

ARC PROJECT SMART START

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Goals of ARC Smart Start

ARC Smart Start goals are directly related to ARC's mission of developing and providing innovative, state of the art, women specific, culturally sensitive AODA treatment meeting the unique treatment needs of women and their children, and is expressed in ARC's goals of increasing the availability and accessibility of early intervention and treatment; decreasing the incidence and prevalence of alcohol and other drug use among pregnant and postpartum women; improving birth outcomes, and decreasing the numbers of children affected by maternal substance abuse.

In addition to the spectrum of AODA treatment services currently offered to women in ARC programs, two additional FASD prevention-related protocols have been implemented. Each participant in ARC Project Smart Start will attend an FASD educational component received by all women in the ARC programs. This is being accomplished through four group sessions. Each participant will also bene-

fit from FASD indicated intervention based on Motivational Interviewing. The Motivational Interviewing model used is based on the Project Choices Program, in which women have two motivational interviewing counseling sessions regarding drinking and pregnancy and one counseling session regarding contraception and family planning.

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.



Fetal Alcohol Spectrum Disorders (FASD)

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

Special points of interest:

- Introduction to Project Smart Start
- Book Review
- Information about alcohol use in Wisconsin

*“Know that although in the eternal scheme of things you are small,
you are also unique and irreplaceable, as are all of your fellow humans”.*

Margaret Laurence

Major Signs Leading To A Diagnosis of FAS

- ❑ Central Nervous System effects
- ❑ Small size and weight
- ❑ Specific facial features
- ❑ History of prenatal alcohol exposure

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.

WI Dept. of Health and Family Services



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

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

Increasing awareness of Fetal Alcohol Syndrome (FAS) is vital to effectively serve individuals and families who experience the daily challenges of living with this condition and other Fetal Alcohol Spectrum Disorders. It is only through this awareness that we can hope to prevent FAS in the future.

Book Review [Nurture: The Essence of Intervention](#)

Nurture: The Essence of Intervention

by Victoria McKinney, Linda L Fever and Jocie DeVries

The pictures and profiles in this book are presented to help make us witnesses to the reality of FASD. Numerous faces and stories of real people living with FASD are combined with strong technical explanations to create both a factual resource and enlightening journey. As Edward P. Riley, Ph.D. says in the Foreword, “So look at the faces of FASD, see, and more importantly feel, what this book has to offer. It will open your mind and your heart to the real people involved in the tragedy of this preventable major public health problem”.



Healthy Choices Project

For more information about women and alcohol, call the Healthy Choices Project at 1-608-263-5613 or toll-free at 1-800-752-3157.

UW School of Medicine & Public Health, Department of Family Medicine and UW Population Health Institute

“People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone”.

Audrey Hepburn



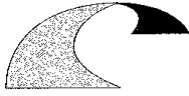
Helpful FASD Websites

Wisconsin Website Links

Family Empowerment Network:	www.fammed.wisc.edu/fen
Healthy Choices Project	www.fammed.wisc.edu/healthychoices
Health Cost Assistance	http://wisconsin.gov/medicaid/
Planned Parenthood of Wisconsin	www.ppwi.org
Wisconsin Family Planning Clinics	www.hcet.org/wfpp/clinics.asp
Wisconsin Family Ties	www.wifamilyties.org
Wisconsin Women's Health Foundation	www.wwhf.org
Wisconsin Women's Education Network	www.wwen.org

National Website Links:

Center for Disease Control/FAS Prevention:	www.cdc.gov/ncbddd/fas
FASD Center for Excellence	www.fasdcenter.samhsa.gov
National Organization on FAS	www.nofas.org
National Clearinghouse for Alcohol and Drug Information	www.health.org
FAS Community Resource Center	www.come-over.to/FASCRC
FASCETS	www.fascets.org



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The mission of ARC Community Services, Inc. is to develop and provide innovative, state of the art, women specific, culturally sensitive, AODA 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, community based services for at risk, indigent women and their children as a Federal, State, County and City provider of substance abuse and mental health services.

ARC provides a service delivery system that involves a continuum of services including 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 Smart Start, an FASD prevention programs which has been incorporated into all of the ARC Programs.