Reducing Recidivism:

Improving Supervision Outcomes for Probationers with Fetal Alcohol Spectrum Disorders
MOFAS Mission

Our mission is to eliminate disability caused by alcohol consumption during pregnancy and to improve the quality of life for those living with Fetal Alcohol Spectrum Disorders throughout Minnesota.
MOFAS Vision

Our vision is a world in which women do not drink alcohol during pregnancy and people living with Fetal Alcohol Spectrum Disorders are identified, supported, and valued.
Why Should You Care?

If you work in the corrections or justice field you have or you will come into contact with individuals impacted by Fetal Alcohol Spectrum Disorders (FASD).
Poll Results:
I have worked with an individual with FASD

69%
31%
Learning Objectives

• Overview of FASD
• Identifying individuals with FASD on your case load
• Practical strategies for working with individuals on the spectrum
What is FASD?
FASD: An Invisible Disability
Poll Results: What demographic of women are most likely to drink alcohol during pregnancy?

- High school drop outs: 69%
- High school graduates: 14%
- College educated: 18%
What demographic of women are most likely to drink alcohol during pregnancy?
What demographic of women are most likely to drink alcohol during pregnancy?

- College educated
- Between ages 35-44
- Making more than $50,000 / year
How Prevalent is FASD in the U.S.

Up to 1 in 20 U.S. School Children are estimated to have an FASD.

(Centers for Disease Control 2016)
FASD is not a Diagnosis

FAS  Fetal Alcohol Syndrome
PFAS  Partial Fetal Alcohol Syndrome
ARND  Alcohol Related Neurodevelopmental Disorder
ARBD  Alcohol Related Birth Defects
About half of all pregnancies are unplanned.
What is the approximate percentage of unplanned pregnancies in the United States?

About half of all pregnancies are unplanned.

85% of those with substance abuse disorders.
Facial Features of FAS
Brain is Susceptible to Alcohol throughout all 3 trimesters.
An Invisible Disability

FASD is often referred to as an invisible disability. Can you identify the youth with an FASD?
FASD & the Brain

Autopsy Study

6 week old healthy brain

6 week old with FAS
FASD & the Brain

Smaller head size

Smaller brain size
FASD & the Brain

- Smaller head size
- Smaller brain size
- Disrupt normal brain formation
FASD & the Brain

6 week old healthy brain
FASD & the Brain
FASD & the Brain

- Smaller head size
- Smaller brain size
- Disrupt normal brain formation
- Processing speed impacted
FASD & the Brain

- Adjust speed in communicating

Processing speed impacted
FASD & the Brain

- Adjust speed in communicating
- May get only every third or fourth word

Processing speed impacted
FASD & the Brain

- Adjust speed in communicating
- May get only every third or fourth word
- Give time to process responses
Common Symptoms & Risk Factors

- Impulsivity
- Difficulty picking up on social cues
- Easily influenced by others
- Sensory Processing Disorder
It Takes a Village

Health
- Pediatritian
- Neurologists (2)
- Pediatric Ophthalmologist
- Audiologist
- Otolarologist
- Pharmacy
- Medical Supply Providers
- Gastroenterologist
- Feeding Specialist
- Nutritionist
- High-Risk Infant Clinic
- FAS Diagnostic Clinic
- Lab and X-Ray Services
- Surgeons
- Pulmonologist
- Respiratory Therapist

Education
- Physical Therapist
- Speech/Language Pathologist
- Infant Educator
- Cultural Recreational Therapy (e.g. drumming)
- Birth-3 Program: Occupational Therapist, Speech/Language pathologist, Teacher, Aid, Play Therapist

Social and Community Services
- Local Indian Child Welfare Advisory Committee
- Tribal Social Worker
- Child Welfare/Case Worker
- Tribal Council
- Respite Providers
- Foster Care System
- Day Care
- Div. of Dev. Disabilities/Case Worker and Family Resource Coordinator
- Substance Abuse Treatment (birth mother)
- Mental Health Counseling (birth mother)
- Parenting Education (birth mother)

Legal and Financial Services
- SSI
- Medicaid
- Guardian Ad Litem
- Judge-Foster Care Issues
- Attorneys for Birth Parents

NCJTC National Criminal Justice Training Center of Fox Valley Technical College
Chronological v. Developmental Age
Did you know?

