



## Alcohol and Pregnancy Podcast:

### Resources Table

Category	Description	Link
<b>Organizations</b>	National Institute on Alcohol Abuse and Alcoholism	<a href="http://niaaa.nih.gov">niaaa.nih.gov</a>
	Proof Alliance	<a href="http://www.proofalliance.org">www.proofalliance.org</a>
	Boston Medical Center: B SMART	
	Boston Medical Center: SAFEST Choice	<a href="https://safestchoice.org/">https://safestchoice.org/</a>
	AAP	<a href="https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/">https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/</a>
	ACOG	<a href="https://www.acog.org/programs/fasd">https://www.acog.org/programs/fasd</a>
	Centers for Disease Control and Prevention (CDC)	<a href="http://cdc.gov/ncbddd/fasd">cdc.gov/ncbddd/fasd</a>
	HRSA- List of Programs	<a href="https://mchb.hrsa.gov/maternal-child-health-initiatives/mchb-programs">https://mchb.hrsa.gov/maternal-child-health-initiatives/mchb-programs</a>
	FASD REAL Champions Network	<a href="https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/fetal-alcohol-spectrum-disorders-toolkit/Pages/FASD-REAL-Champions-Network.aspx">https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/fetal-alcohol-spectrum-disorders-toolkit/Pages/FASD-REAL-Champions-Network.aspx</a>
	HRSA Office of Health Equity	<a href="https://www.hrsa.gov/about/organization/bureaus/ohe/index.html">https://www.hrsa.gov/about/organization/bureaus/ohe/index.html</a>
	FASD United	<a href="https://fasdunited.org/">https://fasdunited.org/</a>
<b>Resources: About FASDs</b>	Proof Fact Sheets Selection ie: <ul style="list-style-type: none"> <li>• Busting Myths of Drinking During Pregnancy</li> <li>• Understanding Behaviors of FASD</li> </ul>	<a href="https://www.proofalliance.org/about-fasd/factsheets/">https://www.proofalliance.org/about-fasd/factsheets/</a>
	Drinking Alcohol Before and During Pregnancy	<a href="https://www.proofalliance.org/2019/06/drinking-alcohol-before-during-pregnancy/">https://www.proofalliance.org/2019/06/drinking-alcohol-before-during-pregnancy/</a>
	Alcohol Use and Fetal Development	<a href="https://www.proofalliance.org/2019/06/alcohol-use-fetal-development/">https://www.proofalliance.org/2019/06/alcohol-use-fetal-development/</a>
	Think Cultural Health: Culturally and Linguistically Appropriate Services (CLAS)	<a href="https://thinkculturalhealth.hhs.gov/clas/what-is-clas">https://thinkculturalhealth.hhs.gov/clas/what-is-clas</a>
<b>Resources: Perinatal Care</b>	WHO Preconception Care	<a href="https://www.who.int/maternal-child-adolescent/documents/preconception-care-policy-brief.pdf">https://www.who.int/maternal-child-adolescent/documents/preconception-care-policy-brief.pdf</a>
	CDC Preconception Care	<a href="https://www.cdc.gov/preconception/planning.html">https://www.cdc.gov/preconception/planning.html</a>
	Mother to Baby	<a href="https://mothertobaby.org">https://mothertobaby.org</a>
	Postpartum Support International	<a href="https://www.postpartum.net">https://www.postpartum.net</a>
	Maternal Telehealth Access Program	<a href="https://maternalhealthlearning.org/telehealth/rapid-response-for-moms-improving-services-for-telehealth-rrmist">https://maternalhealthlearning.org/telehealth/rapid-response-for-moms-improving-services-for-telehealth-rrmist</a>

