

2014 annual report



reducing stigma around FASD

Since 1998, the Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) has been dedicated to eliminating disability caused by alcohol consumption during pregnancy and improving the quality of life for those living with Fetal Alcohol Spectrum Disorders (FASD) throughout Minnesota. We want to change the social norm around drinking alcohol while pregnant. Through educating and creating awareness about this issue, and giving a voice and face to the families and individuals that live with the challenges of this disability every day, we hope to remove the stigma and blame associated with FASD, and create a world where women do not drink alcohol when pregnant and people with an FASD are living healthy and productive lives. Here is the progress MOFAS has made in reducing stigma around FASD in 2014...

raising awareness

“ Pregnant women who drink alcohol, experience judgmental attitudes from service providers, feelings of shame, depression, low self-esteem and fear of losing their children. ”

1 in 13 women drink alcohol while pregnant

MOFAS shared our 049 prevention message across Minnesota:



supporting families

“ Raising children can have its challenges. Raising a child with an FASD comes with a whole different set of challenges that can be overwhelming and exhausting. ”

TOP 5 WAYS MOFAS supported families and caregivers:

9 Family Resource Coordinators (FRCs) provided direct support to families across MN.

8,565 Requests for information and referrals were responded to.

1,125 women who used alcohol and/or drugs while pregnant found support through Changing Course.

368 Virtual Family Center (VFC) members posted questions, concerns, and shared stories.

100+ young adults participated in activities where they could be themselves and have fun.

screening and diagnosis

“ Because FASD is largely an invisible disability, society may not understand it is a lifelong disability. Early identification and appropriate support leads to the best outcomes for individuals on the FASD spectrum. ”

5,000 pre-kindergartners were screened for prenatal alcohol exposure through a unique collaboration with Minneapolis Public Schools.

“ Fear, stigma and guilt can prevent families from getting a diagnosis that can provide life-changing information for families struggling with the day to day realities of FASD. ”

54% adoptive families

58% were diagnosed on the FASD spectrum*

84 diagnostic assessments at the MOFAS Diagnostic Clinic

27% African American

74% metro area

*FASD Spectrum includes Alcohol Related Neurodevelopmental Disorder (ARNND), Fetal Alcohol Syndrome (FAS), partial Fetal Alcohol Syndrome (pFAS), and Alcohol Related Birth Defects (ARBD).

community grants

\$500,000 was invested throughout Minnesota to address FASD prevention, intervention and support at the community level.

63,008 people learned about the danger of drinking while pregnant at a public awareness grantee event.

2,690 individuals with an FASD benefited from increased screening, direct support services, caregiver education, and prevention education.

60+ young adults developed important job skills that prepared them for employment.

professional education

“ MOFAS is the leading statewide voice and resource on FASD, helping professionals, families and caregivers better understand the impact of FASD. ”



4,000 received education and training on FASD.

350 people attended the 2014 FASD matters conference on FASD and Human Rights.

23 & 31 breakouts speakers



FASD matters.

MEETS STANDARDS

The Minnesota Organization on Fetal Alcohol Syndrome is a 501(c)(3) organization. Donations are tax deductible. Questions or concerns? Please contact Sara at 651-917-2370 or saras@mofas.org

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