

# FASD NPN Communications Bulletin

A COLLECTION OF CONTENT UPDATES + TIPS

Issue 8 | June 2024



## FASD NPN Toolkit Updates

Be inspired by the latest custom materials and products that ORAU has created for the NPN!

Need custom materials created for your project? [Let us know!](#)

[Custom Materials Toolkit page](#) > [NPN Custom Materials Library](#)

### Let's Talk about Promoting Substance-Free Pregnancy –Project Promotion Magnet (MSU)



### Conference Exhibit Booth Banner (UT-Austin)



### Champion Recruitment Flyer for Social Workers (UT-Austin)

**LET'S TALK**  
ABOUT PREVENTING SUBSTANCE-EXPOSED PREGNANCIES

NASW Foundation and the Health Behavior Research and Training Institute (HBRT) at The University of Texas at Austin (UT-Austin) Steve Hicks School of Social Work are partnering to prevent alcohol and other substance use during pregnancy and fetal alcohol spectrum disorders.

**WHAT?**  
Join us as a Partner for Substance-Exposed Pregnancy Prevention.  
We're building a national network of **social workers** who are trained in screening, brief intervention and referral to treatment (SBIRT) for alcohol and other substance use.

**WHY?**  
To equip you with resources, messaging, and skills!  
The benefits of participating:  
• Develop valuable, specialized expertise in motivational interviewing and SBIRT  
• Be a leader in preventing substance-exposed pregnancy  
• Be publicly recognized by NASW Foundation as a Partner  
• Receive a certificate that names you as a Partner through HBRT at UT-Austin's Steve Hicks School of Social Work  
• Boost your CV by listing your Partner status

**HOW?**  
Here is what we ask of Partners:  
• View our webinar on preventing substance-exposed pregnancies.  
• Complete a post-test and evaluation for the webinar.  
• Deliver a standardized presentation at a professional meeting (provided by UT-Austin and not required).

**THERE IS NO KNOWN SAFE AMOUNT, NO SAFE TIME, AND NO SAFE TYPE OF ALCOHOL USE DURING PREGNANCY.**  
LET'S **WORK TOGETHER** TO PROMOTE SUBSTANCE-FREE PREGNANCIES AND HEALTHY FAMILIES.

**To learn more:**  
Complete our interest form or contact **Diana Ling**  
diana.ling@uconn.edu or 860.405.6200

The University of Texas at Austin Health Behavior Research and Training Institute Steve Hicks School of Social Work NASW Foundation

This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services as part of a project entitled **Preventing Alcohol-Exposed Pregnancy** with 100 percent funding by CDC/HRP. The contents are those of the authors and do not necessarily represent the official views of, or an endorsement by, CDC/HRP or the U.S. Government.

## Pocket Card for Social Workers (UT-Austin)

### LET'S TALK


OPENING A CONVERSATION & BRIEF INTERVENTION

**Social Workers Can Reduce the Negative Health Risks Associated with Alcohol Use**

**Tips for Opening a Discussion About Alcohol with Clients**

- Screen all adults to determine if clients are drinking at excessive levels.
- Be prepared with a validated screener and resources for further referral.
- Build rapport with the client with the goal to establish partnership and trust.
- Try starting with: "To provide the best quality care, I'd like to ask about issues that affect your health, like smoking, exercise, diet, and alcohol use. Would it be okay if we chat about these for a few minutes?"
- Establish interest and curiosity: "Tell me about a typical day in your life. Where does your current alcohol use fit in?"

**FOR MORE INFORMATION**  
 CDC's Planning and Implementing Screening and Brief Intervention for Risky Alcohol Use: A Step by Step Guide for Primary Care Practices



bit.ly/450TYW

**Brief Intervention Tips for Clients Who Screen Positive for Excessive Alcohol Use**

**Pros and Cons**

- Elicit Pros: "Help me understand, through your eyes, the good things about using alcohol. What else?"
- Elicit Cons: "What may be some of the not-so-good things about using alcohol? What else?"
- Provide summary: "On the one hand (what's good about the behavior), and on the other hand (what's not so good about the behavior)."