	ACOG District Specific Resources	<a href="https://www.acog.org/programs/fasd/district-resources">https://www.acog.org/programs/fasd/district-resources</a>
	SAMHSA Treatment Locator	<a href="https://findtreatment.samhsa.gov/locator">https://findtreatment.samhsa.gov/locator</a>
	NOFAS Circle of Hope	<a href="https://nofas.org/circleofhope/">https://nofas.org/circleofhope/</a>
	National Clinician Substance Use Consultation Center Warmline: Clinically	<a href="https://nccc.ucsf.edu/clinician-consultation/substance-use-management/">https://nccc.ucsf.edu/clinician-consultation/substance-use-management/</a>
<b>Resources: Health Equity</b>	White House on Racial Equity	<a href="https://www.whitehouse.gov/briefing-room/presidential-actions/2021/01/20/executive-order-advancing-racial-equity-and-support-for-underserved-communities-through-the-federal-government/">https://www.whitehouse.gov/briefing-room/presidential-actions/2021/01/20/executive-order-advancing-racial-equity-and-support-for-underserved-communities-through-the-federal-government/</a>
	Race Equity and Inclusion Guide	<a href="https://www.aecf.org/resources/race-equity-and-inclusion-action-guide/">https://www.aecf.org/resources/race-equity-and-inclusion-action-guide/</a>
	Culturally Responsive Resource	<a href="http://crisisresponse.promoteprevent.org/resources/national-center-culturally-responsive-educational-systems-nccrest">http://crisisresponse.promoteprevent.org/resources/national-center-culturally-responsive-educational-systems-nccrest</a>
	Health Disparities: Youth	<a href="https://www.cdc.gov/healthyyouth/disparities/index.htm">https://www.cdc.gov/healthyyouth/disparities/index.htm</a>
	Health Equity	<a href="https://www.rwjf.org/en/library/research/2017/05/wh-at-is-health-equity-.html">https://www.rwjf.org/en/library/research/2017/05/wh-at-is-health-equity-.html</a>
<b>Resources: Legal and Family</b>	Title V Children & Youth with Special Health Care Needs – State Contact	<a href="https://mchb.tvisdata.hrsa.gov/">https://mchb.tvisdata.hrsa.gov/</a>
	Family to Family Health Information Centers: Family Voices	<a href="https://familyvoices.org/lfpp/f2fs/">https://familyvoices.org/lfpp/f2fs/</a>
	ACLU: Legal assistance	<a href="https://www.aclu.org/about-aclu">https://www.aclu.org/about-aclu</a>
	National Disability Rights Network (NDRN)	<a href="http://www.ndrn.org/index.php">http://www.ndrn.org/index.php</a>
	Early Childhood Technical Assistance Center	<a href="https://www.nasdse.org/early-childhood-technical-assistance-center">https://www.nasdse.org/early-childhood-technical-assistance-center</a>
	Cures Act	<a href="https://www.congress.gov/114/plaws/publ255/PLAW-114publ255.pdf">https://www.congress.gov/114/plaws/publ255/PLAW-114publ255.pdf</a>
<b>Tools</b>	AAP Screening for PAE Implementation Guide	<a href="https://downloads.aap.org/AAP/PDF/FASD/FASD_PAIE_Implementation_Guide_FINAL.pdf">https://downloads.aap.org/AAP/PDF/FASD/FASD_PAIE_Implementation_Guide_FINAL.pdf</a>
	AAP FASD Toolkit	<a href="https://www.aap.org/fasd">https://www.aap.org/fasd</a>
	FASD 1 Page resources	<a href="http://bit.ly/FASD_1-pagers">http://bit.ly/FASD_1-pagers</a>
	FASD Webinar Series (2017, 2014)	<a href="http://bit.ly/3aouPdB">http://bit.ly/3aouPdB</a>
	Evidence Based Interventions specific to children with FASDS	<a href="https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/health-supervision/">https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/health-supervision/</a>

