



FASD/DAB Newsletter

Fetal Alcohol Spectrum Disorders & Drug Affected Babies in Maine

Updates from the Maine Office of Substance Abuse and Mental Health Services
Issue: September 2014

Welcome!

The purpose of this newsletter is to streamline communication and promote idea-sharing in order to reduce the negative impacts of substance use during pregnancy and improve services for affected individuals. Each quarterly publication includes the latest news and research and shares highlights of the various activities that are happening throughout our state and around the nation.

It is vital to stay up-to-date with the ever-growing research related to drug and alcohol use during pregnancy. As important, however, is learning from each other's experiences, successes and challenges. This newsletter serves as an arena to share our progress as it relates to Fetal Alcohol Spectrum Disorders (FASD) and Drug Affected Babies (DAB) awareness and education in Maine.

I encourage you to submit information for future newsletters so that we can build on each other's knowledge and lessons learned in order to provide the best care we can for families in Maine. I look forward to sharing and connecting with you.

-Andrea Pasco, FASD/DAB State Coordinator
Maine Office of Substance Abuse and Mental Health Services

FASD/DAB Task Force

The mission of the Statewide FASD/DAB Task Force is to improve the lives of families in Maine by working collaboratively to:

1. Prevent alcohol and illicit drug use during pregnancy
2. Increase access to services for pregnant women
3. Improve outcomes for people prenatally affected by drugs and alcohol.

Meetings are held on the 4th Tuesday of every other month from 1pm-3pm at 41 Anthony Avenue in Augusta. The next meeting is November 25th.

Membership includes broad representation from around the state but newcomers are always welcome. If you are interested in joining the FASD/DAB Task Force or receiving meeting minutes, please contact Andrea Pasco at 207-287-2816 or andrea.pasco@maine.gov.



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Task Force Activities

September 9th was the 15th **International FASD Awareness Day**. All around the world people participated in events to raise awareness about the dangers of drinking during pregnancy and the challenges faced by individuals and families who struggle with Fetal Alcohol Spectrum Disorders (FASD). This day was chosen so that on the ninth day of the ninth month of the year, the world will remember that a woman should abstain from all alcohol during the nine months of pregnancy. In Maine on this day, more than 150 providers participated in Maine's first statewide **FASD Conference**.

The keynote speaker was **Dr. Susan Adubato**, a New Jersey licensed psychologist. Dr. Adubato serves the Director for the New Jersey/Northeast FASD Education and Training Center, located within the Rutgers' Center of Alcohol Studies and as Chair for the New Jersey chapter of the National Organization on Fetal Alcohol Syndrome. Dr. Adubato was a member of the consensus panel for the recently developed TIP #58 – Addressing FASD (details on next page) and assisted the CDC with the development of their medical and allied health FASD curriculum.

Dr. George Niemann also presented at the event. Dr. Niemann is the Director of Clinical Development at the Center for Neurological and Neurodevelopmental Health. He has developed numerous new community and school programs for autism, brain injury and those with Fetal Alcohol Effects in several states. He has worked with Dr. Ann Streissguth, whose pioneering work in FASD assisted him in developing diagnostic and residential alternatives. Both presenters were extremely well-received and the conference has generated a lot of discussion.

One exciting initiative that has emerged from this event is the development of an **FASD**

Diagnostic Leadership Team to assess the diagnostic practices currently used in Maine; to identify providers who are qualified and trained to diagnose FASD; and to create and implement a strategic plan to increase the number of providers who are skilled in FASD diagnostics. This multi-disciplinary team will include a variety of physical and behavioral health care providers. If you are interested in participating on this Team, please contact Andrea Pasco at 207-287-2816 or andrea.pasco@maine.gov.

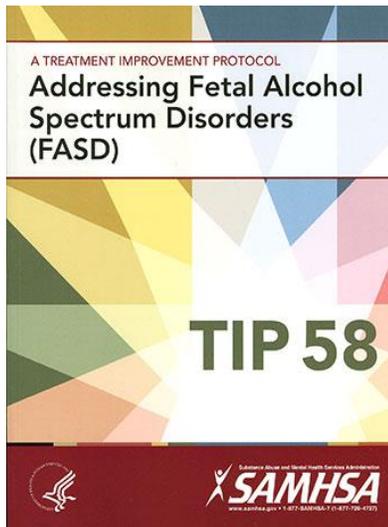


From left to right: Dr. Susan Adubato, Andrea Pasco, Lela Claflin-Sisk, and Dr. George Niemann

Did you miss the conference but would like to learn more about Fetal Alcohol Spectrum Disorders? Do you need more information on caring for drug affected babies? Or perhaps you are interested in learning strategies to help prevent alcohol and drug exposed pregnancies. Look no further! The FASD/DAB State Coordinator is available to provide **free trainings** to any interested group and can be tailored to meet the needs of a particular audience. FMI, contact Andrea Pasco at 287-2816 or andrea.pasco@maine.gov.