**Readiness Ruler**

- Support autonomy: "You have thought a lot about what is best for you and it is absolutely your choice what you decide."
- Ask "On a scale of 1 to 10, how ready are you right now to cut back below risky drinking limits?"
  - "Why did you choose that number?" or
  - "What would it take to help you to have a higher number?"
- Reflect change talk (speech that favors change) and support self-efficacy.

**Action Plan**

- Summarize discussion:
  - "What are some steps/options that will work for you to stay healthy and safe?"
  - "What support do you have for making this change?"
  - "Is it ok for me to write down your plan, to keep with you?"

Summarize statements in favor of change, emphasize client strengths, and restate any agreement reached. Say, "I have some resources that may be helpful. Is it ok if I share them?" and thank the client for talking with you.

## Badge Card for Social Workers (UT-Austin)

### LET'S TALK

HELP YOUR CLIENTS ACCURATELY DISCUSS THEIR ALCOHOL CONSUMPTION WITH YOU



**FOR MORE INFORMATION**  
 Visit the CDC website for information on alcohol SBI and FASDs: [www.cdc.gov/alcohol/pregnancy/subs/alcoholbi](http://www.cdc.gov/alcohol/pregnancy/subs/alcoholbi)



**WHAT IS ONE DRINK?**



<b>A SINGLE BEER</b> OR 12 FL. OZ. ABOUT 14% ALCOHOL	<b>A SINGLE SHOT</b> OR 1.5 FL. OZ. ABOUT 40% ALCOHOL	<b>A SINGLE GLASS OF WINE</b> OR 5 FL. OZ. ABOUT 14% ALCOHOL
--	---	--

**SHARE WHAT LEVELS OF DRINKING ARE ASSOCIATED WITH A VARIETY OF HEALTH RISKS**

EXCESSIVE ALCOHOL LEVELS FOR HEALTHY ADULTS	BINGE DRINKING DEFINITIONS
<b>MEN</b> More than 2 drinks per day	<b>MEN</b> 5 or more drinks on a single occasion
<b>WOMEN</b> More than 1 drink per day	<b>WOMEN</b> 4 or more drinks on a single occasion

**Certain people should avoid alcohol completely, including those who:**

- Plan to drive or operate machinery, or participate in activities that require skill, coordination, and alertness.
- Take certain over-the-counter or prescription medications.
- Have certain medical conditions.
- Are recovering from alcohol use disorder or are unable to control the amount that they drink.
- Are younger than age 21.
- Are pregnant or might be pregnant.



## Alcohol SBI Magazine Ad (AAFP)



**Nearly 1 in 7 pregnant people report current alcohol use in the past 30 days.**

**LEARN MORE**  
[www.aafp.org/family-physician/patient-care/care-resources/substance-use/excessive-alcohol-use.html](http://www.aafp.org/family-physician/patient-care/care-resources/substance-use/excessive-alcohol-use.html)




Alcohol SBI is relatively simple to do, and family physicians are uniquely positioned to effect significant change.

This ad is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$613,800.00 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

## NPN Content Stream

Between March 25 and May 31, the FASD NPN disseminated **246 social media posts** about prenatal alcohol and polysubstance use and FASDs reaching approximately **2,787,359 people**. A selection of posts is featured in this section.

## RECOGNIZING AWARENESS DAYS + OBSERVANCES

#AlcoholAwarenessMonth was observed across the FASD NPN

Check out highlights and explore posts:

- ACOG promoted patient and provider resources:
  - [Alcohol and Women FAQs](#) – "The effects of alcohol use vary from person to person. For **women**, binge drinking means having at least four drinks during two-hour period."
  - [FASD FAQs](#) – "Learn about the risks of drinking

— Alcohol Awareness Month —

About **13%** of adult U.S. women reported **binge drinking** within the past 30 days.

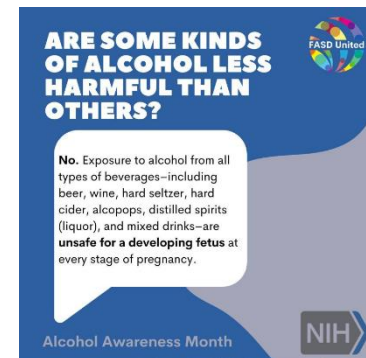
while pregnant, [vital intervention strategies](#), and patient education resources.”

