

Fetal Alcohol Spectrum Videos/DVDs

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Video/DVD Lending Library
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Alcohol and Its Effects

Using graphics, animation, and brain scans, along with the voices of recovering users, top alcohol researchers, and treatment professionals, this comprehensive and current video describes: The effects based on blood alcohol levels and length of use; The neurochemistry of tolerance and withdrawal; Emotional and physical reasons for drinking and craving; Genetic and environmental contributions to alcoholism; Causes for different levels of drinking (e.g. binge); Social effects of drinking (e.g., DUI, violence); Effects on the developing fetus (e.g., FAS & FAE); and Treatment and recovery strategies.

Adult 60 min. 2001 V-4008 or DVD-4008

...and Down Will Come Baby

Over 375,000 newborn babies have been exposed to drugs in utero. The effects on the fetus are outlined in this video, which is narrated by adolescents. A physician provides the devastating consequences that alcohol, tobacco, and drugs can have on a fetus. This tape promotes an awareness of the problem among teenagers who are at risk for both unplanned pregnancy and substance abuse. The shocking effects on newborn babies are shown. The film concludes with a reflection from the adolescents on what parenting is all about, how it begins in the womb, and the responsibilities for both the mother and father.

High School/Adult 17 min. 1996 V-4017

Babies Can't Say 'NO': Substance Abuse During Pregnancy

Any substance that a pregnant woman ingests – whether healthful or toxic – immediately crosses through the placenta to her developing baby. This program shows how a pregnant woman's use of alcohol, tobacco, and other drugs may severely harm the fetus, causing miscarriage or premature birth. It explains that an infant who survives an alcohol-soaked pregnancy is often born with Fetal Alcohol Syndrome, a group of serious physical and neurological birth defects – and the most common cause of mental retardation. The birth mother and adoptive mother of a child with FAS present their real-life experience of heartbreaks and small victories, while an FAS-trained pediatrician and educator describe the medical and developmental struggles of children with FAS and other drug-induced birth defects. Their stories deliver a potent preventive message, and will serve as a strong intervention tool for use with students, patients, prospective parents, and pregnant women and their partners.

High School/Adult 23 min. 2001 V-4019

The Disease of Alcoholism Update

According to Dr. Ohlms, alcohol still leads the list of most abused drugs in all age groups, between men and women, and from all walks of life. Dr. Ohlms clearly and cogently describes alcoholism as a chronic, progressive, incurable disease characterized by a train of signs and symptoms. He also shares startling and convincing information on the physiological aspects of alcohol addiction and fetal alcohol syndrome. Dr. Ohlms also addresses the effects alcoholism has on the family of the alcoholic.

Adult 39 min. 2002 V-4037

Drinking and Reproductive Health: A Fetal Alcohol Spectrum Disorders Prevention Tool Kit *Available online*

The American College of Obstetricians and Gynecologists (ACOG), in collaboration with CDC, has developed the "[Drinking and Reproductive Health: A Fetal Alcohol Spectrum Disorders Prevention Tool Kit](http://www.cdc.gov/ncbddd/fas/acog_toolkit.htm)." The primary component in the tool kit is a CD-ROM that aims to teach women's health care providers how to screen and advise all of their patients of reproductive age about risky drinking and encourage the use of effective contraception among patients who continue to engage in risky drinking. It also addresses drinking during pregnancy. With information on screening, education, and counseling, this publication will help women's health care clinicians prevent FASDs when they encounter risky drinking, regardless of pregnancy status.

http://www.cdc.gov/ncbddd/fas/acog_toolkit.htm

Adult 2006 CD-ROM-4024

Fetal Alcohol Exposure: Changing the Future

How are fetal alcohol spectrum disorders diagnosed? What are the primary and secondary disabilities associated with FASD? And—most important of all—what is the human cost? This program addresses these questions through the firsthand experiences of Ann Streissguth, director of the University of Washington's Fetal Alcohol and Drug Unit; Kathy Mitchell, vice president of NOFAS; Erica Lara, who works at a residential drug and alcohol treatment facility designed especially for women with young children; and Erica Gitis-Miles, a college student who has FASD. The in utero effects of alcohol are considered as well, as are the facial, bodily, neurological, cognitive, and behavioral characteristics of FASD.

