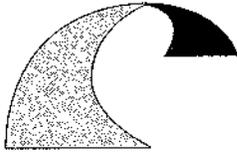


# ARC Community Services, Inc.



## **Arc Community Services, Inc. ARC PROJECT SMART START**

### What is Project Smart Start?

Fall 2006

Volume 1, Issue 1

The goal of Project Smart Start is to reduce the number of infants born with Fetal Alcohol Syndrome and related disorders. To accomplish this we will be working with at-risk women on the following components.

- Abstinence from drinking alcohol during pregnancy.
- Abstinence from drinking alcohol during childbearing years (18-44).
- Effective use of birth control methods if sexually active and actively drinking

The project includes four educational group sessions and three one-on-one motivational interviews. Six month and one year follow-up interviews are also included.

Project Smart Start also hopes to make ARC Community Services a focal point for FASD preventative intervention efforts within the larger Dane County service delivery system. Project goals include; increasing access and opportunity for preventative intervention for at-risk women; improving birth outcomes; decreasing numbers of FASD children, and creating a comprehensive and integrated FASD prevention system in Dane County.



### What is Fetal Alcohol Spectrum Disorders (FASD)?

An umbrella term used to describe the range of effects that can occur in individuals who were exposed to alcohol before birth. Effects may be physical, mental, behavioral and/or learning disabilities.

When a woman is pregnant, everything she eats and drinks while pregnant affects the baby. If you drink alcohol, it can hurt your baby's growth. Your baby may have physical and behavioral problems that can last for the rest of his or her life. Children born with the most serious problems caused by alcohol have Fetal Alcohol Syndrome.

## Wisconsin Women and Alcohol

- ▶Wisconsin leads the nation in alcohol consumption by women age 18-44 at 68%
- ▶Wisconsin leads the nation in binge drinking by women age 18-44 at 24%.
- ▶In a 1998 Wisconsin survey, 32% of pregnant women reported using alcohol during pregnancy.



### Major Signs Leading To A Diagnosis of FAS

- **Central Nervous System effects**
  - **Small size and weight**
  - **Specific facial features**
- **A history of prenatal alcohol exposure**

Fetal Alcohol Spectrum Disorder (FASD) is not intended as a clinical diagnosis.

Have a  
**healthy** baby.  
Be an  
**alcohol-free**  
mother-to-be.

A full assessment needs to be performed by a knowledgeable professional. If you know someone who may have FASD, have them talk to their pediatrician about their concerns or call **Family Empowerment Network** at 1-800-462-5254. FEN is a support, training, referral and advocacy program serving families affected by Fetal Alcohol Spectrum Disorders and the providers who work with them. To learn more, visit their website at [www.fammed.wisc.edu/fen](http://www.fammed.wisc.edu/fen)

#### **ATTENTION:**

If you might become pregnant or currently pregnant, stop drinking beer, wine, or liquor and stop using any drugs or medicines unless your doctor prescribes them. Stop smoking. Eat healthy foods. Get plenty of exercise and sleep. Get prenatal care.

**There is NO known safe amount, safe time, or safe kind of alcohol to drink when you are pregnant.**

## 10 Facts About Alcohol Use In Pregnancy

1. No alcohol is safe for a pregnant women to drink
2. Drinking alcohol during pregnancy can keep your baby from being born healthy.
3. FAS can cause Mental Retardation.
4. Children with FAS have learning and behavior problems when they get to school.
5. Drinking alcohol while breastfeeding can harm your baby.
6. Some children whose mothers drank during pregnancy may look “normal”, but their brain development is still affected.
7. When a man drinks alcohol his sperm are damaged so it is harder for him to make a baby.
8. A child does not outgrow FAS or any of the effects of alcohol.
9. Only the medicines a woman’s doctor gives her are safe.
10. It is never too late in your pregnancy to quit drinking alcohol.

*Not only is another world possible, she is on her way. On a quiet day, I can hear her breathing.*

Arundhati Roy

## Creating a healthy meal is easy!

### Healthy Turkey Salad Pocket

**Diet Type:** Low Fat

**Cooking Time:** Under 15 minutes

**Ingredients:**

- 2 cups diced cooked turkey, chicken, or tofu
- 3/4 cup pitted dried plums, quartered
- 1/2 cup sliced celery
- 1/2 cup plain non fat yogurt
- 1/4 cup sliced green onions
- 1 tablespoon sweet-hot mustard
- Salt and pepper
- 3 whole-wheat pita breads, halved
- 6 lettuce leaves

**Directions:**

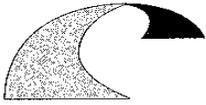
In medium bowl, combine turkey, dried plums, celery, yogurt, green onions and mustard until thoroughly mixed. Season to taste with salt and pepper. Store, covered, in refrigerator for up to 3 days. To serve, place 1 lettuce leaf and spoon 1/2 cup turkey mixture into each pita pocket.

**Servings: 6**

California Dried Plum Board / from the Willy Street Co-op Website



w  
w  
w



**Arc Community Services, Inc.  
ARC PROJECT SMART START**

2001 W. Beltline Hwy Ste 102  
Madison, WI 53713-2366

Phone: 608-278-2300

Fax: 608-278-2313

E-mail: [info@arccommserv.com](mailto:info@arccommserv.com)

We're on the web!

[www.arccommserv.com](http://www.arccommserv.com)

**The mission of ARC Community Services, Inc.** is to develop and provide innovative, culturally sensitive, substance abuse treatment to meet the unique treatment needs of women and their children in Dane and Fond du Lac Counties. ARC is a private, not-for-profit 501(c) 3 agency specializing in women responsive, family-focused services for at risk women and their children.

ARC provides services that include residential, day treatment, and outpatient treatment through 12 different projects including the residential programs: ARC House, ARC Dayton, Maternal Infant Program (MIP), and ARC Fond du Lac; the RESPECT Project on Prostitution, day treatment and therapeutic daycare services through the Center for Women and Children (CWC), Healthy Beginnings (HB), and the ARC Integrated AODA and Work Services for Women and their Families located in Dane County, outpatient diversion programs ARC Treatment Alternative Program (TAP) and ARC Drug Treatment Court (DTC) as well as ARC Project Smart Start, an FASD prevention program which has been incorporated into all of the ARC Programs.

For more information on how to take part in the services offered by ARC Community Services, call Intake Services at 608-283-6426.