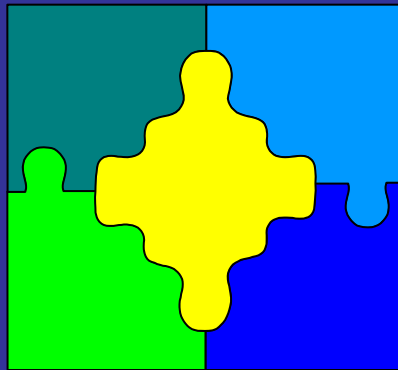


Working Effectively with Mothers who have Fetal Alcohol Spectrum Disorders: The Parent-Child Assistance Program (PCAP) Experience

DASA Co-Occurring Disorders Conference
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Topics We'll Cover

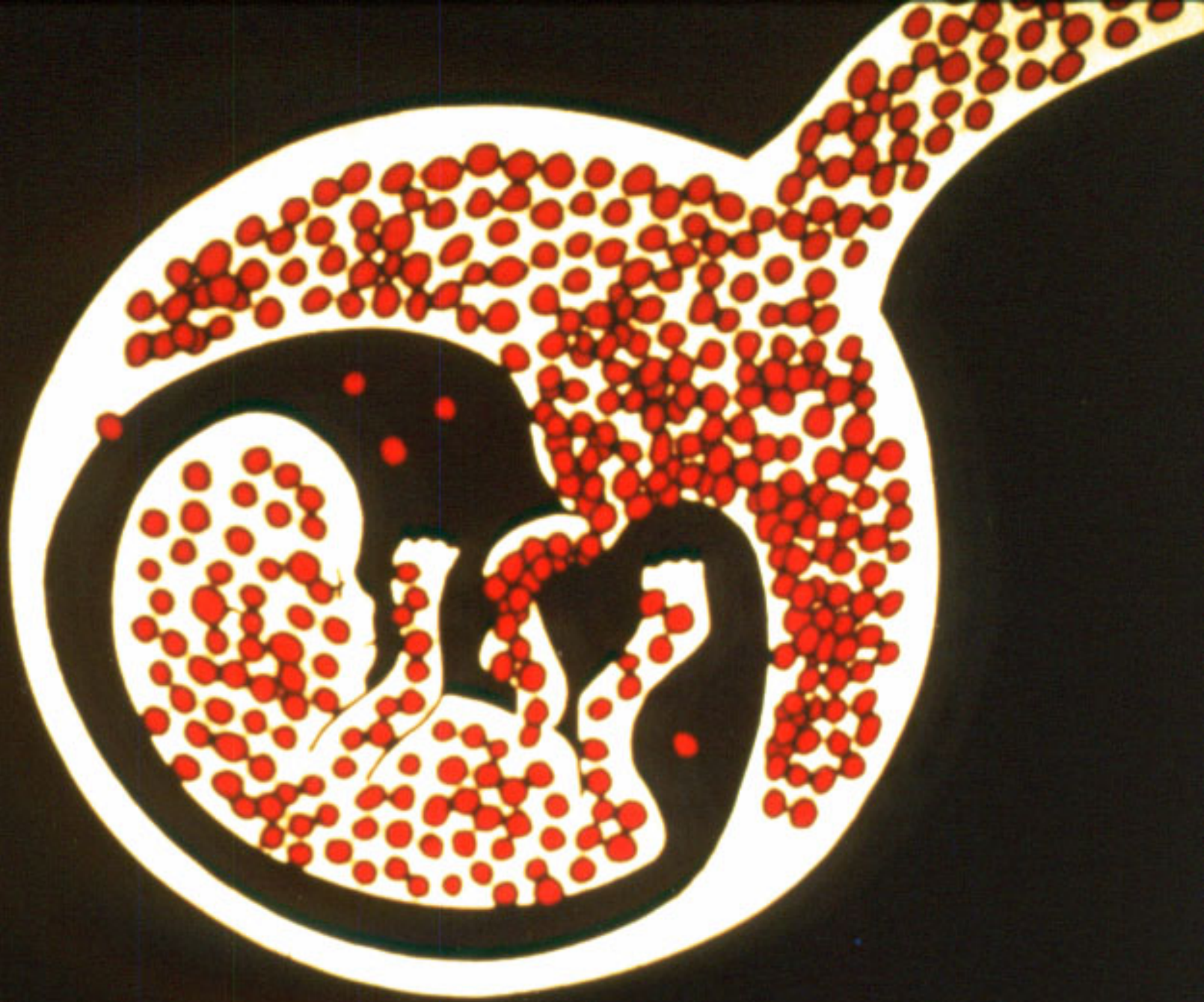
- Fetal Alcohol Spectrum Disorders (FASD)
- FASD Intervention and Prevention
 - The Parent-Child Assistance Program (PCAP)
- Identifying Clients Who May Have FASD
- Working With Women Who Have FASD
- How to Keep Women with FASD in Treatment
- Can Women with FASD Parent Effectively?
- Strategies for Preventing Alcohol/Drug Exposed Births