Grades 9-up 31 min. 2006 DVD-4186

F.A.S.: When the Children Grow Up

This compassionate program tells the stories of three adults living with Fetal Alcohol Syndrome and Fetal Alcohol Effects – some who were diagnosed early – and the events, programs, and people who made a difference in their lives, from elementary school to adulthood. Viewers will gain a new realization that they or someone they know may have FAS/FAE characteristics. Although not a documentary about FAS prevention, the audience will see the difficulties that face persons who live with FAS. The documentary explores some of the strategies and programs that help people with FAS lead more productive lives.

Adult 40 min. 2002 V-4061

Journey Through the Healing Circle

Can raccoon twins, a fox, a bear and a puffin teach parents about Fetal Alcohol Syndrome? Yes, when these wild creatures are brought to life through the stories and word pictures of a Native American storyteller in an award-winning video series. A partnership of Washington State agencies, health-care experts, and traditional Northwest tribal storytellers has produced a collection of stories, health tips, and practical knowledge to help parents and foster parents learn about Fetal Alcohol Syndrome and understand how it affects their children. Fetal Alcohol Syndrome is the only birth defect that can be completely prevented, but high rates of alcohol use and unplanned pregnancies make prevention a challenging task. Children with FAS or related conditions exhibit a number of behavior challenges, including inconsistency in understanding and carrying out instructions, frequent inability to judge the danger of a situation, lack of interest in eating, and difficulties in falling asleep. They often find their world to be complex and confusing and are easily frustrated when attempting to learn new things.

Little Fox/Little Mask ages birth-11, v. 1 47 min. V-4071

Sees No Danger/Travels in Circles ages 12-22, v. 2 53 min. V-4072

Junior High School/High School/Adult 1999

Last Call: The Sobering Truth About F.A.S./F.A.E.

It seems so harmless. A glass of wine, a beer or one little drink, how much could it hurt? At last a program that tells it like it is. For women who are, or may be pregnant, consuming alcohol in any quantity is like playing Russian roulette. You are playing with the life of a child and may be risking lifelong mental, emotional and physical disabilities. Your drinking could cause a lifetime of pain, suffering, and disappointment. Produced by Emmy Award winner David Gray, this documentary features two nationally recognized Fetal Alcohol Syndrome (F.A.S.) experts. F.A.S. is the leading known cause of mental retardation, according to the *Journal of the American Medical Association*. It is 100% preventable. After watching *Last Call*, you will know why drinking during pregnancy isn't worth the risk. This video will help you educate mothers, their male partners, families and friends about the need to stay away from alcohol during pregnancy.

High School/Adult 26 min. 2001 V-4077

The Listening Heart

The Listening Heart is the story of four families, all of whom adopted a child with Fetal Alcohol Syndrome. Unlike any other film produced about FAS, *The Listening Heart* utilizes the voices of the children and parents to tell their stories about how FAS has affected their lives. Each family's story focuses on a different aspect of FAS, ranging from the behavioral difficulties to the learning disabilities and social problems that affect the children's everyday functioning. Because *The Listening Heart* was originally produced as an educational documentary for professionals, teachers, and adoptive parents, it utilizes interviews with medical experts who navigate through the information provided by the parents' testimonials, and, using hands-on methods, offer solutions and techniques to dealing with the issues of FAS. *The Listening Heart* is a simply told story of both the harsh realities of living with a disability and the hope that endures through the love and selflessness of dedicated parents. It is a tale of fostering children's strengths and embracing patience while battling a devastating disease that cannot be cured. *The Listening Heart* both teaches and compels; it is one of those rare films that has the potential to change lives.

