



annual
report
2017



www.mofas.org

letter from the executive director

The Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) is unique in that we have a dual mission. One half of the mission is to prevent disability from prenatal alcohol exposure; the other half is to improve the quality of life for people with a fetal alcohol spectrum disorder (FASD). In the pages that follow, you'll see highlights from our programs and activities, all of which seek to have the maximum impact on individuals and families on both sides of our mission.



This year I especially want to highlight one program that's near and dear to my heart: Family-Centered Long-Term Recovery Supports. It's a startlingly effective FASD prevention strategy for people who need more than public health information in order to have an alcohol-free pregnancy. In one 3.5-year period, this program served 298 women at an average cost of \$2,467 per family for the entire 3.5 years, or \$705 per family per year. Only four babies were born with prenatal substance exposure during that period. The program works by supporting women with a history of substance use disorders who are pregnant or parenting young children by leveraging existing community resources. I invite you to read further to see the huge impact this and all of our other programs and activities had in Minnesota in 2017.

I'll wrap up by noting that, as we round the corner to our 20th anniversary next year, I feel especially deep gratitude toward our volunteers and supporters. You're our partners in bringing about the accomplishments we name in this report. Thank you so much for all you do both for and with this incredible organization. We couldn't do all that we do without you.

Sincerely,

A handwritten signature in white ink that reads "Sara Messelt". The signature is fluid and cursive, written over a light background.

Sara Messelt, executive director



MOFAS impact

150% ↑

Patients in foster care who were seen at the MOFAS FASD Diagnostic Clinic increased by 150%.



The training department delivered 191 presentations on issues related to FASD.

500 

The Changing Course Series had over 500 attendees.



Over 6,500 people received training on issues related to FASD.



We held 48 caregiver support group meetings across Minnesota.



Youth participants in our social and recreational activities have developed more friendships according to 3 in 4 caregivers.



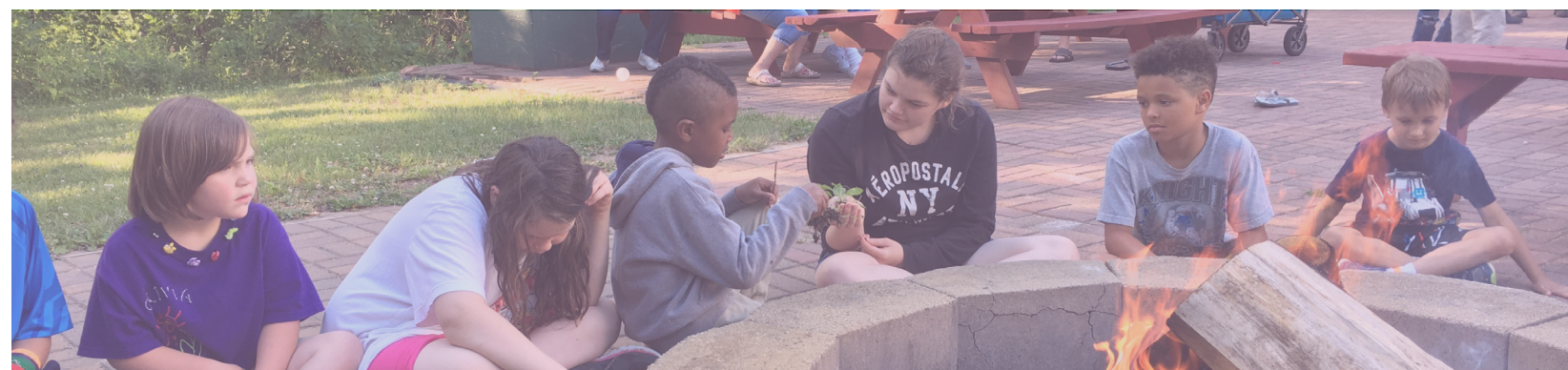
The number of patients ages 5 and under seen at the MOFAS FASD Diagnostic Clinic increased by 68%.