Fetal Alcohol Syndrome

A permanent birth defect caused by maternal alcohol use during pregnancy

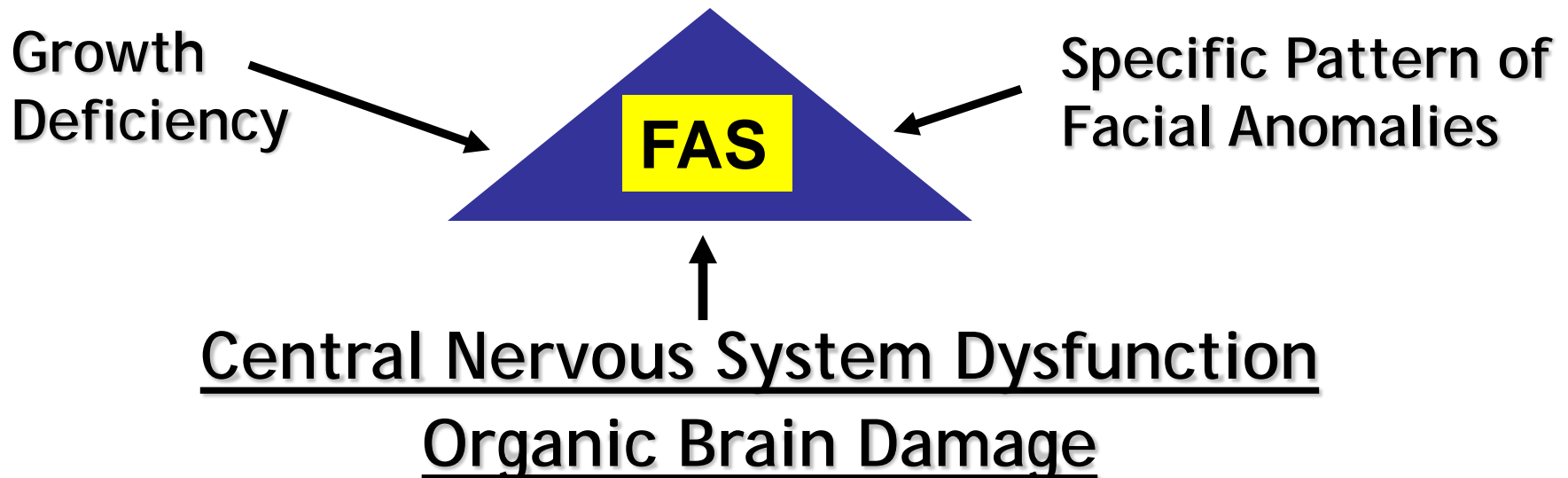
It is the leading *preventable* cause of mental retardation in the Western world.

Annually: 40,000 infants born with FASD
(more common than Muscular Dystrophy, Cystic Fibrosis, Down Syndrome and Spina Bifida combined).



Alcohol is a Teratogen ...

- ... that causes damage to the embryo or fetus when consumed during pregnancy.
- ... whose effects have been demonstrated in animals and humans.
- ...whose neurobehavioral effects have been found to be more injurious than cocaine and other drugs abused prenatally.



- Hyperactivity, attentional deficits
- Intellectual deficits, learning disorders
- Problems with memory, language & judgment
- Developmental delay, microcephaly
- Fine & gross motor problems, seizure disorder
- Mental retardation, structural brain damage

