



FASD Collaborative Training Toolkit: A Papertown Carol

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INTRODUCTION

The **FASD Collaborative Project** is proud to present an innovative two-part training series designed to promote implementation and sustainability of best practices for individuals with neurodevelopmental disorders. This training series was designed using the best of instructional storytelling and mentorship practices.

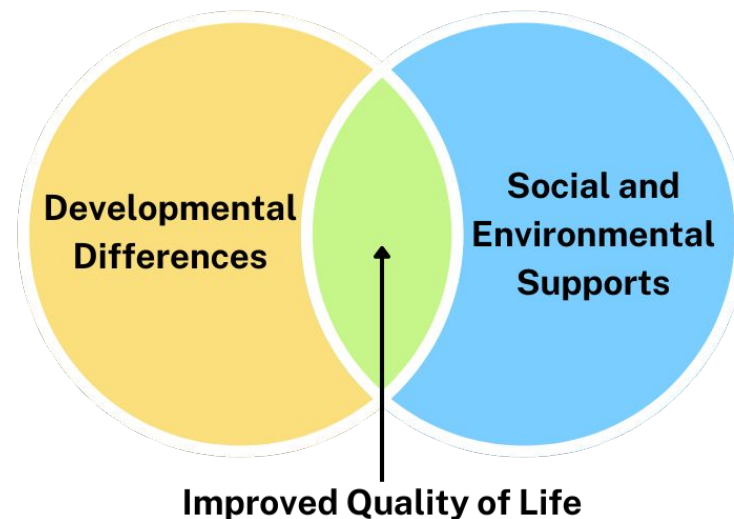
TRAINING PRIMER

Neurodevelopmental disorders (NDDs) like autism, ADHD, and FASD are complex conditions that vary from person to person, impacting brain structure and function and/or physical health. Symptoms of NDDs vary from person to person and often overlap with a variety of conditions, including other NDDs and/or physical or mental health diagnoses.

These are lifelong challenges but with appropriate identification, intervention planning, and effective environmental strategies, individuals with NDDs can thrive in their community.

SUPPORTS PARADIGM

EFFECTIVE PERSON-ENVIRONMENT FIT



The intellectual and developmental disabilities (IDD) and FASD literatures utilize a model of care called the Supports Paradigm to address the assessment, planning, and intervention processes. The Supports Paradigm focuses on strengths, reduces barriers to participation, and provides conducive learning environments to grow skills over time.



Understanding Terminology

Vocabulary Term	Definition
Neurodevelopmental Disorders	Neuro means an impairment in brain function that can affect daily living skills, movement, learning, and social relationships. Developmental relates to the diagnosis of needs during infancy or childhood. Symptoms of neurodevelopmental disorders vary from person to person.
Hidden Disabilities	Brain-based conditions that you can't physically see.
Overlapping Symptoms	Symptoms that overlap with other similar conditions. Because of this overlap, many people could have two or more diagnoses, including other NDDs, physical conditions, or mental health needs.
Neurocognition	Includes thinking and reasoning skills related to concentration, memory, information processing, and learning.
Self-Regulation	Includes regulation of mood or behavior, attention, and impulse control.
Adaptive Function	Includes communication, social interaction, daily living skills, or motor skills.
Strengths & Needs Profile	A comprehensive view of the individual using quantitative or qualitative assessment. This profile includes: 1) information on all diagnoses or evaluations received; 2) strengths, passions, and interests of the individual; 3) response to prior intervention; 4) the amount of support needed to be successful.
Prenatal Screening	Screening for prenatal alcohol exposure is an important facet of an effective Supports Paradigm for families and children. Providers can screen for alcohol use that occurred prior to and after pregnancy recognition.
Stigma	Attitudes, beliefs, and feelings about individuals that discriminate and marginalize.



Understanding Terminology	
Vocabulary Term	Definition
FASD	FASD stands for Fetal Alcohol Spectrum Disorders, a form of neurodiversity that arises as a result of prenatal exposure to alcohol. The research on prenatal alcohol exposure is rapidly changing, which provides greater opportunities for understanding the strengths and needs of individuals with an FASD.
Supports Paradigm	Promoted by the intellectual and developmental disabilities (IDD) and FASD communities, this model of care addresses the social and environmental supports that improve the function of the individual, regardless of the complexity of their needs.
IEP and 504	Individualized education plans offer specialized instruction or accommodations to help children succeed in school.
De-escalation	A technique that can be used when confronted with dysregulated behavior. De-escalation attempts to transfer a sense of calm to those feeling out of sorts. It uses respectful, clear environmental adjustments.
Inclusive Learning Environments	The Individuals with Disabilities Education Act ensures that all students with disabilities receive an education that meets their needs while providing opportunities in the general classroom environment.
Aggregation of Marginal Gains	Focusing on tiny percentages over many areas can increase improvement to stagnant situations. 1% is additive over time.
Self Advocacy	Self-advocates exercise their rights by communicating for and representing themselves. Self-advocates must have a meaningful role in decision-making in all areas of their lives and in public policy decisions.
Restorative Justice	An intervention which seeks to create an environment of communication and mutual respect when a crime or violation has occurred.