- [FASD Prevention Program](#) – “Get [tools and resources for ob-gyns](#) to help pregnant patients avoid alcohol.”

📣 Shout out to [FASD United](#) for sharing [ACOG's posts](#)

Like their posts: [Post #1](#) | [Post #2](#)

- [FASD United](#) answered questions about [alcohol consumption and fetal development](#):
  - “Is it alright to [drink alcohol](#) if I’m pregnant?”
  - “Does [FASD](#) have lifelong effects?”
  - “What if I’m [pregnant](#) and have been drinking?”
  - “How can I [stop drinking](#)?”
- [UAA](#) with [AWHONN](#) encouraged learning more about [FASDs](#) and [screening](#) for alcohol use during pregnancy.
- [UAA](#) with [NPWH](#) provided [quick facts](#) on how alcohol consumption can affect pregnant individuals and promoted a new [AUDIT 1-3 instructional video](#).
- University of Nevada, Reno/AAMA’s [Medical Assistant Partnership for Healthy Pregnancies and Families \(MAP\)](#) encouraged followers to [examine](#) their [alcohol habits](#) and promoted a new [Walk and Talk](#).
- UT-Austin with [NASW](#) encouraged [social workers](#) to [test their knowledge](#) about alcohol consumption and [get tips](#) for [talking with clients](#).

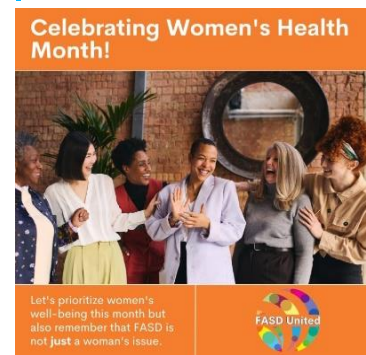


## FASD NPN members observed National Women's Health Week and Month

- Like [FASD United's](#) post: [X](#) | [Facebook](#) | [Instagram](#)

- Like [NASW's](#) posts: [X](#) | [Facebook](#) | [Instagram](#)  
“It’s National Women’s Health Week! Social workers can help women prioritize their health by making conversations about alcohol use part of routine practice. Here are three key messages to share with clients: [bit.ly/4dxdX2n](#) #NASW #NWHW #MothersDay #FASDNPN @TexasSteveHicks @womenshealth @CDCgov”

“#DYK? Young women are now more likely to binge drink than young men. This National Women’s Health Week, learn more about women and alcohol, including how #socialworkers can make a difference: [buff.ly/3QABVzU](#) #NASW #NWHW #FASDNPN @TexasSteveHicks @womenshealth @CDCgov”



**FASD United** recognized National Drug and Alcohol Facts Week by highlighting the overlap between prenatal alcohol exposure and prenatal drug exposure

Like this post: [X](#) | [Facebook](#) | [Instagram](#)

"This National Drug and Alcohol Facts week, we acknowledge the overlap in prenatal alcohol exposure with prenatal drug exposure. We enthusiastically share space with efforts in chemical health, substance use, and maternal-child health."

Rate of **alcohol use** during pregnancy

1 in 7

Rate of **co-exposure of other substances** with alcohol use during pregnancy.

40%

Rate of **drug use** during pregnancy

1 in 10

Rate of **FASD** in US school-aged children

1 in 20

Source: Centers for Disease Control and Prevention. (2022, October 10). Data & statistics on FASDs. <https://www.cdc.gov/ncbddd/fasd/data.html#prevalence-of-fasds>

## EDUCATING + AWARENESS RAISING

### 🌸 Collaboration Spotlight 🌸

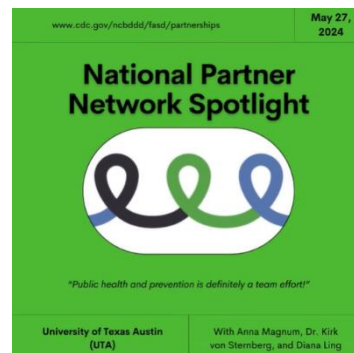
**FASD United** interviewed two NPN organizations for their monthly FASD NPN Spotlight Series

- **The UT-Austin Team**

Like this post: [X](#) | [Facebook](#) | [Instagram](#)