		<a href="https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/behavioral-interventions-in-fetal-alcohol-spectrum-disorders/">https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/behavioral-interventions-in-fetal-alcohol-spectrum-disorders/</a>
	AAP Screening for PAE	<a href="https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/screening-for-prenatal-alcohol-exposure/">https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/screening-for-prenatal-alcohol-exposure/</a>
	FASD United tools for Parents and Caregivers	<a href="https://fasdunited.org/tools-for-parents-and-caregivers/">https://fasdunited.org/tools-for-parents-and-caregivers/</a>
	FASD Medical Coding	<a href="https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/billing-and-coding-for-fetal-alcohol-spectrum-disorders/">https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/billing-and-coding-for-fetal-alcohol-spectrum-disorders/</a>
	Obtaining PAE History in Pediatric Setting (video)	<a href="https://youtu.be/_fmUu_gj-cQ">https://youtu.be/_fmUu_gj-cQ</a>
	Practice Management	<a href="https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/practice-management/">https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/practice-management/</a>
	<b>Digital Tools</b>	
<i>Digital Tools FASD</i>	Families Moving Forward Connect- smart phone application	<a href="https://www.fmfconnect.com/">https://www.fmfconnect.com/</a>
	Our Children Are Sacred: public health programming designed by and for Native Americans with a digital app	<a href="https://www.proofalliance.org/article/ourchildrenaresacred/">https://www.proofalliance.org/article/ourchildrenaresacred/</a>
<i>Digital Tools: Alcohol</i>	Check Your Drinking (A tool for adults)	<a href="https://www.cdc.gov/alcohol/CheckYourDrinking/index.html">https://www.cdc.gov/alcohol/CheckYourDrinking/index.html</a>
	The National Institute on Alcohol Abuse and Alcoholism website <a href="#">called Rethinking Drinking</a>	<a href="https://www.rethinkingdrinking.niaaa.nih.gov/Help-links/Default.aspx">https://www.rethinkingdrinking.niaaa.nih.gov/Help-links/Default.aspx</a>
	<a href="#">Cutback Coach</a> an app to help track alcohol intake and set goals and reminders, has a cost	<a href="https://cutbackcoach.com/">https://cutbackcoach.com/</a>
	<a href="#">CheckUp &amp; Choices</a> web-based program that screens people for alcohol use disorder/has feedback-has a cost	<a href="https://checkupandchoices.com/">https://checkupandchoices.com/</a>
	<a href="#">Moderation Management</a> is an online forum for people who want to reduce their drinking	<a href="https://moderation.org/">https://moderation.org/</a>
<b>Additional training</b>	Managing Unhealthy Alcohol Use in Clinical Practice	<a href="https://www.scopeofpain.org/supplemental-training/managing-unhealthy-alcohol-use-in-clinical-practice/">https://www.scopeofpain.org/supplemental-training/managing-unhealthy-alcohol-use-in-clinical-practice/</a>

