

WEBVTT

1 "Brenna Michel" (2587452416)

00:00:06.505 --> 00:00:21.325

Hey, welcome, thank you for calling into sickness 2023, children and families awareness series. My name is Brian on Michael, on the social worker with the PhD coaching and support team at ever North Cigna due to the format of this call.

2 "Brenna Michel" (2587452416)

00:00:21.325 --> 00:00:30.715

You will not be able to ask questions during the teleconference. The conference will be opened up for questions at the end as a completion of the presentation. completion of the presentation

3 "Brenna Michel" (2587452416)

00:00:31.020 --> 00:00:38.220

A handout for today seminar is available online at dot com slash children families.

4 "Brenna Michel" (2587452416)

00:00:38.220 --> 00:00:47.820

Board slash also please log into slide if you haven't already for the Q and a, and to participate in any in the moment questions.

5 "Brenna Michel" (2587452416)

00:00:47.820 --> 00:00:59.100

Please note that all policies covered today's topic for specific information. If your policy covers topics discussed in today's seminar, please contact number on the back of your insurance card.

6 "Brenna Michel" (2587452416)

00:00:59.100 --> 00:01:03.780

I today I have the pleasure of introducing. I'm at Baldwin.

7 "Brenna Michel" (2587452416)

00:01:05.155 --> 00:01:19.585

She got her BS and technical writing and communication with a focus on our language around disability, equity and inclusion. They have an older brother, and with fetal alcohol spectrum disorder and Emma's autistic herself.

8 "Brenna Michel" (2587452416)

00:01:19.705 --> 00:01:33.775

Certification is a bachelor of science, and she's proof alliance certified fasd, prevention and support trainer. Today. Seminar is on what? Our fetal alcohol spectrum disorders. How do they impact.

9 "Brenna Michel" (2587452416)

00:01:33.780 --> 00:01:35.310

The person's life.

10 "Brenna Michel" (2587452416)

00:01:35.310 --> 00:01:42.510

What role do we play in presenting presenting f a SSP and supporting those impacted?

11 "Brenna Michel" (2587452416)

00:01:42.510 --> 00:01:46.740

fasd is the leading presentable developmental disorder.

12 "Brenna Michel" (2587452416)

00:01:49.195 --> 00:02:02.425

In the United States, but most people know very little about the condition. This presentation will define fasd clear up some mist and help us to understand how we can move forward in addressing such a complex public health issue.

13 "Brenna Michel" (2587452416)

00:02:03.600 --> 00:02:10.980

We'd like to thank you for being here today. And you are you are welcome to start your presentation.

14 "Emma Baldwin, Proof Alliance" (1572261888)

00:02:10.980 --> 00:02:21.270

Awesome Thank you so much for that introduction, Sandy. I'm very happy to be here. I think this is such an important topic and, you know, obviously, I'm very passionate of.

15 "Emma Baldwin, Proof Alliance" (1572261888)

00:02:21.505 --> 00:02:34.225

Out this, having a brother who is affected by prenatal alcohol exposure, so we can go ahead and get started and go to the next slide. Thank you. Um, so we are proof alliance.

16 "Emma Baldwin, Proof Alliance" (1572261888)

00:02:34.255 --> 00:02:37.075

I represent proof alliance as their trainer.

17 "Emma Baldwin, Proof Alliance" (1572261888)

00:02:37.440 --> 00:02:43.890

We are based in Saint Paul, Minnesota, and our mission is to prevent fetal alcohol spectrum disorder.

18 "Emma Baldwin, Proof Alliance" (1572261888)

00:02:43.915 --> 00:02:58.615

And to support all those who are already impacted throughout Minnesota, and beyond our vision is a world in which alcohol is not consumed during pregnancy and people living with an, are identified, supported and valued.

19 "Emma Baldwin, Proof Alliance" (1572261888)

00:02:59.280 --> 00:03:08.700

And we can go on to the next slide. If you have any other questions about proof alliance, um, going to our website performance dot org, we'll have everything you need. Um.

20 "Emma Baldwin, Proof Alliance" (1572261888)

00:03:09.385 --> 00:03:19.525

And further, we acknowledge at our organization that not everyone who can become pregnant identifies as a woman. So we try to use gender, neutral language as often as possible.

21 "Emma Baldwin, Proof Alliance" (1572261888)

00:03:20.065 --> 00:03:31.645

Um, but we also refer to a lot of research that use that binary women and man to draw conclusions about research. So, when citing that, we, uh, we'll use, you know, terms like man or woman.

22 "Emma Baldwin, Proof Alliance" (1572261888)

00:03:32.190 --> 00:03:35.640

And we can advance to the next 1. Thank you.