- **AAFP's Program & Evaluation Strategist, Rajani Bharati**

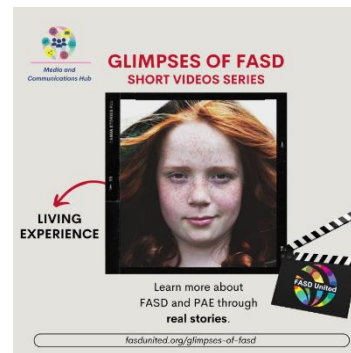
Like this post: [X](#) | [Facebook](#) | [Instagram](#)



**FASD United** shared a "Glimpse of FASD": Meet Brenna

Like this post: [X](#) | [Facebook](#) | [Instagram](#)

"Learn more about people living with FASD. Brenna is a loving, friendly individual whose creativity and kindness allow her to shine. Watch her Glimpse of FASD and share your own story beginning in May! #GlimpsesofFASD <https://bit.ly/MeetBrenna>"



**FASD United** responded to a BuzzFeed article about serving alcohol to a pregnant customer

Like this post: [X](#) | [Facebook](#) | [Instagram](#)

"Media outlets play an important role in educating the public and empowering the FASD community. FASD United responded to a reshare of an article by BuzzFeed this week."

### 🌸 Collaboration Spotlight 🌸

MAP shared **FASD United's** [blog post](#)

Like this post: [X](#) | [Instagram](#)

"@FASDUnited "We need to educate health systems & other systems of care on FASD. We do this by sharing the facts, informed by scientific research and personal experience, so these systems can be FASD-informed and accommodate the needs of people with FASD." <https://buff.ly/4aRJXMP>"



**FASD United** highlighted the importance of FASD "having a seat at the table" during conversations about:

- **Child welfare system**

Like this post: [X](#) | [Facebook](#) | [Instagram](#)

"In the child welfare system, it's crucial to understand the unique needs of children with FASD to provide the best support. By raising awareness and educating systems of care, we can make a difference."

- **Juvenile justice reform**

Like this post: [X](#) | [Facebook](#) | [Instagram](#)

"Give FASD a seat at the juvenile justice table so we can ensure the best outcomes for youth with PAE in justice system."

- **Mental health**

Like this post: [X](#) | [Facebook](#) | [Instagram](#)

"Mental health is vitally important for every stage of life regarding PAE. Be it, people with FASD, newly pregnant individuals, people who have just given birth or are raising children, and everyone in between!"

- **Education and behavioral health**

Like this post: [X](#) | [Facebook](#) | [Instagram](#)

"The intersections between FASD and other spaces like child welfare, education, and behavioral health must be acknowledged to paint a more comprehensive picture of this common disability."

Talking about juvenile justice reform?



Give **FASD** a seat at the table.



Conversations about mental health should include FASD.

Give **FASD** a seat at the table.



FASD belongs in conversations about child welfare, behavioral health, & special education.

**UAA with AWHONN provided FASD education and recruited new Champions**

Like this post: [X](#) | [Facebook](#) | [Instagram](#)

"FASDs are a collection of diagnoses that can result from exposure to alcohol in utero. Learn more about #FASD and how you can help prevent it. [bit.ly/3DJvQJZ](http://bit.ly/3DJvQJZ)"

**BEING A CHAMPION**  
Facts for advocates in the awareness & prevention of substance-exposed pregnancies

**SUBSTANCE USE IS COMMON**  
Alcohol and polydrug use is common during pregnancy, resulting in substance-exposed pregnancies (SEPs). SEPs have occurred in a variety of ways.

**AVOID ASSUMPTIONS**  
People drinking during pregnancy may not be who you expect or assume to be drinking, and no amount or type of alcohol is safe to consume while pregnant. What is labeled as "just one drink" can still be harmful, as the fetus is sensitive to teratogenic effects of alcohol the entire nine months it is developing.

**SIGNS & SYMPTOMS OF EXPOSURE VARY**  
Some individuals who had prenatal alcohol exposure (PAE) will develop signs of having a fetal alcohol spectrum disorder (FASD). How FASD presents is complex and unpredictable. Physical characteristics of FASD represent only a small percentage of individuals affected.

