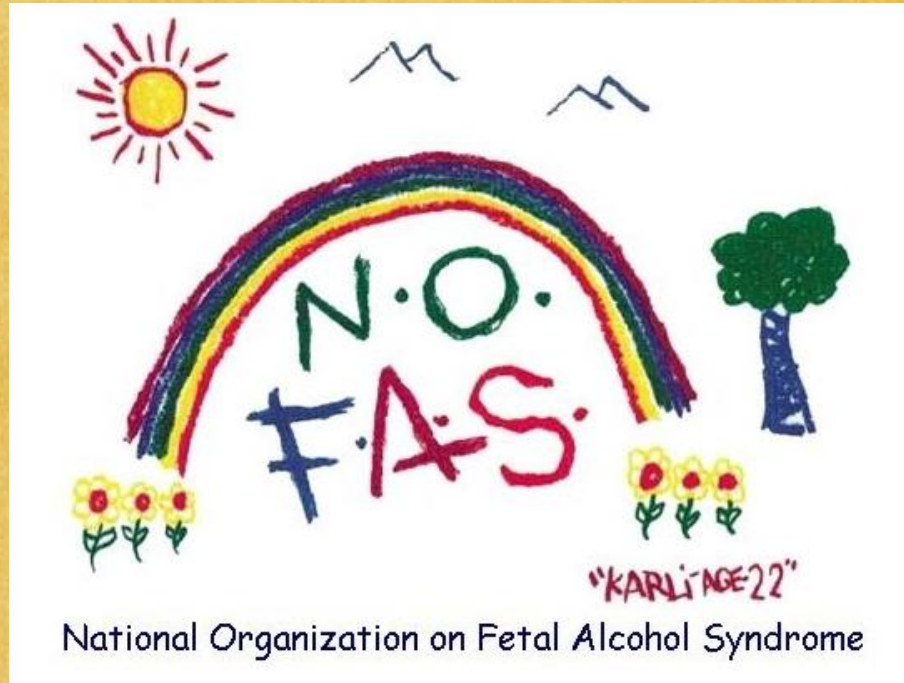


Supporting Women to Prevent FASD Creating a Circle of Hope



Kathleen Tavenner Mitchell, MHS, LCADC

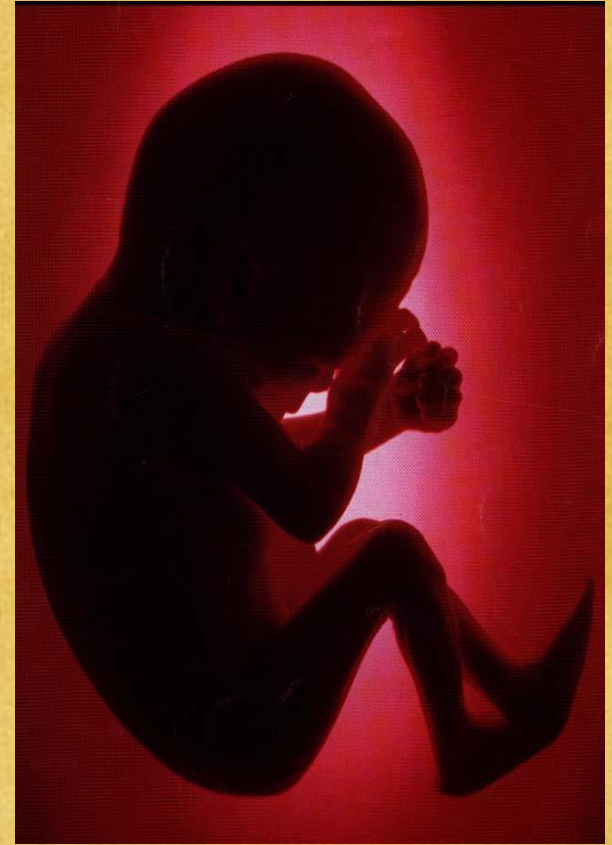
Vice President and National Spokesperson

National Organization on Fetal Alcohol Syndrome

The effects of FASD last a lifetime

FASD is the leading cause of intellectual disability and is a leading cause of birth defects and learning and behavioral disorders.

