Contents of the American Indian/Alaska Native/ Native Hawaiian Resource Kit

This list details the contents of the *American Indian/Alaska Native/Native Hawaiian Resource Kit*. It includes a general description of each product and is organized by the type of product.

Overview

How To Use This Resource Kit

This overview provides a general layout to the resource kit, including its goals, audience, use, development process, and content.

Fact Sheets

What You Need To Know: Effects of Alcohol on Women

This fact sheet provides facts and statistics on women and drinking, including associated health risks, and the effects of drinking during pregnancy and while nursing. It also provides resources for additional information about alcohol and women.

What You Need To Know: Fetal Alcohol Spectrum Disorders Among Native Americans

This fact sheet helps answer questions about why fetal alcohol spectrum disorders (FASD) are a serious concern in some Native American communities. It provides an overview of the underlying causes of FASD and its impact on Native American cultures. It also touches on some strategies used by Native American groups to prevent FASD in their areas. This piece would be good for Native American leaders and community members interested in understanding why FASD is a concern for Native American communities.

What You Need To Know: The Language of Fetal Alcohol Spectrum Disorders

This fact sheet provides a great general overview of FASD. It provides basic definitions of terms used to discuss FASD and its related effects, and it includes a brief history, statistics on the prevalence and impact, and a description of the cause and assessment of FASD. This fact sheet is a good place for anyone to start reading about FASD.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention
www.samhsa.gov

Information Sheets

Community Health and Unity: Collaboration Strategies

This information sheet is aimed at groups within communities (e.g., tribal and/or community leaders, school systems, health care providers) and gives examples of collaboration strategies to help increase awareness about and promote prevention of FASD and to provide services and support for pregnant women who may not be able to stop drinking on their own.

Healthy Babies, Strong Futures: How Men Can Help Pregnant Women Be Alcohol Free

This information sheet provides simple strategies for Native men to use to help support their female partners, relatives, and friends in having alcohol-free pregnancies and preventing FASD.

Make Your Community Stronger: How You Can Promote Alcohol-Free Pregnancy

This information sheet provides simple prevention strategies for community members to use to promote greater awareness about and understanding of FASD in their Native communities. This information sheet should be used by those who appreciate the power of people working together to make a change—for example, by sharing the message that it is not okay to drink any alcohol during pregnancy.

Brochures

How To Help Yourself, Your Family Member, or Friend Be an Alcohol-Free Mother-To-Be: Tips for Native Women

This brochure describes how Native women can help themselves and other women have alcohol-free pregnancies. It discusses the risks of drinking during pregnancy and includes suggestions for talking to pregnant relatives or friends about FASD. It also lists things women can do to support healthy pregnancies—for themselves and others.

How To Help Your Family Member or Friend Be an Alcohol-Free Mother-To-Be: Tips for Native Men

This brochure describes how Native men can help female partners, relatives, and friends have alcohol-free pregnancies. It discusses the risks of drinking during pregnancy and includes suggestions for talking to pregnant relatives or friends about FASD. It also lists things men can do to support their friends' and loved one's healthy pregnancies.

Contents of the American Indian/Alaska Native/Native Hawaiian Resource Kit (Brochures Continued)

The Power of Our Youth: Help Your Community Have Healthy Babies

This brochure is for Native adolescents. It explains what FASD is and how preventing it can make a community stronger. It encourages adolescents to learn more about FASD and to help others in their community understand its cause and impact.

Posters

These posters can be hung in community centers, health clinics, schools, work places, or any other places where people gather (and where displaying posters is allowed).

Have a Healthy Baby. Be an Alcohol-Free Mother-To-Be.

This poster includes a depiction of pregnant Native women and contact information for the Substance Abuse and Mental Health Services Administration FASD Center for Excellence.

I'm Healthy…Thank You, Mother!

This poster includes the text "I'm Healthy…Thank You, Mother! By staying alcohol free during pregnancy, my mom gave me a healthy start." It also includes blank space so that groups such as health care providers and community organizations can customize it with text (e.g., a group name or contact information) or a photo. Because it is intended to be customized, this poster is provided on the CD only, not as a hard copy. The poster is available on the enclosed CD in two formats—Word and PDF.

Media (CD)

Resource Kit CD

The enclosed CD contains electronic versions of all the materials in the *American Indian/Alaska Native/Native Hawaiian Resource Kit,* including the various brochures, information and fact sheets, and posters. It can be used to simplify the sharing of materials, like sending files to friends, or to copy pieces for use in your own community.

Also included on the CD is a copy of *FASD—The Basics*, an educational slide show that provides the latest information on FASD. The information is presented at a beginner's level. You and members of your community can use the *FASD—The Basics* presentation to inform and educate youth in schools or in local groups. Feel free to use parts or all of *FASD—The Basics* in trainings or in other educational materials. You can modify the files to suit your purposes. Note that the CD contains *FASD—The Basics* in three formats—HTML, PowerPoint, and PDF—all of which are available on the www.fasdcenter.samhsa.gov Web site.

Resources

Resource List

This list provides brief summaries of the information, resources, and services available through Native-specific Web sites. It also includes Web site locations and phone numbers (when available) of national sources for information, resources, and services related to the prevention and treatment of FASD. It should be used by Native family members, providers, and community members interested in learning more about FASD or connecting with specific services.

Surgeon General's Advisory on Alcohol Use in Pregnancy

This 2005 advisory by U.S. Surgeon General warns pregnant women and women who may become pregnant to abstain from alcohol consumption. He gives an overview of the latest science related to drinking and pregnancy and draws conclusions related to the facts (e.g., a pregnant woman should not drink alcohol during pregnancy).

Substance Abuse and Mental Health Services Administration
A Life in the Community for Everyone
U.S. Department of Health and Human Services

SAMHSA
Fetal Alcohol Spectrum Disorders Center for Excellence

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