Discriminating Features

short palpebral
fissures

flat midface

short nose

indistinct philtrum

thin upper lip

Associated Features

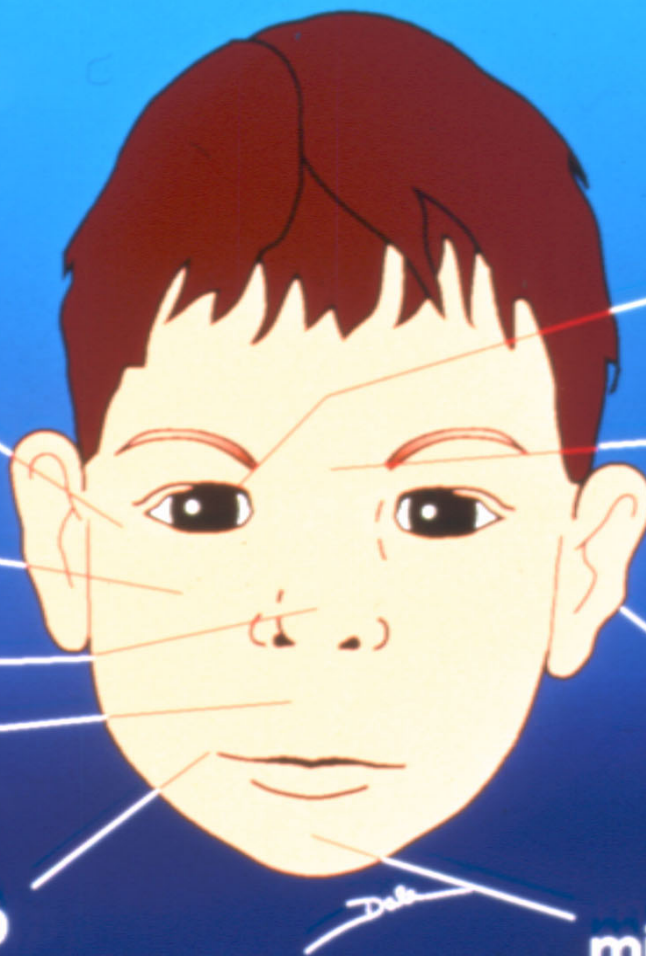