Our 33 community events across the state reached 6,598 people with the FASD prevention messaging.



The intervention and family support team had 1,545 individual contacts with caregivers.



MOFAS impact



We distributed 144,696 public awareness materials.

\$705

Family-Centered Long-Term Recovery Supports has supported hundreds of women to help them stay sober during their pregnancies for \$705 each year per family.



Our 5 College Ambassador Program Grantees reached 23,616 college students.



Our 17 FASD Prevention Grantees reached 16,901 people through community events focused on preconception health and alcohol-free pregnancies.



Community Grantees provided education equity law services to 138 students with an FASD.



Community Grantees in 46 counties impacted 2,184 people.



93% of youth in the Ready to Achieve Mentoring Program improved in measures of social competence.



CENTER FOR FASD JUSTICE & EQUITY


Launched the Center for FASD Justice and Equity, a national project, with support from the American Legion Child Welfare Foundation.



Ready to Achieve Mentoring Program participants improved school attendance by decreasing unexcused absences by 76%.



MOFAS impact

109 

109 women received services through the Family-Centered Long-Term Recovery Supports programs.

THIS IS MEDICAID 

Served as a core partner in This Is Medicaid, a coalition of nonprofits across the state working to protect Medicaid from harmful changes and funding cuts.



Funded 29 youth to attend overnight summer camp thanks to a grant from the Pohlad Family Foundation.

\$500,000

Passed legislation to invest an additional \$500,000 to expand the successful Family-Centered Long-Term Recovery Supports program to three more sites in Minnesota.



A record-breaking 183 advocates rallied and met with 68 legislators during FASD Day at the Capitol.



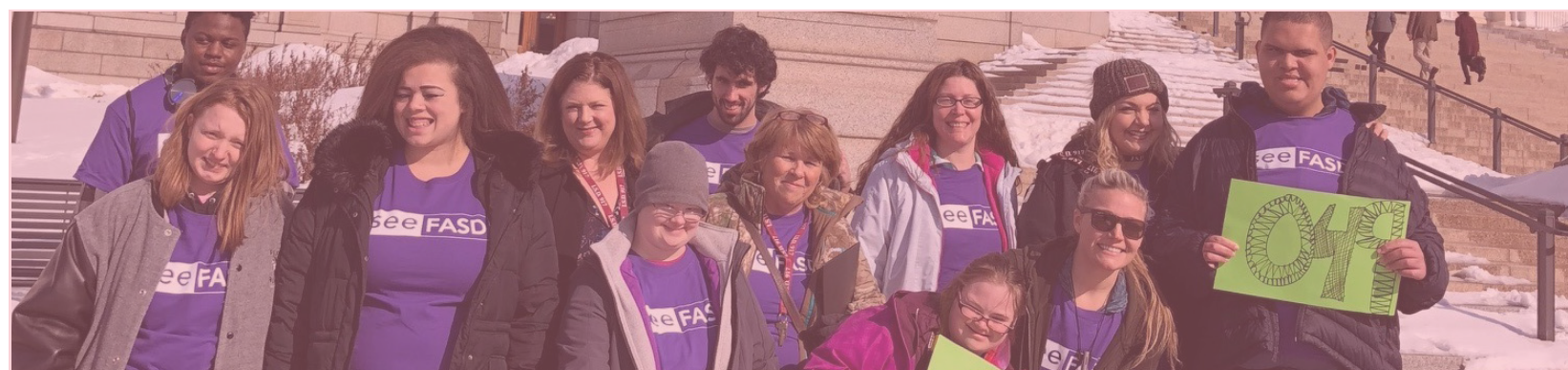
Of the 18 babies born to women in the Family-Centered Long-Term Recovery Supports program, 94% tested negative for all substances at birth.



Golfed with 130 supporters at the beautiful links at Oak Ridge Country Club, raising funds and awareness for MOFAS.