History of Disability			
Title	Resource Type	Source	Link
Rosemary Kennedy, The Eldest Daughter	Historical Narrative	National Parks Service	https://bit.ly/FASDTT1
Disability History through Primary Sources	Resource Guide	Emerging America	https://bit.ly/FASDTT2
Parallels in Time: A History of Developmental Disabilities; letter from parent to Dr. Samuel Gridley Howe	Historical Narrative	Minnesota Governor's Council on Disabilities	https://bit.ly/FASDTT3

Building Knowledge about NDDs			
Title	Resource Type	Source	Link
One in 10 U.S. School-Age Kids Have ADHD: Report	Magazine Article	U.S News	https://bit.ly/FASDTT4
Why It Takes Forever to Get a Doctor's Appointment	Magazine Article	Time	https://bit.ly/FASDTT5
What is a Standard Drink?	Simulation	Mental Health Commission (Australia)	https://bit.ly/FASDTT6
Fathers' Drinking May Affect Fertility and Fetal Brain Development	Magazine Article	Scientific American	https://bit.ly/FASDTT7
Sensory Overload	Video	Interacting with Autism	https://bit.ly/FASDTT8
Impairments vs. Disability	Article	University of Leeds	https://bit.ly/FASDTT9
It's a Shame! Stigma Against Fetal Alcohol Spectrum Disorder: Examining the Ethical Implications for Public Health Practices and Policies	Research Article	Public Health Ethics	https://bit.ly/FASDTT10



Building Knowledge about NDDs

Title	Resource Type	Source	Link
School Swap: The Class Divide	Video Example of Restorative Justice	Our Stories	https://bit.ly/FASDTT11
Prenatal Alcohol Exposure and Fetal Alcohol Spectrum Disorders (FASDs) Quiz	Online quiz	American Academy of Pediatrics	https://bit.ly/FASDTT12
Screening for Prenatal Alcohol Exposure: An Implementation Guide for Pediatric Primary Care Providers	Article	American Academy of Pediatrics	https://bit.ly/FASDTT13
Prevention of Secondary Conditions in Fetal Alcohol Spectrum Disorders: Identification of Systems-Level Barriers	Research Article	Maternal and Child Health Journal	https://bit.ly/FASDTT14
Sensory Processing Disorder and Possible Accommodations	Article	Job Accommodation Network	https://bit.ly/FASDTT15
Prevalence of Fetal Alcohol Spectrum Disorders in 4 US Communities	Research Article	JAMA	https://bit.ly/FASDTT16
Neurodevelopmental Disorders—the History and Future of a Diagnostic Concept	Research Article	Dialogues in Clinical Neuroscience	https://bit.ly/FASDTT17
Neurobehavioral Disorder Associated With Prenatal Alcohol Exposure	Research Article	Pediatrics	https://bit.ly/FASDTT18



Building Knowledge about the Supports Paradigm

Title	Resource Type	Source	Link
Using a Strengths-Based Therapeutic Approach with People with Developmental Disabilities	Article	Mental Health and Developmental Disabilities National Training Center	https://bit.ly/FASDTT19
Strengths-Based Approaches to Disability, the Supports Paradigm, and the Importance of the Supports Intensity Scales	Research Article	Revista Educação Especial (Special Education Journal)	https://bit.ly/FASDTT20
The association between parental attributions of misbehavior and parenting practices in caregivers raising children with prenatal alcohol exposure: A mixed-methods study	Research Article	Research in Developmental Disabilities	https://bit.ly/FASDTT21
Association of Prenatal Alcohol Exposure With Psychological, Behavioral, and Neurodevelopmental Outcomes in Children From the Adolescent Brain Cognitive Development Study	Research Article	The Journal of Psychiatry in Advance	https://bit.ly/FASDTT22
Medical and Social Models of Disability	Article	University of California, San Francisco	https://bit.ly/FASDTT23
Impact of Respite Care Services Availability on Stress, Anxiety and Depression in Military Parents who have a Child on the Autism Spectrum	Research Article	Journal of Autism and Developmental Disorders	https://bit.ly/FASDTT24



Building Knowledge about the Supports Paradigm

Title	Resource Type	Source	Link
Self-Care in Caregivers of Children with FASD: How do caregivers care for themselves, and what are the benefits and obstacles for doing so?	Research Article	Research in Developmental Disabilities	https://bit.ly/FASDTT25
How the Supports Paradigm Is Transforming the Developmental Disabilities Service System	Research Article	Inclusion	https://bit.ly/FASDTT26
Stop Classroom Clutter	Magazine Article	ThoughtCo.	https://bit.ly/FASDTT27
How Can I Use De-escalation Techniques to Manage a Person in a Mental Health Crisis?	Article	SMI Advisor	https://bit.ly/FASDTT28
Marginal Gains - The Microlearning for Teachers	Video	TEDx TALK	https://bit.ly/FASDTT29
The 7 Principles of Universal Design	Article	Centre for Excellence in Universal Design	https://bit.ly/FASDTT30
From Surviving to Thriving: A New Conceptual Model to Advance Interventions to Support People with FASD Across the Lifespan	Research Article	International Review of Research in Developmental Disabilities	https://bit.ly/FASDTT31
The impact of classroom design on pupils' learning: Final results of a holistic, multi-level analysis	Research Article	Building and Environment	https://bit.ly/FASDTT32