23 "Emma Baldwin, Proof Alliance" (1572261888)

00:03:35.640 --> 00:03:48.270

So, our objectives today, what is how can we prevent it? And we'll talk a little bit about alcohol use and the benefits of empowering pregnancies through resources, information and awareness.

24 "Emma Baldwin, Proof Alliance" (1572261888)

00:03:48.270 --> 00:03:57.360

And throughout this, I will be offering some strategies, you know, if you think there could be alcohol exposure at play with your child's behavior. Um, or with some.

25 "Emma Baldwin, Proof Alliance" (1572261888)

00:03:57.360 --> 00:04:05.760

When you're working with, um, what are some next steps? What are some things we can change about? You know, how we interact how we communicate.

26 "Emma Baldwin, Proof Alliance" (1572261888)

00:04:05.760 --> 00:04:19.375

And we can go to the next slide. So, what is fasd? Um, fetal alcohol spectrum disorders this is actually an umbrella term to cover multiple, like, sub diagnoses.

27 "Emma Baldwin, Proof Alliance" (1572261888)

00:04:19.375 --> 00:04:26.665

So, um, it's a brain based condition. No matter what it'll be brain

based. It could be a medical disorder. So.

28 "Emma Baldwin, Proof Alliance" (1572261888)

00:04:27.239 --> 00:04:33.629

We see things like congenital heart defects um, and other physical, um.

29 "Emma Baldwin, Proof Alliance" (1572261888)

00:04:33.924 --> 00:04:48.354

Consequences of that prenatal alcohol exposure. It is really important to note that this is 100% preventable. There cannot be an fasd without alcohol exposure, prenatal alcohol exposure. Um, and that.

30 "Emma Baldwin, Proof Alliance" (1572261888)

00:04:48.414 --> 00:04:49.074

and that

31 "Emma Baldwin, Proof Alliance" (1572261888)

00:04:49.379 --> 00:04:59.069

Is, uh, that's that's the good news that is the good news because that means there's a way to stop it. There's a way to address it. Um.

32 "Emma Baldwin, Proof Alliance" (1572261888)

00:04:59.069 --> 00:05:04.709

And, you know, that starts with learning healthy alcohol use, um.

33 "Emma Baldwin, Proof Alliance" (1572261888)

00:05:04.709 --> 00:05:13.859

Whether you're pregnant or not, and then lastly, the effects of prenatal alcohol exposure, our life long and irreversible. So.

34 "Emma Baldwin, Proof Alliance" (1572261888)

00:05:13.859 --> 00:05:26.334

If you compare this to other conditions, um, caused by prenatal substance exposure, um, children with other prenatal substance exposure will have a slow development, but we'll catch up with their peers.

35 "Emma Baldwin, Proof Alliance" (1572261888)

00:05:26.364 --> 00:05:30.354

Whereas alcohol exposure is that lifelong and irreversible piece.

36 "Emma Baldwin, Proof Alliance" (1572261888)

00:05:31.704 --> 00:05:42.714

And we can advance to the next slide so little brief history, because, you know, fasd that might sound a little bit new.

37 "Emma Baldwin, Proof Alliance" (1572261888)

00:05:42.714 --> 00:05:51.474

Maybe we've heard of fetal alcohol syndrome and fetal alcohol syndrome

was coined in 973, which is why we are more likely. we are more likely

38 "Emma Baldwin, Proof Alliance" (1572261888)

00:05:52.254 --> 00:06:05.514

To have heard about that 1 we've known about it longer. Um, and then in 1996, the Institute of medicine split into those 5 different diagnoses so we call it fetal alcohol spectrum disorder, just like with autism spectrum disorder.

39 "Emma Baldwin, Proof Alliance" (1572261888)

00:06:05.514 --> 00:06:18.924

Um, we're seeing it as more than just 1 thing that somebody, you know, could present this strict collection of symptoms. But now we're seeing it as this spectrum where there's these 5 main categories that we look at and.

40 "Emma Baldwin, Proof Alliance" (1572261888)

00:06:18.924 --> 00:06:21.744

categories that we look at and

41 "Emma Baldwin, Proof Alliance" (1572261888)

00:06:21.749 --> 00:06:34.404

In 2000 a year 2000, the effects of prenatal alcohol exposure now referred to as that whole spectrum. So not just those 5 pieces, but we've started, um, developing treatment plans that are more comprehensive.

42 "Emma Baldwin, Proof Alliance" (1572261888)

00:06:34.404 --> 00:06:42.834

We started looking at Co, current disorders and treatment plans along with fasd and it's really helped us to move forward with that. with that

43 "Emma Baldwin, Proof Alliance" (1572261888)

00:06:43.109 --> 00:06:46.109

And we can go on to the next slide.

