

Fetal Alcohol Spectrum Disorders: Impact and Interventions

Speakers from:
University of Washington
Fetal Alcohol and Drug Unit
&
FAS Diagnostic and
Prevention Network



October 10-11, 2007
Mukogawa Conference Center
4000 West Randolph Road
Spokane, WA 99224

For Professionals and Parents

Presented by:



Day One October 10, 2007

8:30 – 8:40 a.m.

Therese Grant, Ph.D.: Introductions, overview of agenda

8:40-10 a.m.

Paul Connor, Ph.D.: Fetal Alcohol Spectrum Disorders: Brain, Cognition and Long-Term Consequences

Dr. Connor will describe the state-of-the-art in research about Fetal Alcohol Spectrum Disorders (FASD) currently underway. He will give an overview of the teratogenic effects of prenatal alcohol exposure, and will discuss the central nervous system (CNS) damage in terms of structural and functional imaging of the brain and neuropsychological performance. Finally, he will discuss the impact that these cognitive impairments have on outcomes later in life.

10-10:20 BREAK

10:20 - 11 a.m.

Paul Connor, Ph.D. (continued): Fetal Alcohol Spectrum Disorders: Brain, Cognition, and Long-Term Consequences

11-12 noon

Janet Huggins, Ph.D.: FASD: Mental Health Impact and Secondary Disabilities

An overview of the mental health problems and secondary disabilities associated with FASD. The talk will outline the complex relationship between the primary neuropsychological deficits of FASD and secondary disabilities that occur across the lifespan.

12-1:15 LUNCH

1:15-1:45

Janet Huggins, Ph.D.: Intervention Implications: A Focus on Adults

General clinical practice guidelines will be presented for working with adults with FASD. The speaker will discuss the need for adapting practices shown to be effective with related disorders.

1:45-2:30

Therese Grant, Ph.D.: Preventing Future Births of Children with FASD: Effective Intervention with Mothers who use Alcohol and Drugs During Pregnancy

Dr. Grant will describe an evidence-based intervention for women who abuse alcohol and drugs during pregnancy: the Washington State Parent-Child Assistance Program (PCAP). She will describe lessons learned in implementing the home-visitation model and collaborating with community service providers, strategies for preventing future alcohol and drug exposed births, and program outcomes. In addition she will discuss how state policies can work hand in hand with community programs to improve intervention and prevention efforts.

2:30-2:50 BREAK

2:50-4:00

Therese Grant, Ph.D. (continued): Preventing Future Births of Children with FASD: Effective Intervention with Mothers who use Alcohol and Drugs During Pregnancy

Day Two October 11, 2007

8:30 to 8:45

Introductions Susan Astley, PhD

8:45 to 9:45

FASD: From Discovery to Prevention in WA State Astley Washington State's successful experience in FASD over the past 40 years from discovery to prevention.

9:45 to 10:15 BREAK

10:15 – 11:15

Susan Astley, PhD: MRI, MRS, fMRI in children with FASD

An overview of the key findings in Dr Astley's recently completed MRI, MRS and fMRI study of children with FASD.

11:15 – 12:15

Carolyn Hartness: FASD: A Native American Perspective.

It does take a village to raise a child. Native American traditional world views and values offer intervention strategies for families and children affected by alcohol exposure in utero.

12:15 – 1:30 LUNCH

1:30 – 2:10

Heather Carmichael-Olson, PhD: What Can Research Tell Us about Intervention for Fetal Alcohol Spectrum Disorders?

A user-friendly review of FASD intervention research. Included: promising practices supported by research, including the Families Moving Forward Program; interesting intervention ideas, and thoughts on the range of services communities need to respond to FASD.

2:10 – 2:50

Tracy Jirikowic: Sensory processing in children with FASD

An overview of the sensory processing and motor profiles of children with FASD. Behavioral difficulties and daily functional challenges in this population will be discussed as well as intervention strategies.

2:50 – 3:10 BREAK

3:10 – 3:50

Julie Gelo: If The Eyes have No Tears, The Soul Has No Rainbow

The family perspective surrounding the clinical process of FASD and subsequent journey through the landmines of our systems will be discussed. A provider and parent perspective.

3:50 – 4:00 **Closure: Organizers**

Washington State is at the forefront of fetal alcohol research. We are proud to offer these presentations delivered by one of the world's leading research teams in the field of Fetal Alcohol Spectrum Disorders.

Conference Objectives

- Describe several cognitive, behavioral and radiographic impairments typical of the alcohol exposed brain.
- Describe the secondary disabilities associated with FASD.
- Identify effective interventions for alcohol and drug abusing mothers and children with FASD.
- Discover Native American intervention strategies.
- Describe the history of FASD research and intervention in Washington State.