\$ 29,000

Raised \$29,000 at our 14th annual benefit.



volunteer spotlight

As we round the corner to our 20th anniversary, we want to extend a special thanks to three advocates who have been with us the entire time, including as board members for the organization. These individuals are some of the FASD community's longest-standing members and have invested countless hours of their volunteer time in the MOFAS mission. With 20 years now under their belts, we asked them what they're most proud of, as well as what they believe are the most critical hurdles to clear as we aim for zero alcohol-exposed births in the next 20 years.

Susan Shepard Carlson, founder & president emeritus



Last 20: In Minnesota more than anywhere else, we've created a visible population of people with an FASD and provided hope for families affected by FASD. And I in 2004, spearheaded the NOFAS effort to convene a summit of agencies and experts in the field to come up with a common definition for FAS as a spectrum disorder. To this day, everyone in the FASD field is using this common definition.

Next 20: The biggest hurdles now are the same as they were 20 years ago: stigma and lack of information about FASD in our systems, from clinics to courts. We also need to keep working on creating a visible population through systemic changes such as requiring universal screening and designating FASD as a category for special education services.

Cathy Bruer-Thompson

Last 20: I began as training coordinator for Hennepin County in 1995 and was the first person in the state to train foster and adoptive parents, and then relatives and kin, to help them understand FASD. I also created the "Overlapping Characteristics" fact sheet, which is well-known in the field and used many settings nationwide including MOFAS trainings to this day.

Next 20: There are multiple hurdles: One is to emphasize the idea that, if you're drinking, don't have unprotected sex, and if you're having unprotected sex, don't drink. Another is to address multi-generational alcohol use, addiction, trauma, and other reasons why some people need more than just education to have alcohol-free pregnancies.



volunteer spotlight

Sliv Carlson

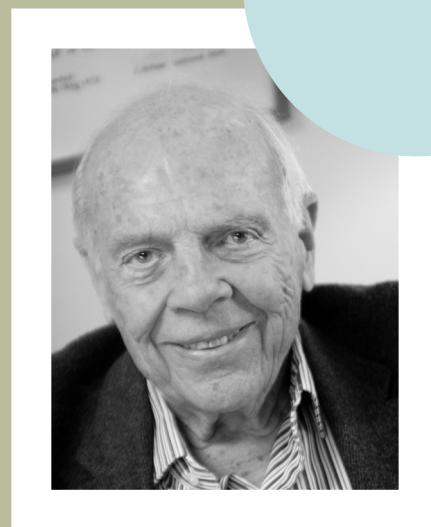


Last 20: As former Director of Government Relations for the Department of Education, I contributed my skills to help lobby for the first MOFAS grant. I also sometimes sat in for the commissioner of education on the Task Force on Fetal Alcohol Syndrome just before MOFAS was founded. In those days there were just a few of us; it's been an incredible group effort to grow today's movement of self-advocates. I also played a large role in some of the first MOFAS fundraisers.

Next 20: The hurdle into the future is the same one we've been struggling with all along: societally we need to adopt the message that there is no known safe amount of alcohol during pregnancy. I hope it becomes mainstream to say, "I'm not drinking because I'm hoping to become pregnant."

Wheelock Whitney

We couldn't mark our 20th anniversary without acknowledging the vision of one of our original board members, Wheelock Whitney. Wheelock was a true Minnesota leader in so many arenas including business, sports, education, politics, and philanthropy. When Wheelock joined the MOFAS board in 1998, he helped to develop and launch the organization's first strategic plan, strongly advocating for prevention-focused programming. He generously shared his time, talents, and resources as an active board member and urged MOFAS to continue to remember our commitment to Minnesota children, youth, and families impacted by prenatal alcohol exposure. We miss his wisdom, strategic thinking, and humor every day.



in memory

this year, because of you, MOFAS made a difference. thank you!