epicanthal folds

low nasal bridge

minor ear
anomalies

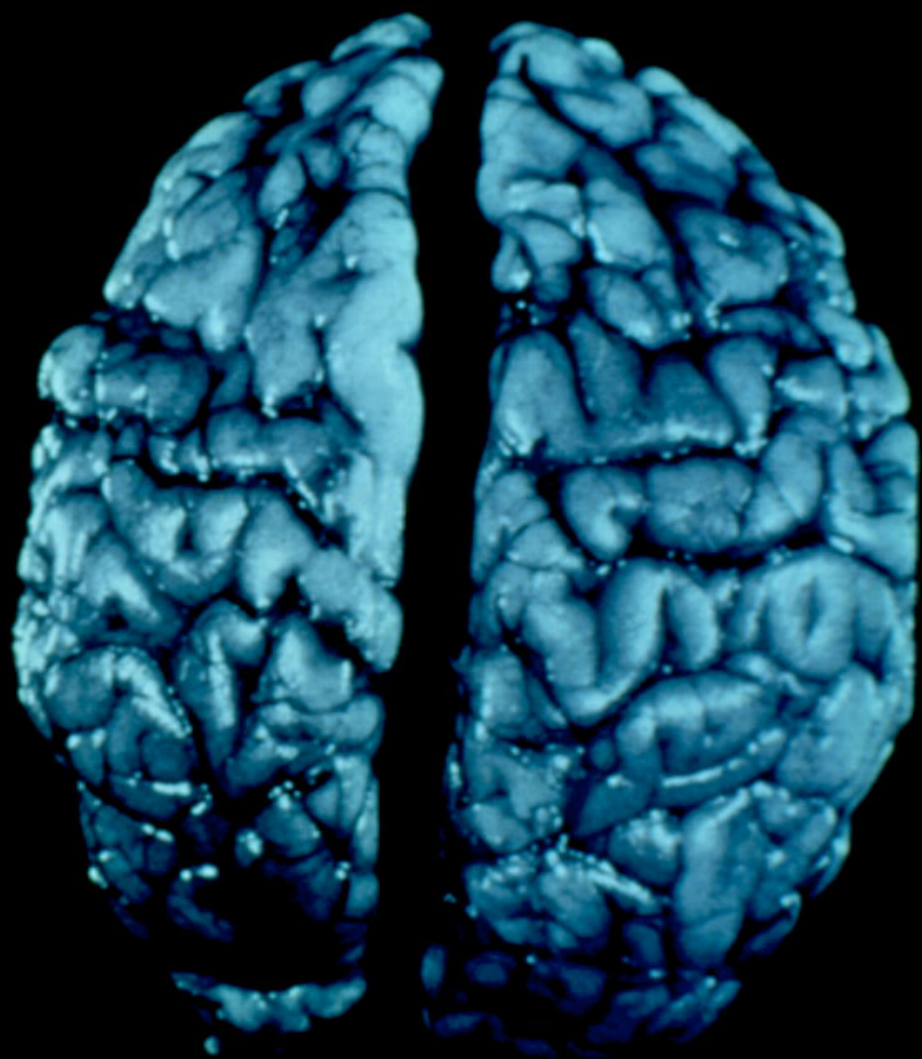
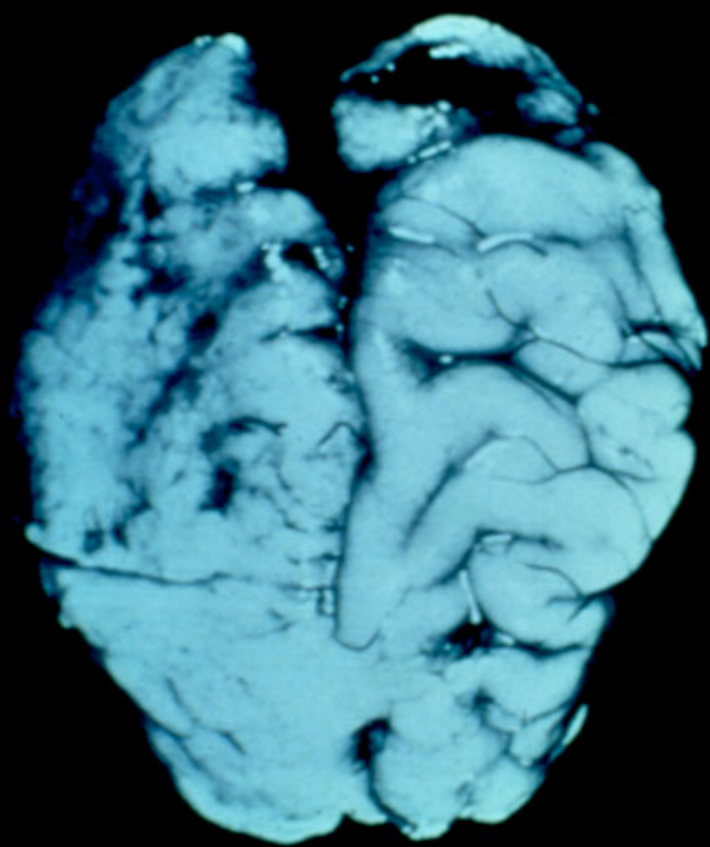
micrognathia