FASD's can be
PREVENTED!



NOFAS.org

Follow Us!



- ☞ The **N.O. F.A.S. Weekly Roundup** is published to provide a spotlight on media, industry research, and events pertinent to **FASD** and alcohol exposed pregnancies.
- ☞ **NOFAS Facebook Page, COH Facebook, & Twitter** account.
- ☞ **Alcoholfreepregnancy YouTube Channel**
 - *188 interviews*

NOFAS Circle of Hope Birth Mothers Network

www.nofas.org/coh

Mitchell@nofas.org



- ☞ Peer mentoring Support
- ☞ Speakers Bureau
- ☞ Newsletters
- ☞ Private Facebook site for birth moms
- ☞ Webinars



Empowerment



∞ The process of increasing the capacity of individuals to make choices into desired actions and outcomes

Healing Our Spirit: Authentic Wisdom



And allow women to discuss the
unthinkable:

- ☧ Sexuality
- ☧ Abuse (emotional, sexual, physical)-help client to define
- ☧ Substance use during pregnancy and possible consequences
- ☧ Menstruation-Menopause
- ☧ Secrets



Honor & Empower Women

- ☪ Maiden * Mother* Crone
- ☪ Intuitive wisdom
- ☪ Motherhood: Sacred vessels of the future people
- ☪ Healers
- ☪ Caretakers
- ☪ Artisans
- ☪ Visionaries
- ☪ Desires, dreams and fantasies



Self Actualization

Treatment, 12 step, PCAP or other recovery:

- ∞ Physical needs
- ∞ Safety and security

COH membership

- ∞ LOVE and BELONGING-feeling connected
- ∞ Self-esteem
- ∞ Self: sense of purpose, morality, inner peace

Our journey's are circular, we are all connected & cross paths with perfect timing if we listen to the stories.



“It’s the stories that will create the change. If you want to serve, you need to begin with the stories.”
Bill Clinton

1977

Karli, Danny and Erin
A Happy Little Hippy Family



Diagnosis was a gift:

Learned to view the glass as half-full

- ⌘ Don't take simple things for granted
- ⌘ Don't take yourself too seriously
- ⌘ Make each day fun
- ⌘ **Conscious Contact** is real
- ⌘ Pay attention to the little joys- they matter most
- ⌘ How we say things can effect others; try to be nice to all
- ⌘ Saying good morning and good night is very important



100% Alcohol Free!!





My Child has FAS: The Scarlet Letter

A lifetime of
Shame &
Judgment





Re-cov-er-y

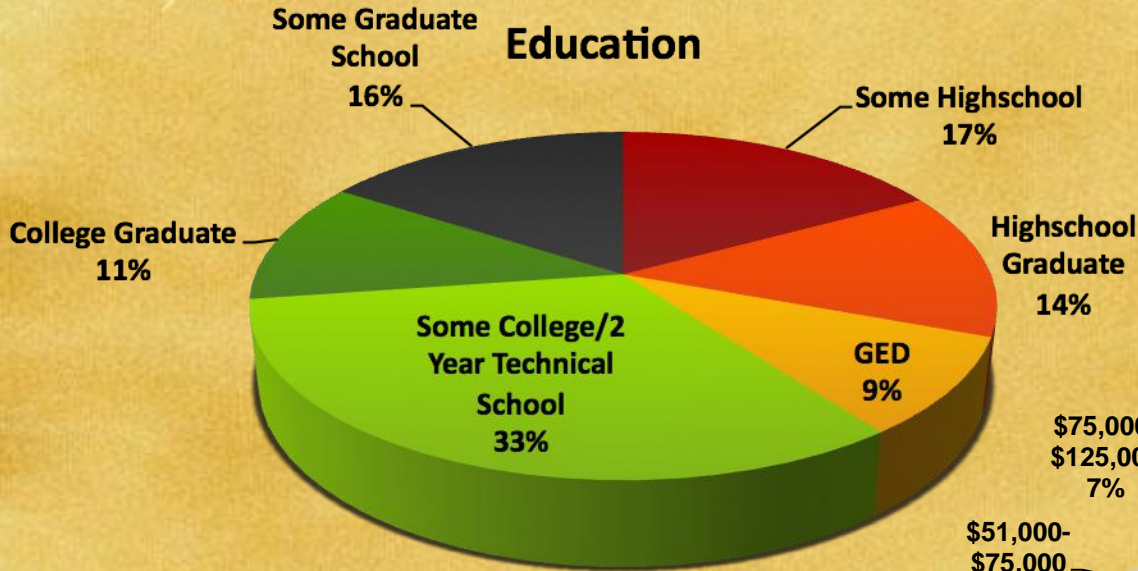
- ⌘ A return to a normal condition
- ⌘ Something gained or restored

