sheet: What Everyone Should Know About FASD](#)

[Instagram](#)

"FASDs are a spectrum of disabilities related to prenatal alcohol exposure. They are lifelong, and commonly misdiagnosed. Our friends at FASDUnited have created an FASD fact sheet to help you learn more about what FASDs are, who they impact, and how to get involved. Don't forget to follow our friends @FASDUnited. **#FASDNPN**"



🌟 Collaboration Spotlight 🌟

UAA shared a video and graphic from the FASD Video Series Partner Promotion Toolkit to promote opportunities with their collaborative

Instagram

"Providing affirming, respectful care to those with FASDs starts by hearing and honoring their lived experience. CDC's video series offers healthcare professionals an opportunity to see the world through their patients' eyes. Let's learn and grow together. Visit our website to learn how you can become an FASD champion, and learn more about alcohol free pregnancies and beyond. **#FASDNP**"



EDUCATING + AWARENESS RAISING

MAP recognized World Prematurity Day by highlighting the link between alcohol use during pregnancy and risk of preterm birth

X

"On #WorldPrematurityDay, we honor families and care teams supporting babies born too soon — and highlight the power of prevention. Alcohol use during pregnancy raises preterm birth risk by 16%, and there's no known safe amount to drink. Medical assistants play a key role in encouraging alcohol-free pregnancies and offering compassionate support. MAP gives MAs the tools and training to have effective, nonjudgmental conversations."



FASD United and MAP highlighted new research from the field

- Narrowing gender gap in alcohol use

X | Bluesky | Facebook | Instagram

"UMass Chan Medical School researcher Kathryn Sabella will investigate the social causes behind the narrowing gap in binge drinking between women and men. Her work aims to reduce stigma and advocate for the societal changes needed to support women's health."

- Do dads need to watch their own drinking?

X | Bluesky | Facebook | Instagram

"Emerging data suggest alcohol may cause genetic changes that could be passed on to children, potentially leading to abnormalities."

- No amount of alcohol is safe for your brain

X | Bluesky | Facebook | Instagram

"Researchers looked at data from more than 500,000 adults across the U.S. and U.K. to understand alcohol's impact on the brain. Their key finding? Even moderate drinking was associated with a higher risk of dementia and measurable brain damage."

- Social determinants affect pregnant women's alcohol use

X | Bluesky | Facebook | Instagram

"A pivotal study shows how various social factors, not just individual choices, influence drinking behaviors."

📢 **Shout out to MAP and AAMA for amplifying this research**

X | X

"New research shows that alcohol use during pregnancy is deeply tied to social determinants—stress, education, community support—not just individual behavior."

- Brain region behind compulsive alcohol use

X | Bluesky | Facebook | Instagram

🧠 Scientists have identified a specific brain region linked to compulsive alcohol use, offering insights into the mechanisms of alcohol use disorder."

- 3%-5% of children with FASDs have heart defects

X | Bluesky | Facebook | Instagram

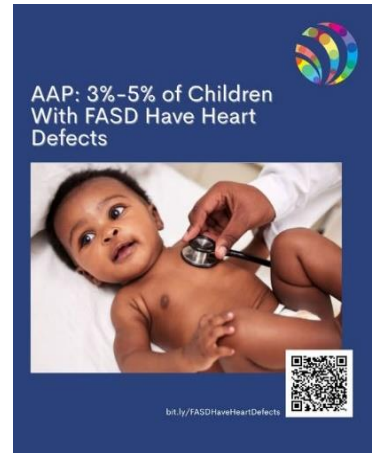


"Research shows that the prevalence of congenital heart defects is five times higher among those diagnosed with FASDs. The impact of PAE can affect many different organ systems, including the heart."

- Diagnosing PAE and FASD in military-connected children

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

"New research reveals a hidden issue: FASD is often under-diagnosed in military families."



FASD United amplified living experiences of FASD

- Tandi

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

"Meet Tandi, a powerful voice in our FASD Community. Through her living experience, Tandi shares wisdom, hope, and a message that will inspire all who listen"

- Maggie May

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

"Meet Maggie May McHugh, the 29-year-old self-advocate and traveler who has shared her story of living with FASD around the world. For Maggie May, her diagnosis at 15 finally helped everything make sense."

- Barb

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

"Hear directly from Barb Clark as she shares her powerful and insightful FASD living experience. Her perspective provides invaluable understanding into the day-to-day realities of FASD. Whether you're a family member, professional, or simply want to learn more, this video offers a deep and personal connection to the FASD journey."



NASW with UT-Austin promoted their collaborative initiative: Initiative Empowers Social Workers in Preventing Substance-Exposed Pregnancies

[Bluesky](#) | [Facebook](#)

"Social workers play a crucial role in preventing prenatal substance exposure. NASW and the NASW Foundation have partnered with the Health Behavior Research and Training Institute at UT Austin's Steve Hicks School of Social Work to join the FASD National Partner Network."



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