In the Young Child







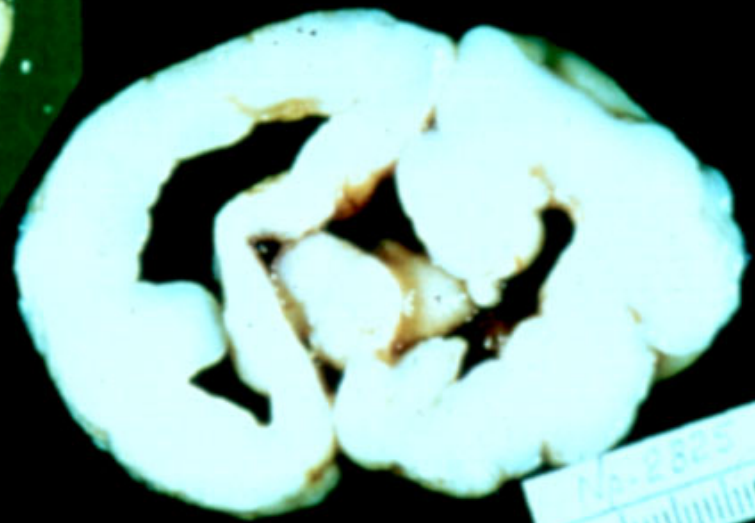


Coronal Sections of Brain



Normal

FAS



Fetal Alcohol Spectrum Disorders

Can Be Hidden Disabilities

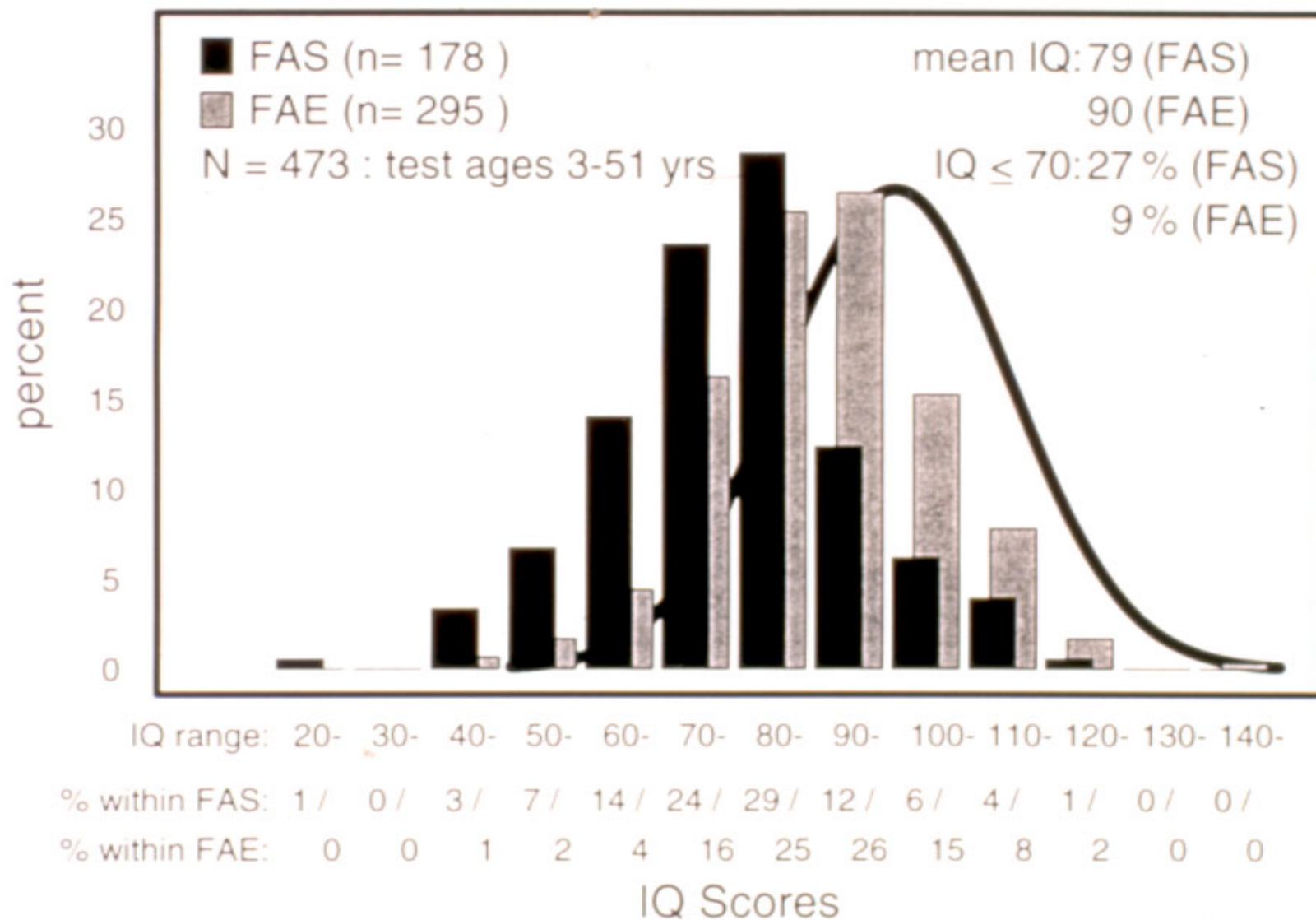


FASD

Central Nervous System Dysfunction
Organic Brain Damage

- Hyperactivity, attentional deficits
- Intellectual deficits, learning disorders
- Problems with memory, language & judgment
- Developmental delay, microcephaly
- Fine & gross motor problems, seizure disorder
- Mental retardation, structural brain damage