NOFAS Circle of Hope
Warrior Mom Network
www.nofas.org/coh

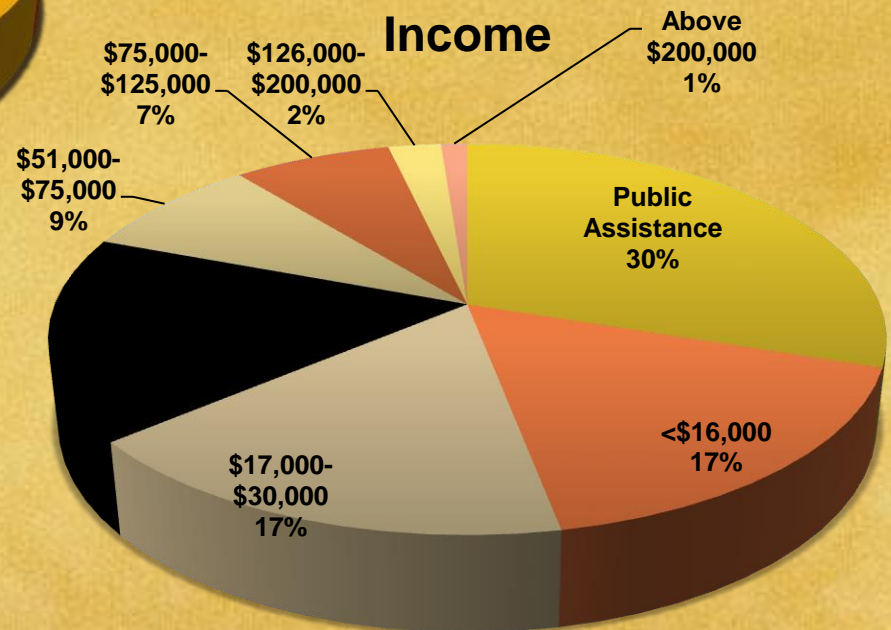


