

PATHWAYS TO HOPE



HaysKids
www.hayskids.org
John Hays, Executive Director

Pathways to Hope

How to not only survive but thrive
while raising children with
Fetal Alcohol Spectrum Disorder

Who are You

Professionals

Parents/Guardians

Who are we?

John Hays

- Adoptive Parent of 15, 11 diagnosed FASD
- Executive Director of HaysKids
- Adoption Support Network

Clip Board

Janice Goudy

- Step-grandmother/adoptive mother
- MOFAS Family Resource Coordinator

What is HaysKids

www.hayskids.org

Pathways to Hope

Workbooks

Teachings

Lessons I'm Learning

Parenting a Difficult Child

Preparing for Transitions through Brain Development

Hanging Out

Executive Functioning Skills

GAF – Global Assessment of Functioning Scale

Brain Health and Developmental Growth Spurt

Summary – Putting it all together

Not False Hope

Why Won't You Just?

Agenda

- Pathways to Hope teaching
- Small group interaction
- Sharing of small group discussions
- Questions and answers
- Conclusions

Pathways to Hope

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Written and audio format available

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The purpose of this teaching

- Light bulb moment
- To educate everyone living and working with FASD
- To make changes to everyone's way of thinking about FASD and the individuals who are living with it.

The Statistics

People affected by FASD:

- 80% cannot keep a job
- 70% will be locked up for mental health reasons, alcohol and/or drug rehabilitation, or criminal behavior
- 60% have trouble finishing school
- 50% have sexual behavior that could get them into legal trouble

These statistics are not meant to discourage but to motivate

The importance of the diagnosis

- To help parents and professionals understand that it is organic brain damage
- Learning about FASD
- Learning parenting techniques specific to FASD
- Teaching the individual about FASD
 example: teaching a diabetic about diabetes
- Greatly under diagnosed
 especially among birth families

Parents and Professional Thinking

from Pathways to Hope

- Teach the person with FASD – “Understanding Fetal Alcohol on a persona Level” – workbook
- The “Brain Shift,” the root cause of the devastating statistics persons with FASD face. Also the root cause of so much frustration by everyone involved This can help us all have unconditional love.
- “Just the Facts,” this helps parents and professionals stop blaming and shaming each other and the person with FASD.
- Can’t vs Won’t
- Why parents and professionals are frustrated with each other, after all, neither is able to fix the problem.
- Team approach
- Outcome based programs – seldom work in the long run.
- Developmental growth spurt and brain health
- Slow processing
- Lack of drive
- Bulling
- Do not let them get away with hurting people
- Vulnerability

Parenting Techniques

from Pathways to Hope

- “Calm” – less said and calmer more effective – feed the RAD – brain shift
- Protection – Protection – Protection, the only strategy that truly works.
- “Relationship Parenting”
- Re-runs
- “Talking about them”
- Not Shaming and Blaming
- Delay Parenting – not only does it work, it can deescalate the situation, create both calmness and truthfulness and it is convenient.
- Chores – Teach to work
- Be nice – accept help- even ask for help
- Adolescence
- Forgiveness
- Getting them to understand that they have organic brain damage
- Rejoice when they blow it because
- Purpose in life beyond themselves
- Do’s
- Don’ts

DIFFICULT SUBJECTS TO DISCUSS

- Jail
- Sex
- Friends
- School

SMALL GROUP ACTIVITY

- Divide into groups by your focus
 - Case manager to older teens and young adults
 - School professional
 - Transition or job specialist
 - Parent or directly serving parents
- Each group will be given a description of situation involving an individual with a diagnosis or expected prenatal exposure of alcohol
- Make a plan
- Share the plan with everyone
- Feedback

Tools

- Team approach
- Pathways to Hope
 - What the individual needs to know
 - What the parent needs to know
 - What the professional needs to know
- Workbooks
- Screening Tool
- Resources
 - Community
 - Diagnostic Clinic
 - Medical
 - Primary Care
 - OT
 - PT
 - Speech
 - Social Services
 - Public Health
 - D D
 - Mental Health
 - School
 - Justice System
 - Case Management
 - FASD Advocate
 - MOFAS
 - HaysKids
 - NACAC – ASN
 - ARC
 - Pacer
 - Disability Law Center

Case Worker

- Unmarried couple
- Young mother
 - Two year old with FASD – currently living with biological father
 - Eight months pregnant with second child who has been exposed to alcohol throughout the pregnancy
- Young father
 - Not father to first pregnancy
 - Suspects his own prenatal exposure to alcohol
 - Is able to get jobs but can not keep them
- Live together
 - Relationship is rocky but wanting to make it work

QUESTIONS
AND
ANSWERS

CONCLUSION

Not False Hope

Hope is:

- Parenting techniques specific to FASD
- Understanding brain shifts
- Long term consistency and structure
- Realizing at times nothing works
- Trying
- Not shaming and blaming nor judging their heart
- Unconditional love
- Forgiveness
- Protection
- Being calm
- Teaching and learning about FASD
- Pushing them to help their brain develop

So take your gifts of patience, calmness, forgiveness, knowledge, and unconditional love and go forth and live a good life together.

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- This information will be available under a link for Children's Mental Health Conference -2011 on the HaysKids website
- The information will include: the power point, scenarios, and responses for the scenarios

School

- Behavioral problems
 - Not improving with typical consequences
 - Disrespectful
 - Difficulty with transitions
 - Does not learn from mistakes
 - Does not accept responsibility
- Educational problems
 - Seems to know it one day but not the next
 - Concrete thinker
 - Slow to answer-delayed auditory processing
 - Sensory defensive

Home

- Behavioral – normal parenting does not work
- Does not learn from past mistakes
- Messy room
- Bad friends – child may say, “but I’m not doing what they do”
- Talking back
- Lying
- Confusion
- Thinks everything is unfair
- Does not accept responsibility

Job site

older teens and adults

- Often loses their job
- Frequently late for work
- Absenteeism
- Difficulty with others – both work and socially
- Difficulty following directions
- Insists on doing it “my way”
- Argues
- Sees things as being unfair
- Does not accept responsibility
- Do you tell employer about FASD?

Criminal Justice

- Currently in a residential sex rehabilitation program
- Repeat offender
- Committed both misdemeanors and a felony
- Current placement not working
 - Can't consistently follow directions
 - Often doesn't participate in group
 - Sometimes is disrespectful to staff
- Parents want a change in placement
 - Probation and County Attorney disagree

Specific Scenarios

- Individual given task of cleaning up kitchen after a meal. This is to include washing and putting away dishes. Later father reaches to get a bowl from the cupboard and dumps oatmeal on his head.
- Child takes a \$20.00 bill from his parent's wallet. Tears the bill into pieces and hides the pieces in multiple locations, including behind the toilet.
- While playing with a big dog, a young child hits the dog with a big stick. After being bitten, the child responds, "but I was playing nice with him."
- Parents find a sexually explicit note written by their teenager
- At school, a student steals from another student's backpack. Plays with toy on the bus but then tears it up and throws it away before getting off the bus at home.
- Teenager is fixing the noon meal according to parent's directions. While cooking the parent changes a portion of the direction. Child explodes, refuses to continue and walks away.