IQ distributions in the Primary Disabilities Sample: FAS and FAE



**Prenatal
Alcohol**



**Primary
Disability**

**Brain
Damage**



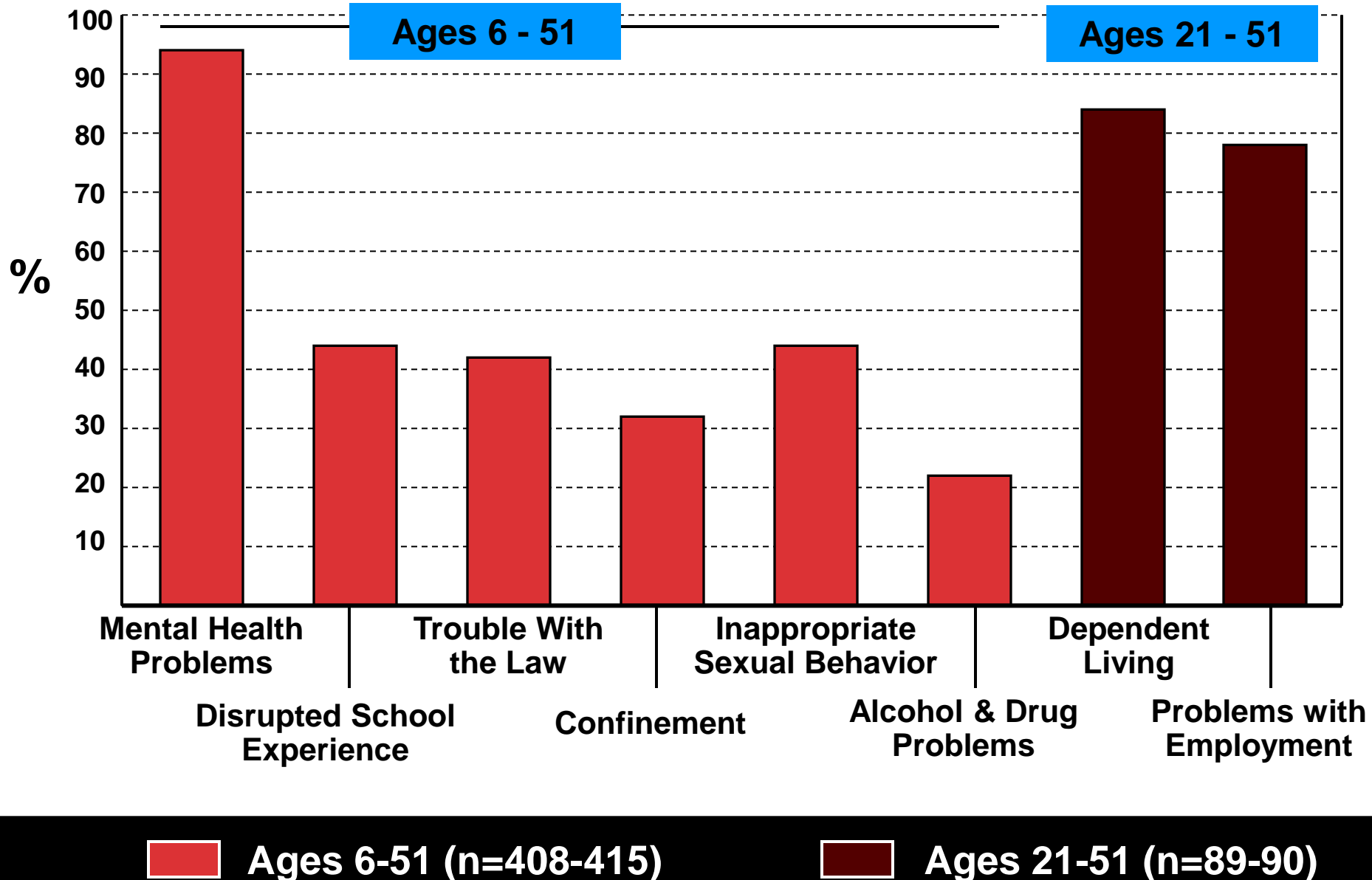
**Dysfunctional
Behaviors**



**Secondary
Disabilities**

**Trouble with the Law,
School Disruption, Etc.**

PREVALENCE OF SECONDARY DISABILITIES Across the Life Span



FASD Intervention and Prevention

*The Parent-Child Assistance
Program (PCAP)*

The Problem

Maternal alcohol and drug use puts children at risk because of:

- Possible effects of prenatal exposure on the child's health
- Likelihood of a compromised home environment
- Likelihood that these mothers will have more exposed, affected children

These problems are costly to society and are completely preventable

P C A P

A 3-year case management
home visitation intervention
for high risk mothers who abuse
alcohol and/or drugs during pregnancy

***WHEN CASE MANAGEMENT
ISN'T ENOUGH***

Parent-Child Assistance Program

Primary Goal:

**To prevent future births
of alcohol and drug exposed
children**

PCAP Enrollment Criteria

- 1) Used alcohol/drugs heavily during pregnancy
- 2) Not effectively connected with community resources
- 3) Are currently pregnant, up to six months postpartum

Many of the mothers enrolled
in PCAP were *themselves*
exposed prenatally to alcohol
or drugs.

PCAP Client Characteristics (N=458)