government grants

Dakota County
Hennepin County
Institute For Educational Leadership
Minnesota Department of Health
Minnesota Department of Human
Services

major in-kind

Ideal Printers
Windmill Design

foundations

\$1,000 - \$5,999

RBC Foundation
Richard M. Schulze Family Foundation
Whitney Foundation

\$6,000 - \$10,999

Pohlad Family Foundation

\$11,000 - \$19,999

Kinney Family Foundation
St. Paul Foundation

\$20,000+

American Legion Child Welfare
Foundation
Anonymous
Patrick and Aimee Butler Family
Foundation
Wallin Foundation from Rebecca
Wallin

corporations/organizations

\$100 - \$499

Baker Tilly Virchow Krause, LLP
Bent Paddle Brewing Company
JJ Taylor Companies
Journey Home
Luther Volkswagon Burnsville
McGrann Shea Carnival Straugh &
Lamb, Chartered
Nology Networks
Triton Chemical

\$500 - \$999

Capitol Hill Associates
Crown Bank
Diageo/Captain Morgan
Health Partners
Insurance Advisors, Inc.
Kyle White & Travis Keil, Attorneys at
Law
Your Home Improvement Company

\$1,000 - \$4,999

Allina Health
Anheuser-Busch, Inc.
Bell Bank Mortgage
Bloch & Bloch, P.A.
Bright Health
CentraCare Health
Fredrikson & Byron, P.A.
Margolis Law Firm, P.A.
Mille Lacs Corporate Ventures
Minnesota Municipal Beverage
Association
Optum Health
OXXION Consulting Corporation
Shakopee Mdewakanton Sioux
Community

\$5,000+

Specialists in General Surgery, LTD
Sullivan Cotter and Associates

individuals

\$1 - \$99

Susan Abderholden
Anonymous
Deb & Gus Avenido
Vicki Barrett
Hilary Bearmon
Bruce Beneke
Robett Bennett
Nancy Berg
Robyn Bipes-Timm
Mary & Thomas Blankenship
Arlene Brandt
Catherine Brown
Fleta Carol

Jerry Casteron
Karen & James Chapple
Loretta & Thomas Chase
Scott Christensen
Kim Danielson
Andy Donovan
Sonya Doswell
Lillian Ejebe
Katie Farley
Shauna Feine
Brent Finnegan
Patricia Flannery
John & Linda Gfrerer
Paul Gilje
Susan & Elton Goeman
Corey Halls
Rebecca Hanel
Michael Harris
Kathleen Harrison
Matthew Hughes
Corrine Jacobs
Melissa Jacobsen
Beverly Johnson
Sherry & Glenn Johnston
Joyce Kanevsky
Ronda Kerr
Joe & Kathy Kingman
Kristin Klarkowski
Jim Koepfer
Lawrence Krantz
Scot Lacek
Steve LaFrance
Elias Lang
Joye Lloyd
Bridgid & David Martin
Kathleen & Dean Mayfield
Ken & Julie McAdam
Michael McArdle
Alexa & Jade McIndoe
Sue McNaughton
Audrey Messelt
Constance Meyer
Jeff Meyer
Tiffany Morgan
Robert Morrison
June Nelson

Cynthia Pick & Jonathan Scott
Joan Pirner
Brian Prall
Wendylee Raun
Robert Richey
Nicole Ross
Terri Ross
Beverly & Casey Ryan
Barbara Schaefer
James Schaffran
Denise & Jay Scherer
Leonard Segal
Joel Sheagren
Russ & Patty Sherer
Ann Shields
Susan Smith
Jennifer Stieve
Bill Svendsgaard
Sue Terwey
Maria Tripeny
Catie Triviski
Mary Voda
Greg Wagner
Melissa Wallace
Catherine Williams
Vicki Windfeldt
Wayne Wojack
Paula Wright
Karen Zander
Lisa Zapzalka

