

### **For the Family:**

- Monthly support group
- Monthly park play day
- Hands-on workshops
- Parenting support
- Respite sharing
- Referrals
- Video & audio tapes
- Books and handouts
- Interactive networking
- Individual consultation
- Field trips in community
- Guidance and consultation

### **For the Professional:**

- Seminars
- Consultation
- Printed materials
- Videotapes

### **For the Student:**

- Brochures for presentations
- Research references
- Handouts for students

### **For the Community:**

- Lending library
- Videotape reviews
- Prevention Workshops
- Intervention Strategy Workshops
- School programs
- Teacher support
- Awareness Day September 9th
- Internet web page

## **FAS Community Resource**

## **Center Mission Statement**

The mission of the FAS Community Resource Center is to improve the well being of the persons and families in the Tucson, Arizona area who are challenged by alcohol related birth defects by providing education, information, and support which will empower individuals to succeed in life, encourage families to thrive in a healthy environment, and to spread understanding throughout the community about the special needs of persons affected by prenatal exposure to alcohol.

The FAS Community Resource Center is also committed to educating the community about the dangers of drinking alcohol during pregnancy in an effort to minimize the incidence of FASD, and to promote a healthier community where babies can be born free from the devastating effects of alcohol.

**"Unlike many birth defects which are identified at birth and often treated surgically, FAS and FAE are usually over-looked at birth and treated later by mental health specialists - often unknowingly." --  
*Ann Streissguth, PhD***



FAS Community Resource Center is a non-profit corporation organized and incorporated according to the laws of Arizona.

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Fasstar Enterprises Brochure 0510CRC1

# *FAS Community Resource Center*

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Providing prevention information to the community, and intervention information to educators and providers in the community, and support and guidance to families and individuals coping with Fetal Alcohol Spectrum Disorders (FASD), including Fetal Alcohol Syndrome (FAS), Fetal Alcohol Effects (FAE), and Alcohol Related Neuro-developmental Disorder (ARND).

[www.fasstar.com](http://www.fasstar.com)  
[www.fasarizona.com](http://www.fasarizona.com)

## What is FAS?

FAS or Fetal Alcohol Syndrome is a group of birth defects resulting from a mother drinking alcohol during pregnancy. Babies with FAS may be small at birth and have sustained damage to the central nervous system resulting in developmental delays, learning disabilities, lower IQ, behavior and mental health problems that continue into adulthood. Most persons with FAS require long-term support services.

## What is FAE?

Fetal Alcohol Effects refers to some but not all of the symptoms of FAS. Children with FAE may be bright and appear to be normal physically, but still sustain permanent damage to the brain that results in learning disabilities and challenging behavior difficulties. FAE is sometimes referred to as Alcohol Related Neurodevelopmental Disorder (ARND).

## What is FASD?

The collective term Fetal Alcohol Spectrum Disorders (FASD) refers to all alcohol related disorders from full FAS to the more invisible but just as serious FAE or ARND. Children with FASD may be hyperactive, have attention deficits, difficulty learning from consequences, stunted social development, poor judgment, inability to control impulses, are at risk for problems in school, employment, and substance abuse, and are susceptible to physical and sexual abuse. Due to neurological impairment, they require a stable, structured environment with consistent supervision and guidance throughout life.

"FAS represents the largest environmental cause of behavioral teratogenesis yet discovered and, perhaps, the largest single environmental cause that will ever be discovered."  
(Riley & Vorhees, 1986)



## FASD... The Facts

- FAS is the leading known cause of mental retardation in the U.S. (Journal of American Medical Association).
- Most people with FAS have “normal” IQ but have serious behavior problems
- Estimated incidence of FAS is now 2-3 per 1,000 live births (Center on Addiction & Substance Abuse, 1996).
- 20% of women drink during pregnancy (Center on Addiction Substance Abuse).
- Alcohol causes more serious neurological damage to the unborn baby than all illicit drugs, including cocaine, heroin and marijuana (Institute of Medicine).
- Each year 5,000 U.S. babies are born with FAS. As many as 50,000 babies are born with FAE (March of Dimes)
- The cost of caring for one child with FAS is \$1.4 million over the child's lifetime. The cost to U.S. taxpayers for FAS is \$321 million each year.
- There is no safe level of drinking during pregnancy (US Attorney General).
- Even one-two drinks/day can cause decreased birth weight, growth abnormalities & behavior problems (Alcohol Problems in Women, 1984).
- Risk of FAS in alcoholics: 35%  
Risk of FAS from social drinking: 10%  
Risk of FASD from any drinking: ?
- FASD has no cure.  
FASD lasts a lifetime.  
FASD is 100% preventable.

## FAS Resources

Fantastic Antone Succeeds! Kleinfeld, J.M., Wescott, S. (Eds.), 1993, U. of Alaska Press, (907)474-6389.

Fantastic Antone Grows Up. Kleinfeld, J.M., Wescott, S. (Eds.), 1993, U. of Alaska Press, (907)474-6389.

Fetal Alcohol Syndrome/Fetal Alcohol Effects: Strategies for Professionals by Diane Malbin, Hazelden, 800-328-9000.

Understanding the Occurrence of Secondary Disabilities in Clients with FAS and FAE, Final Report 1996, Ann Streissguth et al, U of WA, FADU, Seattle, WA (206)543-7155.

Fetal Alcohol Syndrome, A Guide for Families and Communities, Streissguth 1997, ISBN 1-55766-283-5

National Organization on Fetal Alcohol Syndrome (NOFAS), (800)66-NOFAS.

The Arc: [www.thearc.org](http://www.thearc.org)  
Arizona toll-free: (800)252-9054.

Arizona Center for Disability Law  
Tucson: (520) 327-9547  
Phoenix: (602) 274-6287  
Statewide: (800) 927-2260

Fasstar Enterprises  
Tucson, AZ (520) 296-9172  
Internet: [www.fasstar.com](http://www.fasstar.com)

**FAS Arizona: [www.fasarizona.com](http://www.fasarizona.com)**