Client's mom abused alcohol and/or drugs 65%

Client's mom had a psychiatric problem 47%

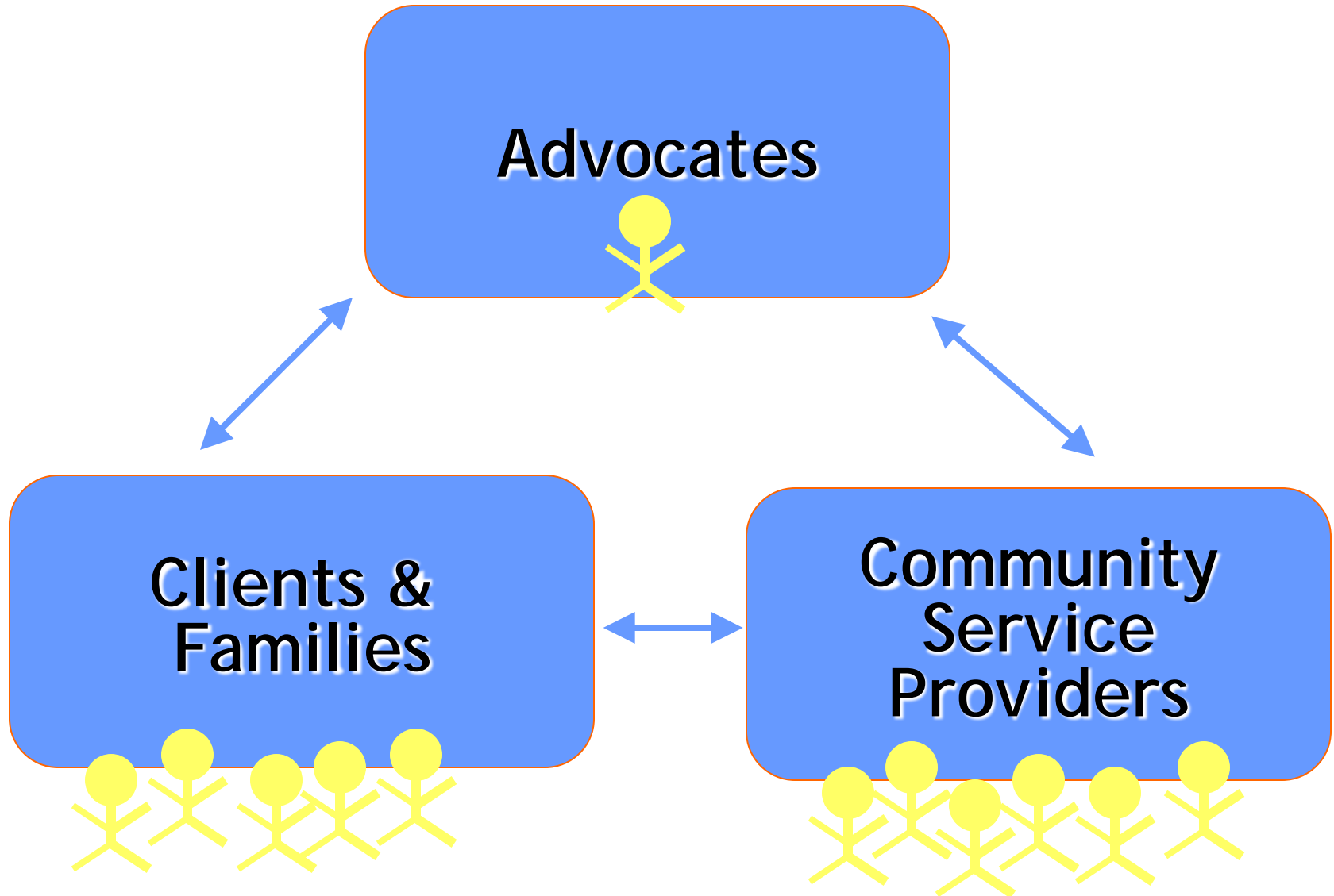
Client's mom drank alcohol heavily
when client was a child 42%

Client's mom drank alcohol heavily
while pregnant with client 21%

PCAP Client Characteristics

We suspect that some of these PCAP mothers may have FASD, but very few of them have had an opportunity to obtain a diagnosis.

PCAP: A Two-Pronged Approach



Parent-Child Assistance Program

The Advocate:

- Works with a caseload of 16 families
- Helps client identify personal goals, coordinates these with program goals
- Collaborates with network of providers to develop a specific service plan with client input
- Connects clients with services, monitors progress

Two-Pronged Approach Includes...