\$100 - \$499

Reba Abbott
Richard Allen
Sonja Anderson
Kristin & Russell Anderson
Paul & Jan Anderson
Nikki Andrews
Carol Askew
Rose Barrett
Gwen & Craig Batalden
Roger Birnbaum
Christine Black-Hughes & Michael
Hughes
Carl & Laura Bloch
Coleen Brady
Cherie Bridges
Matt Brue
Sherra & Richard Buckley
Tom Burt
Chad Callahan
Stephen Cantwell
Sliv & Bill Carlson
Nadia Carrell
Pi Nian Chang

Tony Chesak
Sharon & Michael Conley
Andrea Cowell
Tom & Sherri Dimke
Anthony Domanico
David Duffy
Cori Duffy
Courtney Dutton
Joanell & Marvin Dyrstad
Andrew Ervin
Joe & Laurie Farnen
Pat Findley
Glen Fladeboe
Karina Forrest
Margaret Frank
David & Melissa Fredin
Dolores & William Fridge
Joan Gabriel
Marilyn & Victor Gebauer
Sue & Jerry Gilsdorf
Lisa Godon
Amy Goetz
Paula Goldberg
Emily Gunderson
Marsh Halberg
Rhonda Hammons
Suzanne & Michael Hangge
Jacki Harren
Barbara Hove
Tom Huntington
Andrea Jepsen
Baird Johnson
Diane Johnson
Ellen Johnson
Terri Johnson
Wade & Sara Johnson
Paul & Jill Kaspszak
Paul Keller
Peter Koenig
Paula Lendobeja
Margaret Lindlof
Lori Listug-Lunde
Paul & Anne Maxa
Richard McFarland
Karen McKim & Keith Nelson
Anna McLafferty
Sarah Menke
Tim Meyer
Jacqueline Meyer
George Miller
Margot & Bjorn Monson
Melpomeni Murdakes
Jordan Narvey
Tom Newberry Jr. & Susan Flinn
Newberry

Debra Noll
Rich & Sue O'Reskie
Scott Palmer
Michael Peroz & Mary Joy Rieder
Katie Piehl & Rich Knowlton
Donna Pietsch
Cindy & Tad Piper
Katrina-Marie Resman
Pat Ricci
Ruth Richardson
Mercedes Rider
Paige Robson
Marilyn Rohlfling
Janet Russell
Steve & Nancy Schachtman
Scott Schauss & Lynda Szymanski
Heidi Schellhas
John Schillo
Elmer Schindel
Larry & Ann Schluter
Michael Schmidt
Chris Schommer
Sandy & Phil Schrock
Ellen Schwendeman
Kurt Seestrom
Lana Siewert-Olson
Andrea Snyder
Diane Sterna
Marcia Stevens
Carol Stieve
John & Jennifer Stoltenberg
Edward & Virginia Stringer
Patricia & Bob Sykes
Jodi Tappe
Heather Tichy
Susan & Randy Tietjen
Erin Timmers
Brett Turner
Bobette & Brian Turnwall
Rhonda Tyllia
Kirk Vadnais
Scott Wachtler
Linda & Michael Walinski
Lenny & Mary Walker
Sam & Stephanie Walseth
Charles Watson
Stephanie Watson
Ken & Karen Wentworth
Mark Wentworth
Laura & Clinton Wheeler
Renee Whiteis
Dick & Kelly Wicklund
Sathi Wijeyesinghe
Andrea Winghart
Jeffrey & Amy Wozniak

Linda Yearous
Mary Youngquist

\$500 - \$999

Evelyn Ahlberg
Anonymous
Carla Batalden
Tony & Michelle Bayer
Erica Bowen
Terry & Jeanne Conkel
Julia Conkel-Ziebell & Chris Ziebell
Judy & Matt Dugas
Judith Eckerle
William & Kimberly Gabby
Bill Lurton
Pat & Suzanne McArdle
Alex Miller
David Mitchell
Kari Moeller
Jennifer & Thomas Moore
Anita & Robert Rieder
Tom & Julie Rossman
Mahlon & Karen Schneider
Sean & Lynn Sonnabend
Joshua Wing