	<a href="https://shop.aap.org/fetal-alcohol-spectrum-disorders-recognition-and-management-aap">Fetal Alcohol Spectrum Disorders: Recognition and Management - AAP</a>	<a href="https://shop.aap.org/fetal-alcohol-spectrum-disorders-recognition-and-management/">https://shop.aap.org/fetal-alcohol-spectrum-disorders-recognition-and-management/</a>
<b>FASD Interventions and Diagnosis</b>		
<i>Interventions</i>	Pharmacological Interventions for FASDs	<a href="https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/pharmacologic-interventions-in-fetal-alcohol-spectrum-disorders/">https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/pharmacologic-interventions-in-fetal-alcohol-spectrum-disorders/</a>
<i>Evidence Informed Programs: FASD Specific</i>	Zones of Regulation	<a href="https://zonesofregulation.com/index.html">https://zonesofregulation.com/index.html</a>
	Math Interactive Learning Experience (MILE)	<a href="http://msacd.emory.edu/Research/MILE.html">http://msacd.emory.edu/Research/MILE.html</a>
	GoFar	<a href="http://msacd.emory.edu/Research/GOFAR.html">http://msacd.emory.edu/Research/GOFAR.html</a>
	Parents and Children Together (PACT)	<a href="https://www.cebc4cw.org/program/parents-and-children-together-pact/">https://www.cebc4cw.org/program/parents-and-children-together-pact/</a>
	Families Moving Forward	<a href="https://familiesmovingforwardprogram.com/">https://familiesmovingforwardprogram.com/</a>
	Good Buddies	<a href="https://alaskacenterforfasd.org/wp-content/uploads/2020/07/Good-Buddies-Trainer-Workbook-final.pdf-5-14.pdf">https://alaskacenterforfasd.org/wp-content/uploads/2020/07/Good-Buddies-Trainer-Workbook-final.pdf-5-14.pdf</a>
	Guided Growth: Educational and Behavioral Interventions for Children and Teens with FASDs and Early Trauma	<a href="https://www.ntiupstream.com/">https://www.ntiupstream.com/</a> <a href="https://pubmed.ncbi.nlm.nih.gov/22251828/">https://pubmed.ncbi.nlm.nih.gov/22251828/</a>
<i>Evidence Informed Programs</i>	Parent-Child Interaction Therapy (PCIT)	pcit.org
	Parenting Through Change	<a href="https://www.cebc4cw.org/program/parenting-through-change/detailed">https://www.cebc4cw.org/program/parenting-through-change/detailed</a> <a href="https://www.generationpmto.org/">https://www.generationpmto.org/</a>
	The Incredible Years	<a href="https://incredibleyears.com/programs">https://incredibleyears.com/programs</a>
	Attachment and Biobehavioral Catch-up (ABC)	<a href="http://www.abcintervention.org/">http://www.abcintervention.org/</a>
	The National Child Traumatic Stress Network	nctsn.org
<i>Interventions: article</i>	Anticipatory guidance for children and adolescents with Fetal Alcohol Spectrum Disorder (FASD): practice points for primary health care providers	<a href="https://jptcp.com/index.php/jptcp/article/view/275">https://jptcp.com/index.php/jptcp/article/view/275</a>
<i>Interventions: article</i>	Systematic review of interventions for children with Fetal Alcohol Spectrum Disorders	doi:10.1186/1471-2431-9-35 <a href="http://www.biomedcentral.com/1471-2431/9/3">http://www.biomedcentral.com/1471-2431/9/3</a>
<i>Interventions: article</i>	Intervening with Children Affected by Prenatal Alcohol Exposure: Proceedings of a special focus session of the	<a href="https://pubs.niaaa.nih.gov/publications/ICCFASD/September_1998.pdf">https://pubs.niaaa.nih.gov/publications/ICCFASD/September_1998.pdf</a>

	interagency coordinating committee on Fetal Alcohol Syndrome	
Diagnosis: Article	The Association of Mild, Moderate, and Binge Prenatal Alcohol Exposure and Child Neuropsychological outcomes: A Meta-Analysis	DOI: 10.1111/acer.12214
Diagnosis: Article	Neurobehavioral Disorder Associated with Prenatal Alcohol Exposure (ND-PAE): Proposed DSM-5 Diagnosis	DOI 10.1007/s10578-015-0566-7
<b>AUD Interventions and Treatments</b>		
 <i>Mutual Support Groups: Alcohol</i>	Alcoholic Anonymous	<a href="https://www.aa.org/">https://www.aa.org/</a>
	SMART Recovery: (Self Management And Recovery Training)	<a href="https://www.smartrecovery.org/community/">https://www.smartrecovery.org/community/</a>
	Refuge Recovery	<a href="https://www.refugerecovery.org/">https://www.refugerecovery.org/</a>
	Women for Sobriety	<a href="https://womensobriety.org/">https://womensobriety.org/</a>
	Secular Organization for Sobriety	<a href="http://www.sossobriety.org/">http://www.sossobriety.org/</a>
	Celebrate Recovery	<a href="https://www.celebraterecovery.com/">https://www.celebraterecovery.com/</a>
	Al- Anon/Ala-teen (family/friends)	<a href="https://al-anon.org/">https://al-anon.org/</a>
	Co-Anon (family/friends)	<a href="https://co-anon.org/">https://co-anon.org/</a>
	Learning to Cope (family/friends)	<a href="https://learn2cope.org/">https://learn2cope.org/</a>
<b>Select Articles</b>		
Articles	AAP- Fetal Alcohol Spectrum Disorders	<a href="https://pediatrics.aappublications.org/content/pediatrics/early/2015/10/13/peds.2015-3113.full.pdf">https://pediatrics.aappublications.org/content/pediatrics/early/2015/10/13/peds.2015-3113.full.pdf</a>
Articles	AAP-The Role of Integrated Care in Home for Patients With FASDs	<a href="https://pediatrics.aappublications.org/content/142/4/e20182333">https://pediatrics.aappublications.org/content/142/4/e20182333</a>
	Toquinto et al, Regarding Pregnant Women’s Perspectives on Screening	<a href="https://www.sciencedirect.com/science/article/abs/pii/S104938672030044X">https://www.sciencedirect.com/science/article/abs/pii/S104938672030044X</a>