SAMHSA Spotlight: Addressing FASD: Tip #58

The Treatment Improvement Protocol (TIP) series, which has been published by the Substance Abuse and Mental Health Services Administration (SAMHSA) within the U.S. Department of Health and Human Services since 1993, has offered best-practices guidelines for the treatment of substance use disorders.



The recommendations contained in each TIP are grounded in an evidence base. Evidence includes scientific research findings and the opinion of the TIP consensus panel of experts, that a particular practice will produce a specific clinical outcome.

SAMHSA's newest TIP in the series is TIP #58, Addressing Fetal Alcohol Spectrum Disorders. It reviews alcohol screening tools and interventions for use with pregnant women and women of childbearing age to prevent fetal alcohol spectrum disorders (FASD). It also, outlines methods for identifying individuals with FASD and modifying treatment accordingly.

This long-awaited resource is divided into three parts.

- Part 1: Background and Clinical Strategies for FASD Prevention and Intervention
- Part 2: Administrator's Guide to Implementing FASD Prevention and Intervention
- Part 3: Literature Review

Parts 1 and 2 are available as a hard copy publication and Parts 1, 2 and 3 are available online and are free to download. To access this resource, click [here](#).

You can also access any of SAMHSA's TIP publications through the Maine Office of Substance Abuse & Mental Health Services **Information and Resource Center**. Call 1-800-499-0027 or 207-287-8900, TTY: Maine Relay 711 or email osa.ircosa@maine.gov.

Upcoming Events & Educational Opportunities

The next webinar in the "Snuggle ME" series is **10 Steps to Successfully Implementing the Snuggle ME Guidelines** and will be held on Wednesday, October 8th from 12pm-1pm. Kelley Bowden, RN, is the Perinatal Outreach Nurse Educator for the state of Maine and will provide the presentation. At the conclusion of this webinar, participants will understand:



- The 10 Steps to Implementing the Snuggle ME Guidelines in the perinatal period.
- Challenges to implementation of guidelines and how they can be overcome at the local level.
- Highlights of the Cradle ME initiative and how public health nurses and home visitors are working with families affected by substance use to improve outcomes.
- How early intervention can improve parental attachment to infants.

Continuing Medical Education (CME) credit is available. To register, click [here](#).

Visit the **FASD Center for Excellence Training Calendar** for listings of FASD training opportunities throughout the U.S. and Canada [here](#).

Upcoming Events & Educational Opportunities (Continued)

Are you a social worker, certified addiction counselor, psychologist, psychiatrist, or other in the treatment and recovery field? Do you work with individuals with a confirmed or suspected FASD? If so, the free **Curriculum for Addiction Professionals (CAP): Level 1** online course is for you! This curriculum was developed as a joint project of the Substance Abuse and Mental Health Services Administration, the FASD Center for Excellence and the National Organization on Fetal Alcohol Syndrome (NOFAS). This knowledge-based course provides an overview of historical findings related to alcohol use by pregnant women, identification and diagnosis of fetal alcohol spectrum disorders, prevention and treatment methods, and legal issues. The course includes six competencies that can be taken at your own pace.



After completing all six competencies, you may download and print a certificate of completion. To participate in this course, click [here](#).

FASD is the leading known cause of mental retardation and developmental disabilities and is entirely preventable. Learn an interdisciplinary clinical approach to diagnosing FASD using the **4-Digit Diagnostic Code**. The 4-Digit Code has been practiced by interdisciplinary diagnostic teams across the U.S. and Canada since 1997 with documented high performance. The online, self-paced course includes case studies, animations, practice sessions, self-assessment, video segments of an actual FAS Diagnostic

Evaluation, and instruction on how to use the FAS Facial Photographic Analysis Software. Two Continuing Education Units (CEUs) are offered. The Course was developed by Susan J. Astley, Ph.D. and the University of Washington FAS DPN Clinical Team. The Online Course is open for registration [here](#).

Protecting the Next Generation: Drug and Alcohol Use During Pregnancy is an online presentation by Dr. Ashley Bayer that reviews the different types of drugs and the effects they have on infants in utero and after they are born. Dr. Bayer discusses the financial impact that this has on the community and state, opportunities for prevention and reduction through contraception, and suggestions for

collaboration between departments to help develop a team-approach for care. To view this presentation, click [here](#).

Are you working with youth in the Juvenile Justice System? Young people who are affected by FASD are at increased risk for involvement with the juvenile justice system.

The **Tools for Success: Working with Youth with FASD in the Juvenile Justice System** training is a free, self-paced online educational program and is available [here](#).