12.8

Average age children with FASD begin having trouble with the law

American Bar Association
Case Study

Risk Factors

60%

FASD and Victimization

Streissguth, et al. 1996
Case Study

When FASD and ACES collide

Colton Harris-Moore AKA the Barefoot Bandit smiles after his 7-year sentencing
Case Study

“Criminal Master Mind” – FBI agent

Committing crimes since age 7

Basic needs unmet at home

Colton Harris-Moore AKA the Barefoot Bandit smiles after his 7-year sentencing
Case Study

Retired Correctional Officer Bob Steeves worked for 25 years as a correctional officer including working in a maximum security prison.
Case Study

Vulnerable to

Becomes

• Gangs
• Exploitation
• Manipulation

• Prey
• Public Safety Risks

(Blatchford, 2011; Kelley; 2010).
Strategies Not Solutions

- Expect inconsistency
- Celebrate consistency!
- Strategies are not always transferable from one person to another.
Expect inconsistency

Celebrate consistency!

Strategies are not always transferable from one person to another.
“Seek first to understand, then to be understood.”
Modifying Interventions

Why we recommend screening for FASD

- Improved outcomes
- Individuals can be seen as having a disability
- Reduced frustration and anger
- Approaches can be modified
- Reframe poor self perceptions
- Preventing future alcohol exposed pregnancies
## Promising FASD Screening Programs

### 4th Judicial District of MN

- **170 youth screened**
- **77 (45%) screened positive**
- **87% completed diagnosis**
- **85% diagnosed with an FASD**
- **58% had no new offenses and no probation violations**

Both Projects Funded by SAMHSA 2008 - 2012
Promising FASD Screening Programs

17th Judicial District of Colorado

805 youth screened

202 (25%) screened positive

92 completed diagnosis

48% diagnosed with an FASD

Diagnosis and Probation modification dropped recidivism rate to 15% from baseline 50%

Both Projects Funded by SAMHSA 2008 - 2012
<table>
<thead>
<tr>
<th>Reading and writing skill level</th>
<th>Sensory Issues</th>
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</thead>
<tbody>
<tr>
<td>Cognitive functioning</td>
<td>Self-Esteem</td>
</tr>
<tr>
<td>Mental Health</td>
<td>Life Skills</td>
</tr>
<tr>
<td>ACES and Trauma</td>
<td>Areas for support</td>
</tr>
<tr>
<td>Social and communication skills</td>
<td>Strengths</td>
</tr>
</tbody>
</table>
Strategies

Recognize the concept of neuro-diversity and change the paradigm around IQ and intelligence!
Strategies

- Allow extra time for processing
- Simple, short directives
- Concrete and specific
- Share the rules early and often
  - Importance of options
- Use same verbiage
- Check for understanding
- Monitor for frustration
- Tell them what you want them to do
  - Avoid confabulation risks
Modifying Interventions

Communication methods

- Build on verbal exchanges (auditory, visual, and tactile approaches)
- Graphs/Charts
- Checklists
- Using smartphones for appointment reminders
Strategies

Probation Icon Project

No Weapons

Abstain from alcohol and drugs

No contact/communication
The External Brain Strategy

The goal is **interdependence** rather than independence
Modifying Interventions

STRETCH

the schedule and

shorten meetings
Modifying Interventions

Understand and address the challenges inherent within group dynamics for individuals on the spectrum.
Factors to consider that can impact behavior

- Dehydration
- Fatigue
- Missed Medications
- Additives in Diet
- Sensory overload
- Confabulation
- Exercise
- Emotional Stress
Modifying Interventions

- More Intense Structure
- Controlled Predictable Setting
- Advance Preparation for Change
- Do not overschedule
- Keep time consistent and productive.
Strategies

There is often a critical need to address social skills, life skills, and adaptive functioning skills with clients on the spectrum!
Modifying Interventions

A few words on consequences...
Modifying Interventions

Adapt the Physical Environment Reduce visual distractions

- Minimize clutter
- Reduce the brightness of lighting
- Calming colors
Modifying Interventions

Develop Self-Advocacy Skills

“We’re encouraging people to become involved in their own rescue.”
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