



Families *Moving Forward* (FMF) Program

Training FAQs

FASD Overview

What is FASD?

FASD stands for Fetal Alcohol Spectrum Disorders. It refers to the effects on children's development that can occur when alcohol is consumed during pregnancy. Conditions that fall into the category of FASD may include learning or behavior disabilities, and sometimes physical effects such as smaller growth or characteristic facial features.

Is that similar to Fetal Alcohol Syndrome?

Yes, Fetal Alcohol Syndrome (FAS) is seen as a medical condition. It falls under the heading of FASD. FASD also includes other classifications. There are many children with FASD.

Families Moving Forward Program

What is the Families Moving Forward (FMF) Program?

The FMF Program is a positive parenting intervention designed to help families raising children ages 3 and 13 years old, or who are older but at a functional level in this range. The program aims to help children who have concerning behavior problems and are affected by prenatal alcohol exposure (PAE), with or without an FASD diagnosis. This behavioral consultation intervention combines a positive behavior support (PBS) approach with motivational interviewing, cognitive behavioral therapy (CBT) for caregivers, and other scientifically-validated treatment techniques.

How does FMF work?

The FMF intervention is delivered individually to families by trained FMF Specialists. The FMF Specialist meets with the caregiver for a series of sessions addressing issues involved with raising children with FASD or affected by prenatal alcohol exposure. Each session lasts about 90 minutes, every other week, and the overall program typically lasts 7-11 months. There is a version that allows 60-minute weekly sessions, though that means there will be more visits with the family. Session topics are designed to be addressed in a particular order, but sessions can easily be customized to suit the needs of individual families.



What are the principles used in the FMF Program?

The FMF Program is based on the idea that children with FASD have brain-based difficulties (neurological impairments) that are the underlying cause of many learning and behavioral problems. FMF Specialists help parents learn concepts such as "reframing" and "accommodations." These ideas help them change their own knowledge and attitudes— and how they manage the child, which leads to improvements in the child's behavior.

Visit www.familiesmovingforwardprogram.org to learn more!



Training offered under the auspices of The Florida Center Training Institute in association with the Families Moving Forward Program Office



Families *Moving Forward* (FMF) Program

FMF Program Training

What is FMF training like?

- Six days of virtual, comprehensive training including didactics, readings, videos, and cooperative discussion with a live trainer over Zoom
- Learn scientifically validated strategies to help children living with PAE and/or FASD and their families
- Gain a thorough understanding of FASD and PAE, including associated stigma from leading psychologists in the field
- Practice and support in actual session materials to become comfortable with the clinical process
- Obtain access to the online FMF Portal for full intervention materials specially designed for this clinical population

Offered separately, ten hours of follow-up intervention fidelity training is required to independently deliver the FMF intervention and become even more comfortable with the methods.

What is eligible for FMF Training?

- Graduate degree in counseling, social work, psychology or related fields
- Licensed or certified in your profession (you may be in the process under supervision)
- Must be eligible to deliver clinical services
- Previous training or coursework in Motivational Interviewing (MI)

Testimonials from FMF Specialists

The light bulbs just went on...

Caregivers are often so busy dealing with the day-to-day that they don't have the time to put together the pieces of the behavioral puzzle. I often hear the phrase,

'...the light bulbs just went on.' The main reason I'm enthusiastic [about FMF] is because of the enthusiastic response caregivers give me.

The perfect core session or optional module is there...

On numerous occasions, parents have told me what they have been thinking, what skills they need to be a better parent, or that they are ready to move beyond their current knowledge because FMF has helped them... and I look down at the intervention flow outline, and the perfect core session or optional module is there ready for me to use.

I honestly feel that I've been inspired and touched...

[FMF teaches] skills [that] can empower parents to take actions to put their child's life on a more positive course.

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