**NPN PRODUCTS + SERVICES**

**MAP and AAMA promoted three CEU courses**

- Women and Alcohol: Prevalence, Trends, and Preventing Alcohol-Related Harm  
Like this post: [X](#) | [Facebook](#) | [Instagram](#)
- Promoting Substance-Free Pregnancy: What Medical Assistants Need for Effective Practice  
Like this post: [X](#) | [Instagram](#)
- Introduction to Fetal Alcohol Spectrum Disorders: The Medical Assistant's Role  
Like this post: [X](#) | [Instagram](#)

**Free CEU Course:**  
**Women and Alcohol: Prevalence, Trends, and Preventing Alcohol-Related Harm**

Medical Assistant Partnership  
[www.mapcertification.com](http://www.mapcertification.com)

AAMA  
CEU CREDIT

**FASD United and NCBDDD presented at ACOG's Annual Clinical and Scientific Meeting: The Prevention Conversation: Let's Talk About Alcohol and Other Substance Use during Pregnancy**

Like this post: [X](#) | [Facebook](#)

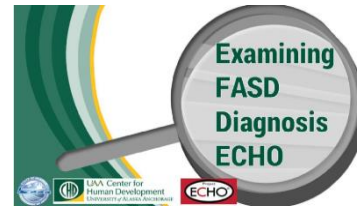
## 🌟 Collaboration Spotlight 🌟

FASD United and UAA continued their virtual learning community collaboration: [Examining FASD Diagnosis\\*](#)

Like this post: [X](#) | [Facebook](#) | [Instagram](#)

"The Examining FASD Diagnosis ECHO is a virtual learning network that explores the necessity of establishing a holistic system of care to support those impacted by prenatal alcohol exposure."

\*this opportunity has already occurred



MAP promoted their Women & Alcohol Virtual Training of Trainers

Like this post: [X](#) | [Instagram](#)

"JOIN US for The 2024 Women & Alcohol Virtual Training of Trainers! @AAMAOfficial There are only 20 spots available for this training so apply now!"



FASD United highlighted their presentation with NCBDDD at the International Research Conference on Adolescents and Adults with FASDs: The FASD United Family Navigator: Support and Resources for the FASD Community and Resources from CDC and Partners

Like this post: [X](#) | [Facebook](#) | [Instagram](#)



MAP highlighted the value of their Champions and promoted their guest presentation capabilities

Like this post: [X](#) | [Instagram](#)

"Our valued MAP Champions are integral to sharing evidence-based messages on the promotion of alcohol/substance-free pregnancies, the prevention of FASDs, and the dissemination of FASD support resources to families. MAP Champions include medical assistants, medical assistant educators, and related roles who have successfully completed a Training of Trainers program. They are approved to train the curriculum, with past Champions conducting training for colleagues, students in medical assisting programs, and at AAMA chapter meetings and state society conferences.

Would you like to find a MAP Champion to present to your group? Check out our MAP Champion request form on our website! <https://buff.ly/43GGkXe>"



## 🌟 Collaboration Spotlight 🌟

MAP promoted AAP's FASD Webinar Series\*

Like this post: [X](#) | [Instagram](#)

\*this opportunity has already occurred



FASD United promoted their Family Navigator service

Like these posts: [X](#) | [Facebook](#) | [Instagram](#)

"It's imperative to feel supported on your FASD journey. Reach out to our Family Navigators, who help people daily by providing referrals and resources, & by listening with care. Take it from those they have talked with.

[fasdunited.org/family-navigator/](https://fasdunited.org/family-navigator/)

📞 800-666-6327"





---

## Several FASD NPN organizations shared NCBDDD's Partners Meeting post

- Like FASD United's post: [X](#) | [Facebook](#) | [Instagram](#)  
"It was an honor to be amongst these passionate individuals, as well as present to the #FASDNPN. Thank you @CDC\_NCBDDD 🙏"
- Like MAP's post: [X](#)  
"We had such a great time connecting with colleagues over such an important topic! Thank you!!"
- Like ORAU's post: [X](#)  
"Our health communication team is honored to be part of the FASD National Partner Network. We're grateful for the opportunity to continue partnering with @CDC\_NCBDDD on this important work!"



---

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**