About the Speakers

(in order of appearance)

Paul Connor, PhD is a neuropsychologist with specialization in the study of the damaging effects on the brain caused by prenatal alcohol exposure. He received his Ph.D. in clinical psychology, with a specialization in neuropsychology, from Brigham Young University. He has been the neuropsychologist for the Fetal Alcohol and Drug Unit for the past eleven years. He serves as the Project Director of the Seattle Longitudinal Prospective Study, a study that enrolled approximately 500 subjects prior to birth with known levels of prenatal alcohol exposure ranging from abstinence to relatively heavy exposure. Dr. Connor was also the Principal Investigator for a study of functional MRI that assessed brain activation in relation to several tests of cognitive function known to be impaired in patients with FAS and FAE. More recently, he has opened a private practice providing neuropsychological assessment for adults with known or suspected prenatal alcohol exposure.

Janet Huggins, PhD is a licensed clinical psychologist with the University of Washington Fetal Alcohol and Drug Unit (FADU) and acting instructor in the UW School of Medicine, Department of Psychiatry and Behavioral Sciences. She has worked with low-income, high-risk, and underserved populations for over 15 years in variety of settings. She has served as project director for a study evaluating the capability of newborn ultrasound for detecting prenatal brain damage from alcohol. Dr. Huggins also works with the Parent-Child Assistance Program (PCAP), a three-year home visitation program that intervenes with high-risk mothers who abuse alcohol/drugs during pregnancy. Currently, she is project director for a pilot study examining the impact of early in-home mother-infant mental health intervention in a sample of methamphetamine-affected infant/mother pairs.

Therese Grant, Ph.D. is an epidemiologist who has worked in perinatal substance abuse research and intervention for 20 years. She is Director of the University of Washington Fetal Alcohol and Drug Unit and an associate professor in the Department of Psychiatry and Behavioral Sciences, School of Medicine. She is adjunct faculty in the UW School of Public Health, and is a research affiliate with the Center on Human Development and Disability. Since its inception in 1991, she has directed the Washington State Parent-Child Assistance Program (PCAP), an award-winning intervention model working with mothers who abuse alcohol and drugs during pregnancy. Dr. Grant is also principal investigator of a federal grant studying mother/child mental health therapy with mothers who used methamphetamine during pregnancy, and their exposed children. Dr. Grant has published numerous papers and spoken widely on intervention with high-risk mothers and their children, effects of prenatal alcohol and drug exposure and fetal alcohol spectrum disorders.

Susan Astley, PhD is a Professor of Epidemiology / Pediatrics at the University of Washington in Seattle, Washington and is the Director of the Washington State FAS Diagnostic & Prevention Network. Dr Astley has conducted laboratory, clinical, and public health research in the field of FASD since 1981, and has published over 50 peer-reviewed articles. Current work includes the development of the FASD 4-Digit Diagnostic Code and FAS Facial Photographic Analysis Software; establishment of the WA State FAS Diagnostic and Prevention Network of clinics and Foster Care FAS Screening Program, establishment of the FAS DPN multidisciplinary clinical training program and online training course, and publication of a lifetime sociodemographic profile of 80 birthmothers of children with FAS. She is currently conducting research on the FASD diagnostic utility of MRI, MR-spectroscopy and functional MRI. She is also engaged in research testing the effectiveness of two interventions for children with prenatal alcohol damage. Her most recent publication documents Washington State's success in preventing FAS through reduction of maternal alcohol use during pregnancy. This is being achieved through statewide education, diagnostic and prevention efforts.

Carolyn Hartness, Eastern Band Cherokee and Norwegian, has been working in the field of fetal alcohol spectrum disorders for the past sixteen years. Carolyn works with tribes identifying issues relating to FASD, helping create models for prevention and intervention. She serves on state and regional committees and workgroups, presents and keynotes at conferences and offers workshops to people and agencies nationally and internationally. She was a team member at the Fetal Alcohol Syndrome Prevention and Diagnostic Network at the University of Washington for ten years. Carolyn co-created an awarding winning, Emmy nominated series on FASD and a training manual. Carolyn also conducts workshops on cultural diversity and wellness.

