

30 Days & 30 Ways

To Observe FASD Awareness Month 2020

Some Ideas for Social Media Posts #FASDalaska

- The graphic for the Red Shoes Rock campaign features a red and white life preserver on a rock. Text includes: 'IMPACT Lifesavers wear Red Shoes.', 'Let Our Stories Be Told. Embrace Our Truth.', 'Red Shoes Rock, an international awareness campaign giving voice and support to those affected by prenatal alcohol exposure.', 'Like Us Red Shoes Rock FASD Aware', and 'SHARE • CARE • JOIN'.

1. This month, let your red shoes rock! Join this international FASD awareness campaign Alaskan style. Paint a rock like a red shoe, add #FASDalaska on the back, and post a photo of it on your favorite social media site. Then hide it somewhere in your community. Find out more about the challenge and the project at <https://redshoesrock.com/>
2. Attend a virtual movie & discussion event- **Moment to Moment: Teens Growing Up with FASD** sponsored by Alaska Center for FASD on Weds 9/9/20. Movie is free but registration required.
To register for either event copy & paste link below into your web browser:
WHEN: 12:00-1:30 PM
<https://zoom.us/join/zoom/register/tJYvcu-rqTlqG9QY8NGeDaQ08mWui6yCmfwr>
OR
WHEN: 7:00-8:30 PM
<https://zoom.us/join/zoom/register/tJ0oce-rpzMiGNNqc9wqSleCnAP5oiUyQgUF>
For questions contact us: info@alaskacenterforfasd.org or call 907/249-6641
3. Do you take care of someone with FASD? Join other caregivers from around Alaska on the last Thursday of the month to share strategies, learn from each other and make connections. To register for monthly zoom session contact jenn.wagaman@alaskacenter.org
4. How about ideas for dealing with a pandemic AND caring for an individual with FASD? Check out these ideas in [COVID-19 Tips for Caregivers of Individuals with FASD](#) . More ideas from Nate Sheets for [Covid-19 and Staying at Home with a Child with FASD](#)
5. The face of FASD looks like.... **everyone**. Fewer than 10% of impacted individuals have facial features. FASD is often an invisible disability. For more, watch [“The Faces of FASD”](#).
6. To learn some basic facts about FASD check out the [State of Alaska FASD website](#)
7. September is also suicide awareness month. [According to research](#) individuals affected by FASD are vulnerable and need to be screened at early age. Failure to recognize the broad and unique needs of these individuals or to provide early intervention can lead to multiple treatment failures, consequent worsening of symptoms, and increased potential for life threatening behavior.
8. This video clip features [Tribal Doctor Rita Blumenstein](#) who reminds us, *Healthy Mothers Make Healthy Babies*—and they need everyone’s support!

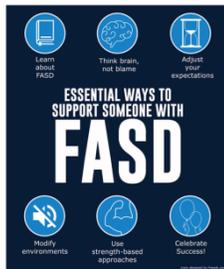
9. FASD is a global issue. See what's happening about [FASD Down Under in Australia](#) and in [Canada](#) International problem—maybe there is an international solution.
10. Find resources for FASD prevention, support, and education/awareness at two Alaska-produced websites: NEW site-Alaska Center for FASD <https://alaskacenterforfasd.org/> which now also includes <https://letstalkfasdak.org/> (a site formerly sponsored by Alaska Mental Health Trust).
11. Be part of NOFAS's a Video for FASD Awareness Month 2020 and Get a Free 30th Anniversary NOFAS Coffee Mug! <https://www.nofas.org/fasdawarenessmonth2020/>

12. Spread the message...People who are prenatally alcohol exposed are impacted differently depending on timing, amount, and health of the mother. FASD means Fetal Alcohol Spectrum Disorder which means people will all be impacted differently along a spectrum of effects.



13. Language is powerful when talking about FASD. The [Language Guide](#) developed by the Canada Northwest FASD Partnership Ministers offers help to promote more respectful words.

14. With support, education and the right environment, individuals with FASD can live full and productive lives. Reach out and learn all you can. Share this graphic to raise awareness.



15. Find lots of [ideas for activities and strategies](#) for children experiencing FASD

16. If you drink and you're pregnant, enjoy some mocktails. [Here's some ideas.](#)



17. **Fetal Alcohol Spectrum Disorders Training And Resources (CDC)**
Are you a healthcare provider? Free, online trainings are available for healthcare providers who care for women at risk for an alcohol-exposed pregnancy, and for those who work with individuals living with fetal alcohol spectrum disorders (FASDs).
18. FASD Impacts you even if you don't know it yet. Foster Mom Nora Boesem talks about her experience in [this TED Talk](#).
19. Support our community families by sharing ideas for family support such as the [Facebook page for Families Affected by FASD](#)



Assembled by the Alaska Center for Resource Families. Follow us on Facebook, Twitter, (@akresourcefams) and Instagram (acrfalaska) for easily reposting of these ideas. www.acrf.org

20. September is also Recovery Month. Alaskans have a lot to say about recovery and their “Day One.” Hear their voices and video stories at [Recover Alaska](#)
21. FASD is a life-long condition. It can impact the entire body including the brain and is considered a whole body disorder. [Early intervention, teaching self-advocacy and life-long supports make a difference for adults who experience FASD and their families.](#)
22. Jeff Noble thought he knew all about FASD... until he became a full time Foster Parent of children with FASD. Now he has a regular podcast called The FASD Success Show. Are you focused on how to be successful with FASD? Check out Jeff’s podcast for ideas and inspiration at <https://www.fasdsuccess.com/>
23. Encourage educators to try “differently, not harder.” Share this video: [8 Magic Keys](#) created by FASD Educator Deb Evenson for the Anchorage School District for ideas to use in the classroom with students impacted by FASD. What does it mean to “try differently, not harder”? Check out this [short video](#) by Dan Dubovsky who talks about “the approach.”
24. Families who care for individuals with FASD are impacted, too. [“The Story of IYal”](#) to shows the impact on families who love and care for a child with FASD.
25. [Stamp out the stigma around FASD](#) and learn [to talk about FASD in a new way.](#) Challenge yourself to speak mindfully about FASD during the month of September.
26. British NOFAS developed a printable .pdf and a video to help talk to children about their diagnosis of FASD. “My Brain, Me and FASD Why I try so hard, why I am unique”
<https://tinyurl.com/yxlp5u6e> Video: <https://youtu.be/msu31F4o17l>
27. Is drinking alcohol impacting you or a loved one? Take [an anonymous online quiz](#) to check out if you should be concerned.
28. What’s it like for individuals and their families who experience FASD? The Anchorage Daily News ran a series in 2018 about FASD.
 - Pt. 1: [“He Looks So Normal” When it comes to FASDs, there’s no such thing as predictability.”](#)
 - Pt. 2: [In search of a better conversation about alcohol and pregnancy”](#)
 - Pt. 3- [Living with FASD: “I’m going to have this for the rest of my life.”](#)
29. Educate the teacher of your youth who experiences FASD with this great resource to share with educators and school personnel. [6 things Educators and School Staff Should Know about FASD](#)
<https://tinyurl.com/yxjp4zr8>
30. WHITECROW VILLAGE in Canada is tackling FASD from a community perspective. The video [“Enough Silence: Living with FASD”](#) talks about generational influences.

