

# Save Me a Dream



*Gracious God, in the vulnerability of a child, we recognize our own fragility. In their tender innocence, we are reminded that life is meant to be lived with curious and joyful abandon. Help us, who are no longer children, to retain the freshness of childhood and to be the protectors and mentors of those whose lives are just beginning. May we see in their eyes the clear window of heaven. Guide us in the ways to keep all children safe and in your great love, O Lord, hold them in your peaceful embrace so they are not overcome by loneliness, fear, or danger. We ask this for the sake of your love.*

## What is it?

Fetal Alcohol Syndrome is a medical diagnosis that refers to a cluster of anomalies associated with the use of alcohol during pregnancy. It can include mental retardation, brain dysfunction, physical abnormalities, learning disabilities and psychological disorders.

**Physical Symptoms can include the following.** Please note that one or two of these symptoms may occur due to genetics.

## Other symptoms may include

### Neurological Symptoms:

- Attention Deficits
- Memory Deficits
- Hyperactivity
- Difficulty with abstract concepts
- Poor problem solving skills
- Difficulty learning from consequences
- Poor judgment
- Immature behavior
- Poor impulse control

### Facial Features:

- Epicanthal folds
- Small widely spaced eyes
- Flat mid-face
- Short upturned nose
- Smooth wide philtrum
- Thin upper lip
- Underdeveloped jaw
- Sunken nasal bridge
- Low set or poorly formed ears

### Characteristics/Symptoms in Infants:

- Low birth weight
- Small head circumference
- Heart defects or anomalies to the ears, eyes, liver, joints, genitals
- Irritability
- Poor eating habits
- Poor sleeping habits
- Extra sensitive to sensory stimulation
- Strong startle reflex
- They may hyperextend their heads or limbs





Alcohol causes more damage to a developing fetus than any other substance including marijuana, heroine and cocaine--Institute of Medicine

More children are born with FAS than with Downs Syndrome or Spina Bifida--Journal of American Medical Association

## Help and Support

### National Organization on Fetal Alcohol Syndrome

The National Organization on Fetal Alcohol Syndrome (NOFAS) is committed to developing and implementing innovative ideas in prevention, education, intervention, and advocacy in communities both nationally and internationally.  
<http://www.nofas.org>

### Center for Disease Control and Prevention

When a pregnant woman drinks alcohol, so does her unborn baby. There is no known safe amount of alcohol to drink while pregnant and there also does not appear to be a safe time to drink during pregnancy either.  
<http://www.cdc.gov/ncbddd/fas/>

### The FAS Family Resource Institute

In defense of innocence, it is the mission of the F.A.S. Family Resource Institute, a non-profit educational organization; to identify, understand and care for each person with FASD.  
<http://www.fetalalcoholsyndrome.org/>

### The Mayo Clinic

offers information about the causes and effects of Fetal Alcohol Syndrome.  
<http://www.mayoclinic.com/health/fetal-alcohol-syndrome/DS00184>

**The best defense is prevention – resources for women:**

### Women for Sobriety

**Women For Sobriety, Inc.** is a non-profit organization dedicated to helping women overcome alcoholism and other addictions. Our "New Life" program helps achieve sobriety and sustain ongoing recovery. Contact us.  
<http://womenforsobriety.org/>

### Betty Ford Center

As a recovering alcoholic woman, I know how alcoholism and drug addiction can affect the lives of families and loved ones. I'm also fortunate to know first hand the power of intervention, the process that took me to the drug and alcohol rehabilitation center where my personal journey of recovery began. Sadly, there is still very little assistance available for those whose lives have been touched by this disease. I am proud to have my name associated with a non-profit drug and alcohol rehabilitation center that offers hope and a special place of healing.  
<http://www.bettyfordcenter.org/>

### Safe Harbor House

**Safe Harbor Treatment Center** is a licensed extended-care, chemical dependency treatment program designed for the specific needs of women. Give them a call!



Over 50% of women of childbearing age drink alcohol--American Medical Association only 39% of women know what FAS is--National Institute of Health

At least 5,000 infants are born each year in the US with full-blown FAS, or approx. one out of every 750 live births--American Medical Association

## Hotlines

Alcohol Treatment and Referral Hotline. Provides referrals for those addicted drugs and/or alcohol.  
1-800-ALCOHOL

Cocaine Hotline. Treatment Referrals. 1-800-COCAINE

AA World Services. Provides information for worldwide meetings/services.  
1-212-870-3400

Narcotics Anonymous. Information and worldwide referrals to meetings.  
1-818-773-9999

Alanon/Alateen. Information for worldwide meetings.  
1-800-344-2666

## Stepping Ahead

**Stepping Ahead** is a Structured Drug and Alcohol Relapse Prevention Program **for Women Only**. We are located in **North Palm Beach, Florida** and offer women in recovery a safe, and chemical-free atmosphere in which to recover.  
<http://steppingahead.net/>

## Women in Recovery

Women In New Recovery (WINR) has been helping rebuild the lives of women addicts and alcoholics since 1993.  
<http://www.winr.org/>

## Bernie Lorenz Recovery

There is no cure, there is no guarantee, but there is hope. Through the program offered at Bernie Lorenz Recovery, women have the opportunity to recover from the devastating effects of alcoholism and drug addiction.  
<http://www.bernielorenzrecovery.org/>

## Women's Recovery Association

WRA provides chemical dependency treatment programs for women, girls and their families.  
<http://www.womensrecovery.org/>

*While FAS is completely preventable, it is important to remember that alcoholism is a disease.*

## Serenity House

Serenity House accepts professional women who test drug and alcohol free who want to continue their new path.  
[http://www.mandarava.com/services/serenity\\_ho use/](http://www.mandarava.com/services/serenity_ho use/)