\$1,000 - \$5,000

Cathy Bruer-Thompson & Art
Thompson
Robert Bruininks
Susan & Arne Carlson
Marybeth Dorn
Ilo & Peggy Leppik
Steve & Judy Lewis
Mary & Milo Meland
Sara & Patrick Messelt
Michael & Sara Meyer
Sue & Tim Palmer
Terry Pflager
Terri Schilling Heaton
Mary Jo Spencer & Dana E. Johnson

Maya & Peter Tester
Jan Wing

\$5,000+

Theodore Chien
Steven Miles & Joline Gitis
Stephen & Adrienne Oesterle

in honor of...

...All the adoptive families I know
who are parenting children on
the FASD Spectrum...true warrior
parents.
Cathy Bruer-Thompson & Art
Thompson
...Matt Batalden
Heather Tichy
...Sliv Carlson
Michael S. Schmidt
...Susan Carlson
Mahlon & Karen Schneider
...Jason
Rhonda Tyllia
...Katya who had 15 diagnoses by
age 19 not including FASD, and is
now admirably parenting a child
with a rare genetic disorder. The
impossible is possible.
Nadia Carrell
...the wonderful Sara Messelt
Paula Goldberg
...Jennifer Moore
Catherine Brown
...Jordan Narvey
Chad Callahan
...Ruth Richardson
Bruce Beneke
...Janessa Schleret
Melissa Wallace
...my friends, Marcia Stevens and
Jerry Casterton

Beverly Johnson
...Dima Wagner
Greg Wagner

in memory of...

...Dr. Daryl Batalden
Vicki Barrett
Carla Batalden
Gwen & Craig Batalden
Robett Bennett
Mary & Thomas Blankenship
Arlene Brandt
Karen & James Chapple
John & Linda Gfrerer
Susan Goeman
Barbara Hove
Wade & Sara Johnson
Kristin Klarkowski
Paula Lendobeja
Kathleen & Dean Mayfield
Constance Meyer
Margot & Bjorn Monson
Cynthia Pick & Jonathan Scott
Beverly & Casey Ryan
Barbara Schaefer
James Schaffran
Specialists in General Surgery, LTD
Jennifer & John Stoltenberg
Susan & Randy Tietjen
Mary Youngquist
...My two brothers, Gary Burt & Tedd
Burt
Tom Burt
...Shawn M. Richardson
William & Kimberly Gabby
Christine Black-Hughes & Michael
Hughes
...Brad Wing
Patrick Flannery
Joshua Wing



staff

Sarah Brown
Courtney Dixon
Shauna Feine
Kendra Gludt
Betty GreenCrow
Amy Johnston
Roxanne King

Marissa Lang
Aspen Lofgren
Alexa McIndoe
Anna McLafferty
Sara Messelt
Tiffany Morgan
Zora Rabb

Ruth Richardson
Mercedes Rider
Jennifer Stieve
Margaret Waddell
Lucy Wasserburg

board of directors

Michelle Bayer
Laura Bloch
Erica Bowen
Cathy Bruer-Thompson
Sliv Carlson
Theodore Chien

Paul Kaspszak
Dr. Ilo Leppik
Dr. Mary Meland
Jennifer Moore
Jordan Narvey
Rich O'Reskie

Larry Schluter
Susan Shepard Carlson
Maya Tester
Andrea Winghart

statement of financial position 2017

MOFAS works hard to ensure that as many resources as possible go straight to our programs to prevent and address FASD. Full financials are available upon request.

revenue

Contributions & Grants	\$271,776
In Kind	\$6,000
Diagnostic Billing	\$63,071
Government Grants & Contracts	\$2,274,740
Program Fees	\$39,942
Special Events - Net	\$55,177
Other Income	\$2,503

total **\$2,713,209**

expenses

Program	\$2,450,509
Development	\$125,348
General/Administrative	\$74,044

total **\$2,649,901**

net revenue **\$63,308**

total net assets **\$676,585**

