



Families Moving Forward (FMF) Program

Research indicates that children who are born prenatally exposed to alcohol have brain-based, neurobehavioral disabilities, and often present with numerous challenges, which may include developmental delays, cognitive deficits, problems with attention, working memory, planning, learning problems, language problems, sensory problems, and socio-emotional problems. Additionally, alcohol-exposed children often exhibit many **behavioral problems**, including symptoms of emotional and behavioral dysregulation, attentional deficits, hyperactivity, oppositional and defiant behaviors, impulsivity, and aggressiveness.

The Violence Intervention Program CMHC is offering a new scientifically-tested intervention program called **Families Moving Forward** to help children with Fetal Alcohol Spectrum Disorders (FASD) and their families. The **Families Moving Forward** program is a caregiver-focused, educative and facilitative counseling intervention that uses selected therapeutic techniques, including Motivational Interviewing techniques, Cognitive-Behavioral Techniques, and techniques based upon Social Learning Theory.

The **Families Moving Forward** intervention accomplishes several goals, including 1) providing ongoing support to parents and helping them better understand their challenging children, 2) helping parents hone the skills they already have, while adding specialized parenting techniques to their caregiving repertoire, and 3) helping families boost their progress in a positive direction, giving them reason to be more optimistic about the future, and helping reduce the chance their children will have secondary disabilities later in life.

The **Families Moving Forward** intervention program is a low-intensity, sustained intervention, with either weekly or biweekly sessions over a 9 to 11-month period. FMF has been shown to be effective with families from varying ethnic groups and demographic backgrounds, including foster, adoptive, and birth families. Age range for children is typically between 4 and 12 years, however, the FMF program can also be used for caregivers of teens with FASD.

For additional information about the FMF program, please contact Dr. Michele Walker-Bauer at mwalkerbauer@vip-cmhc.org