Talking about Alcohol

Instead, say: “I...
“...”
“Together...
“...”

Sit down to talk

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Reducing Risk

What would be most helpful for you? (try for 2 or 3)

Who can we get to help us?
- Close friend
- Relative
- AA sponsor

Can we make it through today?
- Y
- N
- Maybe

Where Are We At?

How does drinking help? (try for 2 or 3)

What problems does drinking cause? (try for 2 or 3)

Could you cut down? Y N Maybe
Could you stop? Y N Maybe

Followup

How can we stay in touch?

Let’s get together again on

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### Basic Cognitive Skills in Adolescents and Adults with FASD

<table>
<thead>
<tr>
<th>Area Affected</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Memory</td>
<td>80%</td>
</tr>
<tr>
<td>Attention (ADHD)</td>
<td>75%</td>
</tr>
<tr>
<td>Executive Function Impairments</td>
<td>80%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Grade Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reading</td>
<td>5.0</td>
</tr>
<tr>
<td>Reading comprehension</td>
<td>4.5</td>
</tr>
<tr>
<td>Oral Comprehension</td>
<td>5.0</td>
</tr>
</tbody>
</table>

### Alcohol Use?

**What is a drink?**

**When was your last drink?**

**On days when you drink, how many drinks do you have?**

**How many times have you entered a substance abuse treatment program?**

### Maternal Risk Score

- Age over 25 years
- Unmarried, divorced, widow, living with partner
- On TANF, WIC, Social Security, or income < $16,000 per year
- Did not graduate from high school
- Poor diet
- Smokes more than 1/2 pack per day
- Drinks less than 2 days/week & less than 2 drinks/drinking day
- Age first drunk - less than 15 years
- In treatment over three times
- In treatment in last 12 months
- Previous child with FASD, birth defect, or developmental disability
- Previous child died
- Children out of home (foster care or adopted)
- Heavy drinker (drinks 3 or more drinks/day for 3 or more days per week, or more than 5 drinks/day on 6 or more occasions)
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### Alcohol Use?

- What is a drink?
- When was your last drink?
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### Maternal Health Index

#### LEARNING/EDUCATION
- Doesn’t listen well
- Disorganized
- Loses important things
- Can’t plan ahead
- Impulsive
- Below average IQ
- Reading deficits
- Low math skills
- Was in special education
- Repeated a grade in school
- Quit school
- History of ADHD

#### MENTAL HEALTH
- Depression
- Anxious
- Argues frequently
- Bad temper
- Easily overwhelmed
- Can’t complete anger management
- Can’t complete parenting class
- Does not have medications
- Avoids difficult situations
- Can’t get up in morning
- Won’t go to bed on time
- Motivation is impaired

#### FAMILY HISTORY
- Prenatal alcohol/drug exposure
- Was in foster care
- More than 5 foster homes
- Abused

#### SUBSTANCE ABUSE
- Current alcohol use
- Current drug use
- Same problems over 5 year period
- Substance abuse treatment 2 or more times
- Date of last drink

#### CONCERNS
- Lives with partner who is unsafe around children
- Limited parenting skills
- Can’t operate household
- Doesn’t clean
- Can’t cook
- Abusive relationship
- Lives with drug/alcohol users
- In jail/prison
- On probation

#### RESOURCES
- No home
- Low/no income
- Transportation problems
- Few/no capable friends
- No family help
- Won’t accept help from family

### Maternal Impairment Checklist

<table>
<thead>
<tr>
<th>Score</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Score</td>
<td>Check any one. Add 5.</td>
</tr>
<tr>
<td>Score</td>
<td>Add 20.</td>
</tr>
<tr>
<td>Score</td>
<td>Check any one. Add 35.</td>
</tr>
<tr>
<td>Score</td>
<td>Add 45.</td>
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- Check all concerns

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