


Closing Plenary Session - Warrior Moms Unite, Creating a Circle of Hope

**Warrior Mom's Unite;
Creating a Circle of Hope**



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NOFAS Vision

- The vision of the National Organization on Fetal Alcohol Syndrome (NOFAS) is a global community free of alcohol-exposed pregnancies and a society supportive of individuals already living with Fetal Alcohol Spectrum Disorders (FASD).

NOFAS Mission

- The National Organization on Fetal Alcohol Syndrome (NOFAS) is the leading voice and resource of the Fetal Alcohol Spectrum Disorders (FASD) community. NOFAS, the only international FASD non-profit organization, is committed to prevention, advocacy and support.
- NOFAS effectively increases public awareness and mobilizes grassroots action in diverse communities and represents the interests of persons with FASD and their caregivers as the liaison to researchers and policymakers. By ensuring that FASD is broadly recognized as a developmental disability, NOFAS strives to reduce the stigma and improve the quality of life for affected individuals and families.

What Does NOFAS Provide?

- Public Awareness
Media Outreach
PSA
Awareness Campaigns
Youth Education
- Professional Education
Curricula
Provider training
- Advocacy
Government Affairs
Advisory
- Constituent Services
Affiliate Network
Birth Mom Network
Support Groups
Consultation
Referral

www.nofas.org

Cherokee Nation FASD Project



NOFAS Affiliates

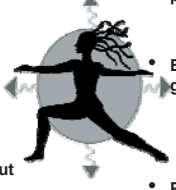
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|------------------|-------------------|
| NOFAS-SD | 2006: |
| NOFAS-AK | NOFAS-IL |
| NOFAS-MN/MOFAS | NOFAS-CO |
| NOFAS-OR/FASCETS | NOFAS-NY |
| NOFAS-WA | NOFAS-TN |
| NOFAS-CT | NOFAS-UT |
| NOFAS-CA/CALFAS | NOFAS-NC |
| NOFAS-UK | NOFAS-Africa |
| | NOFAS-New Zealand |

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Hope for Women in Recovery Summits

Sponsored by SAMHSA, FASD Center for Excellence


- Educate women in addiction treatment about FASD and the addiction treatment staff
- Educate and motivate public policy makers
- Provide a town hall forum for women to share their collective experiences about barriers to the prevention of FASD
- Establish a national core group of "Warrior Mom's"
- Promote discussion about developing a statewide prevention and intervention plan for FASD



FASD Curriculum for Addiction Professionals


Circle of Hope

Sponsored by SAMHSA, FASD Center for Excellence



Warrior Mom Network

Mission Statement
The mission of the Circle of Hope is to increase understanding and support and strengthen recovery for women who drank during their pregnancy (s), and their families.



Goals
Improve and strengthen the lives of birth families
Provide peer support for birth families
Decrease the stigma, blame and shame that birth families may experience

Our Families Journey Through Addiction, Denial and Recovery



Karli 3 Years Old
(No worries-gonna catch up!)
motor coordination delays
poor sleep-wake cycles
small appetite
tactile defensive
allergies
growth delays



1977
Karli, Danny and Erin
A Happy Little Hippy Family



1983
Karli age 10 (diagnosed with cerebral palsy)



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Our Family Process:

- o Years of frustration and misdiagnosis
- o Years of believing that Karli was not trying her best
- o Believing that Karli would "grow out of it"
- o Received Diagnosis of FAS for Karli (16 year of age)

Receiving the diagnosis

Facing the truth

families may go through stages of grief and acceptance:

- o Ignorance
- o Denial
- o Grief: sadness & anger
- o Depression * really angry * numb
- o Paralyzed

ACCEPTANCE:

"My daughter has FAS"

Moving from Victim to Warrior Mom!



New house rules:
No discussing what Karli cannot do!
The focus changed to what Karli could do:

- Great artist!
- Friendly to everyone
- Wants to be helpful
- Everyone likes Karli
- 100% pure of heart, *Holy*
- Would not hurt another person-ever!
- Really wants your approval
- Great with the elderly and individuals with severe handicapping conditions



Receiving that Diagnosis Catapulted me into **EXTREME RECOVERY!**

- o *Survival: Do or Die; This child needed a Warrior Mom*
- o *Sought out Spiritual Healing, Concepts*
- o *Released Negativity (Guilt, Remorse, Shame)*

Became part of the solution = Advocacy

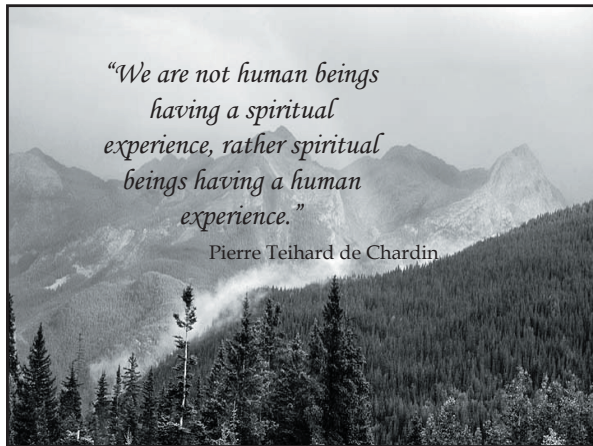
Sometimes angels appear to help us along the path!



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Karli possessed a natural ability for spiritual simplicity!

Maybe she was here to teach us...
The glass was now half full!!



Support and understanding from my family was the key to my recovery.



**Individuals with FASD make
Powerful Advocates!**



**Help Women to Change Their Belief
Systems:**

Maybe I Could Experience Good Things in Life?

Encourage her to nourish, giggle,
hug, create, take risks,
massage and to sit and listen
and you will witness a
BEAUTIFUL SOUL BLOOM!



He!Io SOUL-SELF!

*Carl Jung's theory of synchronicity:
We are all connected and intertwine with
perfect timing.
There is a reason for everything.*

There are no mistakes!

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• It's up to All of us to Fight to Reduce the Stigma of Addiction and FASD !