	Families Affected by Parental Substance Use	<a href="https://pediatrics.aappublications.org/content/138/2/e20161575">https://pediatrics.aappublications.org/content/138/2/e20161575</a>
	Neurobehavioral Disorder Associated With Prenatal Alcohol Exposure	<a href="https://pediatrics.aappublications.org/content/138/4/e20151553/tab-figures-data">https://pediatrics.aappublications.org/content/138/4/e20151553/tab-figures-data</a>
	Choosing appropriate language to reduce the stigma around mental illness and substance use disorders	<a href="https://www.nature.com/articles/s41386-021-01069-4">https://www.nature.com/articles/s41386-021-01069-4</a>
	Prenatal Drinking in the Northern Plains: Differences Between American Indian and Caucasian Mothers	<a href="https://doi.org/10.1016/j.amepre.2019.12.004">https://doi.org/10.1016/j.amepre.2019.12.004</a>
	Pre-pregnancy and Prenatal Alcohol use Among American Indian and Alaska Native and Non-Hispanic White Women: Findings from PRAMS in Five States	<a href="https://doi.org/10.1007/s10995-021-03159-7">https://doi.org/10.1007/s10995-021-03159-7</a>
	The Public Stigma of Birth Mothers of Children with Fetal Alcohol Spectrum Disorders	<a href="https://doi.org/10.1111/acer.13381">https://doi.org/10.1111/acer.13381</a>
	Radiological Findings on Structural Magnetic Resonance Imaging in Fetal Alcohol Spectrum Disorders and Healthy Controls	<a href="https://doi.org/10.1111/acer.13381">https://doi.org/10.1111/acer.13381</a>
	Preconception interventions to reduce the risk of alcohol-exposed pregnancies: A systematic review	<a href="https://doi.org/10.1111/acer.14725">https://doi.org/10.1111/acer.14725</a>
	A meta-analytic review of adaptive functioning in fetal alcohol spectrum disorders, and the effect of IQ, executive functioning, and age	<a href="https://doi.org/10.1111/acer.14728">https://doi.org/10.1111/acer.14728</a>
	Balancing the story of fetal alcohol spectrum disorder: A narrative review of the literature on strengths	<a href="https://doi.org/10.1111/acer.14733">https://doi.org/10.1111/acer.14733</a>
	Choline supplementation as an intervention for fetal alcohol spectrum disorders: A commentary	<a href="https://doi.org/10.1111/acer.14732">https://doi.org/10.1111/acer.14732</a>
	The challenges and pitfalls of fetal alcohol spectrum disorders prevalence studies	<a href="https://doi.org/10.1111/acer.14735">https://doi.org/10.1111/acer.14735</a>