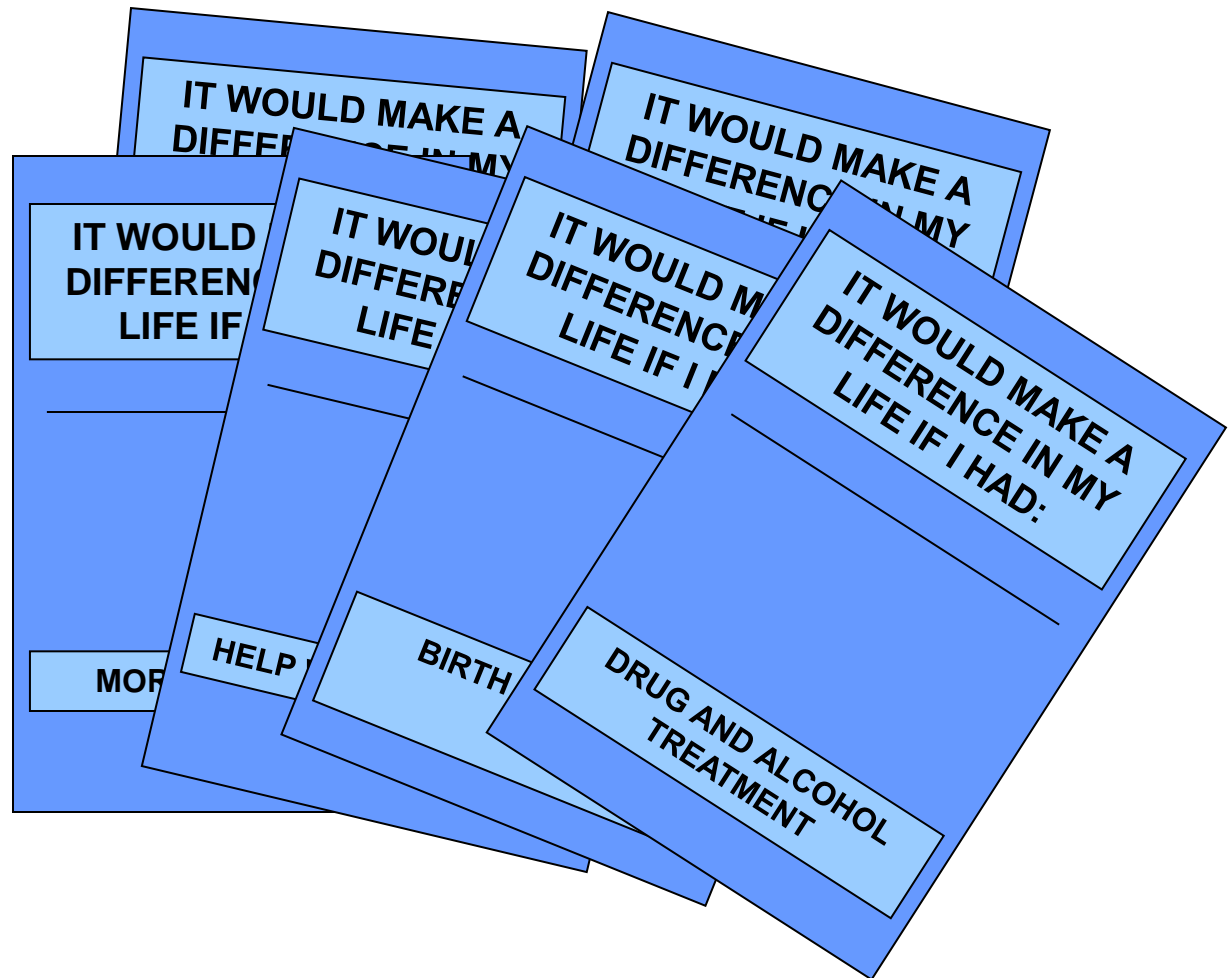
Assessment:

Determine client's strengths, needs, and weaknesses.

Planning:

Develop specific service plans.

The Difference Game



Two-Pronged Approach Includes...

- | | |
|--------------------|--|
| Linking: | Collaborate with network of providers to implement specific service plan. Connect client/family to services. |
| Monitoring: | Continuous evaluation of progress. |
| Advocacy: | Intercede on behalf of client and children. |

The Formula for Preventing Alcohol/Drug Exposed Births

- Motivate women to stop drinking or using drugs before and during pregnancy.
- Help women who can't stop drinking or using drugs to avoid becoming pregnant.

Preventing Alcohol and Drug Exposed Births in Washington State:

Intervention Findings from Three Parent-Child Assistance Program Sites

American Journal of Drug and Alcohol Abuse, 2005

Parent-Child Assistance Program

Treatment & Abstinence Outcomes

Comparison of Outcomes Among Original Demonstration (1991-1995), Seattle and Tacoma Replication Sites (1996-2003)

36-Month Outcomes	<i>Original</i> N=60	<i>Seattle PCAP</i> N=76	<i>Tacoma PCAP</i> N=80
Follow up rate	92.3%	85%	85%
Inpatient or Outpatient tx complete or in progress	52%	76%	73%
Abstinent at exit for ≥ 6 mo	28%	43%	39%
Abstinent at exit for ≥ 1 yr	17%	34%	33%
Longest abstinence in PCAP ≥ 1 yr	37%	59%	46%

Parent-Child Assistance Program

Family Planning Outcomes

36-Month Outcomes	<i>Original N=60</i>	<i>Seattle PCAP N=76</i>	<i>Tacoma PCAP N=80</i>
Birth control at intake	3%	13%	16%
Birth control at exit	73%	74%	71%
More reliable method	43%	49%	53%
Subsequent birth, (% women)	28%	29%	25%
Clean & sober throughout pregnancy	18%	32%	40%
Entered treatment	47%	50%	55%

**Identifying Clients
Who May Be Affected by
Prenatal Alcohol Exposure**

Identifying Clients Who May Be Affected By Prenatal Alcohol Exposure

When interviewing the woman, ask:

- Did your mother ever have a problem with alcohol?
- Did she drink alcohol while she was pregnant with you?
- Did she drink alcohol when you were young?
- Is your natural mother alive? If not, how old were you when she died?
- Were you raised by someone other than your biologic parents?