Current Education & Household Income

Education



Income

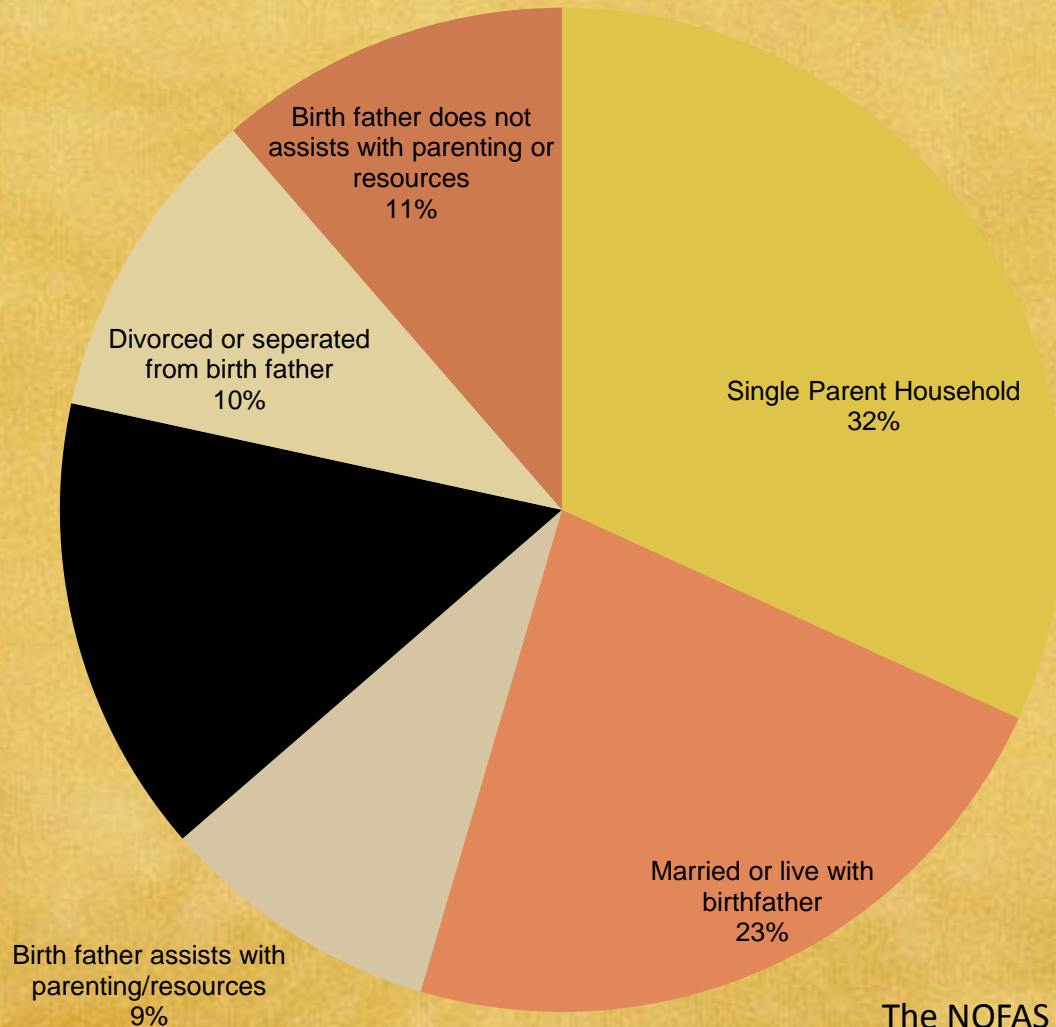


After the Women Became Sober...

☞ 26.5% increased their household income

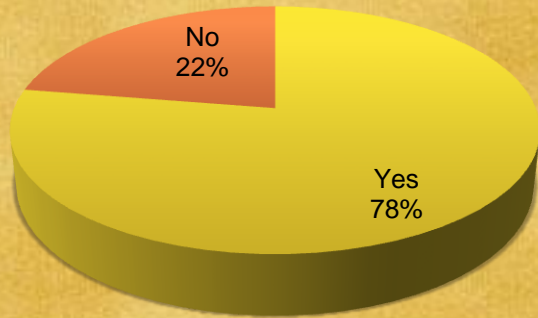
☞ 37.5% pursued further education

Current Family Situation

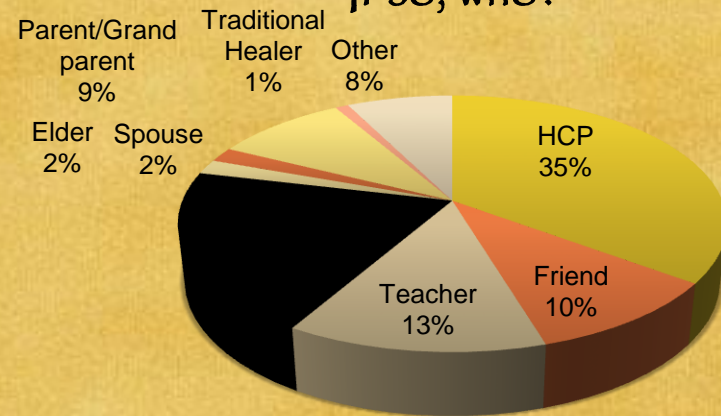


Knowledge About Drinking While PG

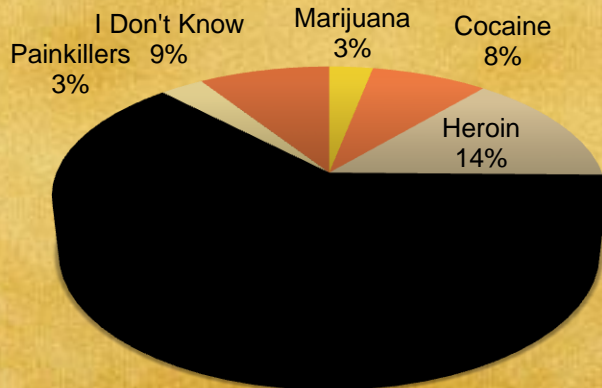
Has anyone ever talked to you about the effects of drinking alcohol during PG?



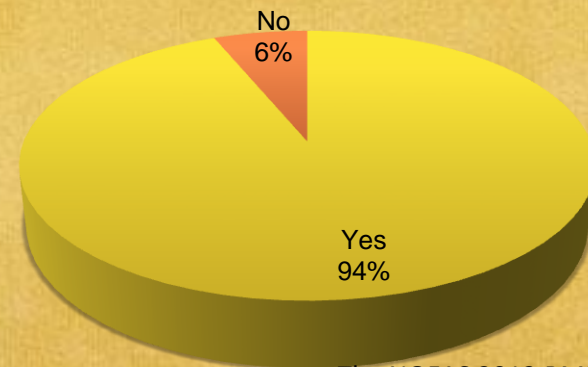
If so, who?



Which substance is most harmful during PG?



Can it be prevented?



Motherhood

☞ Average Number of Pregnancies:

3 (2.72) Pregnancies

☞ Average Number of Living Children:

2 (2.24) Children

☞ Average Age of Mother When She Was Pregnant with...

☞ Her 1st Child: 22 (21.77) Years Old

☞ Her 2nd Child: 25 (25.43) Years Old

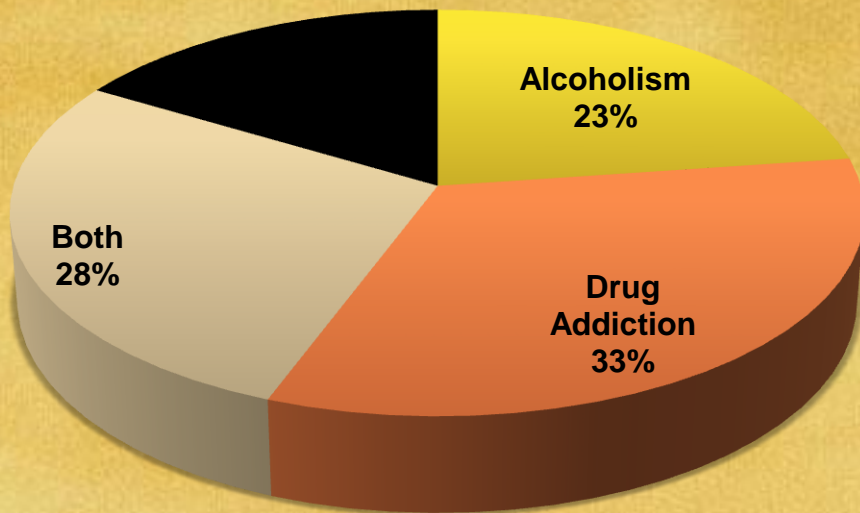
☞ Her 3rd Child: 28 (28.47) Years Old

Why?