	Prenatal choline supplementation during mouse pregnancy has differential effects in alcohol-exposed fetal organs	<a href="https://doi.org/10.1111/acer.14730">https://doi.org/10.1111/acer.14730</a>
	Development and validation of a postnatal risk score that identifies children with prenatal alcohol exposure	<a href="https://doi.org/10.1111/acer.14749">https://doi.org/10.1111/acer.14749</a>
	Drugs for Alcohol Use Disorder The Medical Letter	<a href="https://secure.medicalletter.org/article-share?a=1639a&amp;p=tml&amp;title=Drugs%20for%20Alcohol%20Use%20Disorder&amp;cannotaccesstitle=1">https://secure.medicalletter.org/article-share?a=1639a&amp;p=tml&amp;title=Drugs%20for%20Alcohol%20Use%20Disorder&amp;cannotaccesstitle=1</a>
	Pharmacotherapies for the Treatment of Alcohol Use Disorders During Pregnancy: Time to Reconsider?	<a href="https://link.springer.com/article/10.1007%2Fs40265-021-01509-x">https://link.springer.com/article/10.1007%2Fs40265-021-01509-x</a>
	Even a Little Drinking in Pregnancy Can Reshape Fetal Brain	<a href="https://consumer.healthday.com/fetal-alcohol-syndrome-2658727820.html">https://consumer.healthday.com/fetal-alcohol-syndrome-2658727820.html</a>

### Additional Resources for Parents

Resource	Access
Proof Alliance Parent Guide	<a href="https://www.proofalliance.org/wp-content/uploads/2021/08/Strategy-guide-Parent-Advocacy-Toolkit.pdf">https://www.proofalliance.org/wp-content/uploads/2021/08/Strategy-guide-Parent-Advocacy-Toolkit.pdf</a>
Legal Checkup: A Resource for Parents of Children with Disabilities from Birth to 21 in Minnesota	<a href="https://www.proofalliance.org/wp-content/uploads/2021/08/Strategy-guide-Legal-check-up.pdf">https://www.proofalliance.org/wp-content/uploads/2021/08/Strategy-guide-Legal-check-up.pdf</a>
8 Magic Keys was developed by Deb Evensen and Jan Lutke	<a href="https://www.fasdoutreach.ca/resources/all/0-9/8-magic-keys">https://www.fasdoutreach.ca/resources/all/0-9/8-magic-keys</a>
All About Me: A parent education program to help understand brain differences in children with FASD	<a href="http://www.fasdnetwork.org/uploads/9/5/1/1/9511748/all_about_me..pdf">http://www.fasdnetwork.org/uploads/9/5/1/1/9511748/all_about_me..pdf</a>
The Mystery of Risk: Drugs, Alcohol, Pregnancy, and the Vulnerable by Ira J. Chasnoff MD	Book: <a href="https://www.barnesandnoble.com/w/mystery-of-risk-ira-j-chasnoff/1100310284">https://www.barnesandnoble.com/w/mystery-of-risk-ira-j-chasnoff/1100310284</a>
Parenting Children Affected by Fetal Alcohol Syndrome: A Guide for Daily Living (British Columbia, Canada)	<a href="https://www.dfps.state.tx.us/Adoption_and_Foster_Care/pdf/fas-2.pdf">https://www.dfps.state.tx.us/Adoption_and_Foster_Care/pdf/fas-2.pdf</a>

Let's Talk FASD: Parent Driven Strategies in Caring for Children with FASD	<a href="https://www.fasdoutreach.ca/resources/all/l/lets-talk-fasd-parent-driven-strategies-in-caring-for-children-with-fasd">https://www.fasdoutreach.ca/resources/all/l/lets-talk-fasd-parent-driven-strategies-in-caring-for-children-with-fasd</a>
Fetal Alcohol Spectrum Disorder: an Australian toolkit for parents, caregivers and families	<a href="https://www.nofasd.org.au/wp-content/uploads/2021/02/NOFASD-Parent-Carer-Toolkit-2021.pdf">https://www.nofasd.org.au/wp-content/uploads/2021/02/NOFASD-Parent-Carer-Toolkit-2021.pdf</a>