High School/Adult 37 min. 2004 V-4148

The Listening Heart Special Edition was designed to help both professionals and parents teach about Fetal Alcohol Syndrome. Included in this package are three tools that complement each other, providing the most comprehensive set of educational materials available about FAS. DVD-4148

No Safe Amount: Women, Alcohol and Fetal Alcohol Syndrome (cc)

Interweaving interviews with real teens who have experimented with alcohol, animated sequences demonstrating how a growing fetus is affected by alcohol use inside the womb, plus an up-close and personal look at a young woman growing up afflicted with Fetal Alcohol Syndrome (FAS), this program clearly demonstrates the unique risks that alcohol poses to women. One girl tells about being raped after a night of drinking. Another, about almost dying after binge drinking and being in a coma for three days. Program follows the girls as they learn the impact of alcohol use on women's bodies—how women metabolize alcohol differently than men; why size and gender matter when it comes to drinking; the biology of alcohol addiction and the link to permanent brain damage; and the indelible horror of FAS.

Grades 7-College 18 min. 2007 DVD-4197

Recovering Hope: Mothers Speak Out About Fetal Alcohol Spectrum Disorders

Recovering Hope is an intimate and inspiring hour-long video about Fetal Alcohol Spectrum Disorders (FASD). The video, created for viewing by women in recovery and their counselors, is divided into two half-hour episodes to allow time for discussion within a treatment session. Viewers will learn that FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and learning disabilities with possible lifelong implications. The term FASD is not intended for use as a clinical diagnosis. Fetal alcohol syndrome (FAS), a clinical diagnostic term included under FASD, describes a pattern of growth retardation, facial anomalies, and brain damage. Persons who do not have all three of these characteristics still can be severely affected. None of these problems can be cured. But all of them can be prevented. FASD is caused solely by prenatal alcohol exposure. It cannot be inherited.

High School/Adult 60 min. 2004 V-4129 or DVD-4129

Sacred Trust: Protect Your Baby Against Fetal Alcohol Syndrome

Sacred Trust addresses Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) among American Indian and Alaska Native women and promotes an alcohol-free lifestyle during pregnancy. Individuals from various nations are shown giving no-use messages: the mother of a child born with FAS, a parent and foster parent of FAS/FAE children who discuss the children's physical and behavioral problems, a tribal elder who discusses the cultural belief that women possess a sacred trust as life givers, and a health educator who offers strategies to help women avoid drinking. American Indian men are encouraged by one of their own to support a woman's decision not to drink alcohol during her pregnancy.

High School/Adult 15 min. 1992 V-4098

Students Like Me: Teaching Children with Fetal Alcohol Syndrome

Students Like Me was created to help elementary and special educators understand what Fetal Alcohol Syndrome is and provide teaching methods to help children affected by fetal alcohol reach their full potential.

Includes:

- How to recognize a child with FAS in the classroom
- How to modify the class environment and adjust teaching methods
- How to communicate clearly and plan transitions and unstructured time

Adult 39 min. 2000 V-4101

Understanding Fetal Alcohol Syndrome (cc)

In this video, viewers meet Jodee, a teenager who is afflicted with Fetal Alcohol Syndrome (FAS) because her mother drank alcohol during her pregnancy. FAS represents a spectrum of physical and emotional disorders that occur because of alcohol poisoning before birth. Jodee tells her story, supported by powerful graphics revealing how the developing fetus is damaged by alcohol. The signs and symptoms of FAS are described, including low birth weight, facial abnormalities, reduced coordination, poor social skills, learning difficulties and behavioral problems. Jodee's lifelong difficulties are a direct result of her mother's alcohol use. This program delivers a strong "no alcohol use" message to pregnant women.

Grades 7-College 20 min. 2008 DVD-4208

Worth the Trip: Raising a Child with Fetal Alcohol Syndrome

A groundbreaking video guide for parents and caregivers, it is the first comprehensive video resource about the health, development and learning styles of children affected by fetal alcohol exposure. The video presents strategies for meeting the developmental and behavioral challenges faced by children with Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effect (FAE). Its topics include: speech and language development, behavioral concerns, impact on siblings and parents' relationships, and developments that offer hope for the future.

High School/Adult 39 min. 1999 V-4124