The **11th annual National Alliance for Drug Endangered Children Conference** will provide training on the latest research and best practice strategies for drug endangered children efforts at the local, state, tribal, and federal levels. This conference will enable participants to enhance collaborative efforts to protect children from the harmful effects of their caregivers' substance abuse. The event will be held from October 7-9, 2014 at Disney's Coronado Springs resort in Lake Buena Vista, FL. Click [here](#) to register.

State, National & World News & Research

Prenatal Cannabis Exposure and Infant Outcomes: Overview of Studies

To read the latest research article on pregnancy and marijuana use, click [here](#).

Huizink AC, *Prenatal cannabis exposure and infant outcomes: Overview of studies, Prog Neuro-Psychopharmacol Biol Psychiatry* (2013)

First Woman Charged on Controversial Law that Criminalizes Drug Use During Pregnancy

A Tennessee woman is the first to be charged under a new state law that specifically makes it a crime to take drugs while pregnant, calling it "assault." Mallory Loyola, 26, was arrested this week after both she and her newborn infant tested positive for meth, according to ABC News affiliate WATE-TV in Knoxville, Tennessee. Loyola is the first person in the state to be prosecuted for the offense.

Read the full article [here](#).

Another Mother Charged for Using Drugs While Pregnant

MEMPHIS, Tenn. — Another mother was charged after giving birth to a baby addicted to drugs. Shelby County is taking extra steps to cut down on it happening again. Many people hearing about this recent case involving a baby that's just seven days old are finding it all very disturbing. Read the full article [here](#).

Maine recovery center uses art, poetry to take a hard look at heroin

LEWISTON, Maine — The clothes hang from a pressed-tin ceiling in the middle of a narrow storefront — worn T-shirts, tattered jeans, a limp sweater, a dirty work boot. They seem unremarkable, except for this: They came from the bodies of overdose victims, nearly all of whom had been killed in Maine by heroin.

Read the full article [here](#).

Legislation Changes How Officials Look at Child Abuse, Opioid Withdrawal

HARRISBURG — During the first decade of the millennium, one baby was born every hour with symptoms of opioid withdrawal, according to a study published in the Journal of the American Medical Association in 2012. Read the full article [here](#).



Shocking New Posters Target Fetal Alcohol Spectrum Disorder in Nunavut

There's been some mixed reaction about a new series of posters released by the Government of Nunavut about the dangers of drinking while pregnant, specifically fetal alcohol spectrum disorder. Read the full article [here](#).

'Too Young to Drink' Campaign Launch

The Drink Think Project, based in Derry, launched their part of the European 'Too Young To drink' campaign at Guildhall Square on Tuesday. It aims to raise awareness of the risks of drinking alcohol during pregnancy and this year nearly 60 organisations in 30 countries took part on September 9, the 9th day of the 9th month, on the occasion of the International FASD Day. Read the full article [here](#).

Resource Links

Click on any link below to access website.

[Adverse Childhood Experiences Study \(ACES\)](#)

[American Academy of Pediatrics \(AAP\)](#)

[American College of Obstetricians and Gynecologists \(ACOG\)](#)

[Canada FASD Network](#)

[Co-Occurring Collaborative Serving Maine \(CCSME\)](#)

[FASD Center for Excellence](#)

[Healthy Maine Partnerships \(HMPs\)](#)

[Maine Alliance to Prevent Substance Abuse \(MAPSA\)](#)

[Maine Association for Infant Mental Health \(MeAIMH\)](#)

[Maine Association of Substance Abuse Programs \(MASAP\)](#)

[Maine CDC Injury Prevention Program](#)

[Maine CDC Public Health Nursing Program](#)

[Maine CDC Women, Infants and Children Nutrition Program \(WIC\)](#)

[Maine Child Abuse Action Network \(CAAN\)](#)

[Maine Child Development Services \(MCDS\)](#)

[Maine Children's Growth Council \(MCGC\)](#)

[Maine Children's Trust](#)

[Maine Coalition against Sexual Assault \(MECASA\)](#)

[Maine Coalition to End Domestic Violence \(MCEDV\)](#)

[MaineFamilies](#)

[Maine Pregnancy Risk Assessment Monitoring System \(PRAMS\)](#)

[Maine Public Health Association \(MPHA\)](#)

[March of Dimes \(Maine Chapter\)](#)

[National Child Traumatic Stress Network \(NCTSN\)](#)

[National Drug Endangered Children Alliance](#)

[National Healthy Mothers, Healthy Babies Coalition](#)

[National Organization on Fetal Alcohol Syndrome \(NOFAS\)](#)

[Northern New England Poison Center \(NNEPC\)](#)

[Planned Parenthood of Northern New England \(PPNNE\)](#)

[Public Health Agency of Canada - FASD](#)

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

[Text 4 Baby](#)

[U.S. Centers for Disease Control and Prevention – FASD Information](#)



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner