



TRAINING OPPORTUNITY

**FETAL ALCOHOL SPECTRUM DISORDERS:
THE HIDDEN DISABILITY**

Fetal Alcohol Spectrum Disorders are very common. In high-risk populations- jail, community mental health and chemical dependency treatment centers, the number may be as high as 30%. These clients are seldom diagnosed and can be challenging to help. This workshop will help you identify them amongst your clients and provide some strategies for helping them succeed.

Thursday, October 24, 2019

1:30- 4:30

SCORE Briefing Room
20817 17th Ave S., Des Moines, WA 98198

3 CEU'S- AGENCY SPONSORED

Please RSVP to 'nancy.whitney@naphcare.com'

There is limited space, so please RSVP by October 17

UNIVERSITY OF WASHINGTON PARENT-CHILD ASSISTANCE PROGRAM (PCAP)

WHAT IS PCAP?

PCAP is a research study and intensive case management program being conducted by the University of Washington Parent-Child Assistance Program. The program provides 3-years of case management for women who have used alcohol and/or drugs during pregnancy.

YOU MAY BE INTERESTED IN PCAP IF YOU ARE:

- Pregnant or have had a baby in the past 12 months.
- Drank alcohol (beer, wine or hard liquor) during pregnancy and/ or used other drugs.
- Need help with community services.

WHAT DOES PCAP OFFER?

- Help obtaining drug and alcohol treatment and remaining successful in recovery
- Help obtaining additional services (e.g., housing, mental health treatment) and coordinating these services.
- Help establishing a safe home environment and regular health care for mothers and children (including well-baby care).

WHAT HAPPENS IF YOU PARTICIPATE IN PCAP?

You will be given a detailed interview to find out your needs and goals. You will be assigned a PCAP case manager who will meet with you regularly for 3 years, help you connect with services, and support you in achieving your goals.

IF YOU OR SOMEONE YOU KNOW IS INTERESTED IN PCAP, PLEASE CONTACT:

King Co. PCAP: (425) 876-2773
Pierce Co. PCAP: (253) 475-0623
Yakima Co. PCAP: (509) 206-1006
Spokane Co. PCAP: (509) 838-6092 X 215
Kitsap Co. PCAP: (360) 377-0370
Clark Co. PCAP: (360) 952-8300
Grays Harbor/Pacific Co. PCAP: (360) 249-0005 X 141

Thurston/Mason Co. PCAP: (360) 754-7629
Whatcom Co. PCAP: (360) 734-4616 X 65
Snohomish Co. PCAP: (425) 259-7142 X 200
Benton/Franklin Co. PCAP: (509) 578-1501
Chelan Co. PCAP: (509) 630-0423
Cowlitz Co. PCAP: (360) 353-3444
Skagit Co. PCAP: (360) 428-6622
Clallam Co. PCAP: (360) 457-8355

All calls and inquiries are confidential

PCAP Eligibility Criteria



Women who:

- abuse alcohol/drugs during pregnancy;
and
- are pregnant or up to 12 months post-partum;
and
- are ineffectively connected to community services
or

Women who:

- have a child with a Fetal Alcohol Spectrum Disorder (FASD); *and*
- are currently abusing alcohol; *and*
- are in their childbearing years.



**To make a referral,
Please see insert.**

“Before PCAP I never thought about goals. They showed me the right direction. They showed me that I am responsible. That no matter who I am or what I do, I am somebody. It is never too late.”

- PCAP Client

WA State PCAP Director: Therese Grant, PhD
WA State PCAP Evaluator: Cara Ernst, MA
University of Washington
Phone: (206) 543-7155
<http://depts.washington.edu/pcapuw/>

**THE PARENT-CHILD
ASSISTANCE
PROGRAM
(PCAP)**

Parent-Child Assistance Program (PCAP)

Prevention & Intervention with High-Risk Mothers and Their Children
Washington State Health Care Authority Division of Behavioral Health and Recovery



The Problem

Prenatal alcohol and drug exposure puts children at risk:

- because of the possible effects of prenatal exposure on their health and development;
- because of the likelihood of a compromised home environment.

These problems are costly to society and are entirely preventable.

The Goals of PCAP

The goals of PCAP are to help mothers with substance use disorders:

- build and maintain healthy, independent, alcohol/drug free family lives;
- to prevent future births of alcohol and drug exposed children.

The PCAP Approach

Trained and supervised case managers provide home visitation and intervention for 3 years. Case managers assist clients in:

- Setting goals and identifying steps to achieve them
- Obtaining alcohol/drug treatment
- Staying in recovery
- Choosing a family planning method
- Child health care/immunizations
- Addressing housing, domestic violence, child custody problems
- Connecting with community services
- Resolving system service barriers

Mothers are not asked to leave the program if they relapse or experience setbacks.

Case managers provide extensive practical assistance and the long-term emotional support so important to women who are making fundamental changes in their lives.

PCAP Client Outcomes

After 3 years of work with a PCAP case manager:

- 92% of clients had completed alcohol/drug treatment programs;
- 76% were abstinent from alcohol/drugs for ≥ 6 months during the program;
- 68% were using family planning methods on a regular basis;
- 80% of children were living with their own families;
- 68% were in permanent, stable housing.