Heather Carmichael Olson, PhD, is attending psychologist at Seattle Children's Hospital, senior lecturer in the Department of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine and adjunct in the Department of Speech and Hearing Sciences at the university. She is also director of the Early Childhood Assessment and Intervention Clinic at Children's Hospital and a staff psychologist for the Fetal Alcohol Syndrome Diagnostic and Prevention Network at the University of Washington. Her research interests include fetal alcohol spectrum disorders (FASDs), the impact of parental substance abuse on child development, and the efficacy of interventions for substance-exposed children. She is a research affiliate of the Alcohol and Drug Abuse Institute and the Center on Human Development and Disability. Her teaching responsibilities include clinical training for child psychiatry residents and psychology interns. She also does a wide variety of presentations to professionals and the public, typically on topics of FASDs and intervention for children born substance-exposed and the families who care for them.

Tracy Jirikowic is an occupational therapist with the University of Washington FAS-DPN and holds a clinical faculty appointment in the Department of Rehabilitation Medicine, Division of Occupational Therapy. She recently completed postdoctoral work through the NIDA Nursing Research Training Grant in Substance Abuse. Her research and clinical interests include sensory processing, early intervention, and social participation among children with FASD.

Julie Gelo is the legal mother to 13 children ranging in age from 8 to 41. She and her husband, Lynn, live in Bothell, Washington with the youngest seven children and are licensed foster parents with Ina Maka, a private foster care agency with United Indians of All Tribes. Eight of Julie's children have been diagnosed with Fetal Alcohol Syndrome or Related conditions, including all seven who live at home. Julie has been the Family Advocate for the Washington State Fetal Alcohol Syndrome Diagnostic and Prevention Network core team at the University of Washington for eleven years. She is the Executive Director for the Washington State affiliate to the National Organization on Fetal Alcohol Syndrome (NOFAS Washington State) and the co-founder of the FAS Friends FASD Community Support Network as well as the annual 5 Day FASD Family Summer Camp. She presents workshops and trainings on Fetal Alcohol Syndrome and Effective Advocacy throughout the United States and Canada.

Directions to the Conference

From the north:

West on Northwest Blvd to TJ Meenach Dr. Left of TJ Meenach (about 2 miles it will become Fort George Wright) Turn right in to Fort George Wright Mukogawa (just past Spokane Falls Community College). Follow signs to the Commons.

From the south:

Take 2nd Avenue west to Sunset Blvd. (right lane). At Government Way turn right. Go about 3 miles to Ft. George Wright. Turn right. About 1/4 mile to Ft. George Wright Mukogawa. Turn left. Follow signs to the Commons.

From the freeway:

Take Maple Street exit north to Second Ave. and turn left. From there follow the directions above.

For more detailed information, contact:

**SCAN (509) 458-7445 or
email: scan1853@comcast.net**

**Sacred Heart Children's Hospital
Fetal Alcohol Clinic (509) 474-3748**

**Mukogawa Conference Center
(day of the event)
(509) 328-2971**

ACCOMMODATIONS

**Hampton Inn
2010 S. Assembly Rd • Spokane, WA 99224
Reservations (509) 747-1100 or 1-800-HAMPTON**

Room rate \$104.00, plus all applicable taxes and fees

Guests must identify themselves as a member of the FASD Conference or use the group code FAS to receive the special group rate. Cancellations made to these reservations after 6 p.m., October 9, 2007 are subject to a cancellation fee.

The room rate includes a deluxe breakfast buffet. We offer free HBO, a complimentary airport shuttle, free parking, and a 24-hour indoor heated pool and hot tub for your group to enjoy during their stay at the Hampton Inn Spokane.

Conference Registration

Sign up for:

- Full conference \$120
- Full conference -students & parents \$60
- Continuing education credit \$20

TOTAL : _____

Amount enclosed \$ _____

*Luncheon included in registration fee

Mail payment to : SCAN
1853 W. Broadway
Spokane, WA 99201

Name

Agency

Position

Address

Phone

Continuing Education Credit

WSNA/ANCC Contact Hours

This faculty directed activity for 11.5 contact hours is provided by the Washington State University Intercollegiate College of Nursing, an approved provider by the Washington State Nurses Association Continuing Education Approval and Recognition Program (#Pa-44/Aug/10). The Washington State Nurses Association is accredited as an Approver of Continuing Education in Nursing by the American Nurses' Credentialing Center Commission on Accreditation. The WSU Intercollegiate College of Nursing is an approved provider by the California Board of Registered Nursing, Provider Number CEP #10888

OSPI Clock Hours

Participants who wish to receive 11.5 OSPI Clock Hours for attending the conference may sign up on the first day of registration. The Washington State University Intercollegiate College of Nursing is approved as a provider of clock hours by the Washington State Office of the Superintendent of Public Instruction to provide continuing education for teachers, school administrators, school counselors, occupational therapists, physical therapists and school nurses.