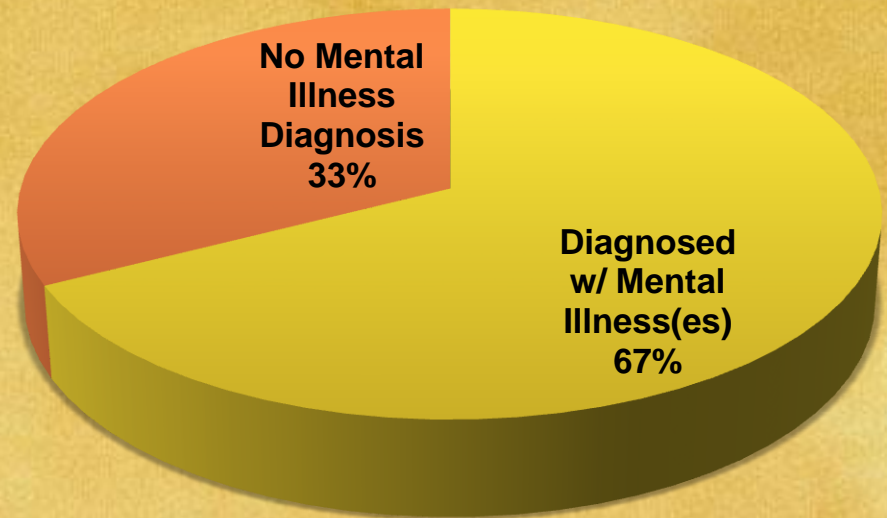
- ☞ I am a social drinker, drank before I knew I was pregnant and stopped when I found out. **28.1%**
- ☞ I knew I shouldn't, but I couldn't stop. **21.9%**
- ☞ Doctor never said I shouldn't drink. **21.9%**
- ☞ I was an addict in active addiction. **18.8%**
- ☞ Doctor said I should drink. **9.4%**
- ☞ I was an addict and ashamed. **9.4%**
- ☞ I am an alcoholic, drank before I knew I was pregnant, and stopped when I found out. **6.3%**
- ☞ Thought it was ok to drink, just not excessively. **3.1%**
- ☞ I was an addict and could not get into treatment. **3.1%**

The Most Common Mental Illnesses: Depression & Anxiety

Addiction Diagnosis



Mental Health Status



Hello Soul Self!



Treatment is the safe cocoon,
that releases the **butterfly!**

I **CAN** and **WILL** Experience
Good Things in Life.... I can
giggle, hug, create, take risks

*..and we get to watch a
BEAUTIFUL SOUL BLOOM!*



Practice Compassion

They are doing the best that they can,
with the tools they have been given.

- ☞ Be Gentle * Listen to their story
- ☞ Help them to find safe haven ~ if it's obvious they need help to stop drinking ~ help them find support
- ☞ Go the extra mile ~ check in with them
- ☞ Never under-estimate the power of giving just 2 minutes of your time ~ let them know they matter

Embrace your femininity!



- ❧ Release the guilt ~ life is too short.
- ❧ Dance like no-one is watching!
- ❧ Play and create everyday!
- ❧ Dress-up and enjoy decorating your body.
- ❧ Own your artist self.
- ❧ Spend time with your children, grandchildren and great-grandchildren...you are their teacher.
- ❧ Immerse yourself in water, play in the snow, lay in the sunshine, and jump in the leaves.
- ❧ Open your heart, help others...it is the way of the feminine.
- ❧ Allow the tears to come, so that the sun will shine brightly.
- ❧ Meditate, listen...your inner wisdom is speaking to you.
- ❧ Sing loudly, hug trees, scream with the wind, and howl at the moon.
- ❧ Fill your house with fresh flowers.
- ❧ Paint your walls in bright colors.
- ❧ Make love; scream and howl if you want to!

Contact me
ANYTIME!
Thank You!

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