44 "Emma Baldwin, Proof Alliance" (1572261888)

00:06:47.399 --> 00:06:52.019

So this is a great, um, starting visual for.

45 "Emma Baldwin, Proof Alliance" (1572261888)

00:06:52.019 --> 00:06:59.549

Or what a spectrum really looks like when we're talking about the autism spectrum. Um.

46 "Emma Baldwin, Proof Alliance" (1572261888)

00:06:59.549 --> 00:07:09.419

What I usually find, especially if, even in my own community, being autistic myself, um, the people see it more as a line, like a binary

of.

47 "Emma Baldwin, Proof Alliance" (1572261888)

00:07:09.419 --> 00:07:23.699

Like, a sliding scale of more to life artistic and the same concept gets pushed in with fetal alcohol spectrum disorders that a spectrum is a sliding scale for more to less in reality.

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00:07:23.699 --> 00:07:33.714

It is more like this color spectrum, this full circle where each symptom that someone with an fasd might experience has its own sliding scale.

49 "Emma Baldwin, Proof Alliance" (1572261888)

00:07:34.134 --> 00:07:39.744

So, where someone with an fasd might have really intense, say sensory sensitivities.

50 "Emma Baldwin, Proof Alliance" (1572261888)

00:07:39.959 --> 00:07:52.589

They may have really strong social skills, and that is really helpful to talk about it that way. Because when you say somebody is low, functioning or high functioning, you know, it tends to.

51 "Emma Baldwin, Proof Alliance" (1572261888)

00:07:52.589 --> 00:08:02.069

Push them all to that side and say, you know, you have to be doing well, or you have to be struggling and there's not a lot of room to live in between and to figure out, you know.

52 "Emma Baldwin, Proof Alliance" (1572261888)

00:08:02.069 --> 00:08:11.009

What specific things should we work on? And what things can I feel really good about? Um, so this is just a great visual, and we can go on to the next slide.

53 "Emma Baldwin, Proof Alliance" (1572261888)

00:08:12.629 --> 00:08:19.439

So characteristics of, um, it is again, remember, um, important to remember that.

54 "Emma Baldwin, Proof Alliance" (1572261888)

00:08:19.439 --> 00:08:33.659

Is that spectrum disorder? So a small sampling of people will have a large amount of these, you know, it'll be a combination of these characteristics and symptoms as a child in early development. We might see low birth.

55 "Emma Baldwin, Proof Alliance" (1572261888)

00:08:33.659 --> 00:08:36.749  
Wait or slow development.

56 "Emma Baldwin, Proof Alliance" (1572261888)  
00:08:36.749 --> 00:08:47.939  
That irritability or anger, especially as we're getting into, um, the  
puberty, adolescent age, irritability and anger being really intense.

57 "Emma Baldwin, Proof Alliance" (1572261888)  
00:08:47.939 --> 00:08:52.139  
Um, sensitivity to light noise and touch so.

58 "Emma Baldwin, Proof Alliance" (1572261888)  
00:08:52.139 --> 00:08:57.029  
Um, difficulty processing, um, stimuli, stimulus.

59 "Emma Baldwin, Proof Alliance" (1572261888)  
00:08:58.044 --> 00:09:11.994  
Trouble sleeping, so this could be trouble falling asleep trouble  
staying asleep. Um, from my brother, it was no matter how late he went  
to bed. He would wake up at 430 in the morning. Um, and that looks  
different for some people.

60 "Emma Baldwin, Proof Alliance" (1572261888)  
00:09:11.994 --> 00:09:26.934  
It's that they will sleep until 20 PM every day. Even if they went to  
bed at 80. P. M. um, but just weird sleep. Um, and then hyper activity  
and this, we see a very, very, very common and we either see a Coco.  
see a coco

61 "Emma Baldwin, Proof Alliance" (1572261888)  
00:09:27.029 --> 00:09:29.999  
Adhd diagnosis or prior.

62 "Emma Baldwin, Proof Alliance" (1572261888)  
00:09:29.999 --> 00:09:39.419  
Um, ADHD misdiagnosis when we have, um, kids with an fasd or getting  
assess for an fasd, come into our clinic.

63 "Emma Baldwin, Proof Alliance" (1572261888)  
00:09:39.684 --> 00:09:48.864  
We can go on to the next slide, so some more common characteristics of  
fasd, um, feature language delays.

64 "Emma Baldwin, Proof Alliance" (1572261888)  
00:09:48.864 --> 00:10:02.214  
So may be either take a while to respond to a question, or to respond  
to something said to them, um, to process information. They may speak  
much slower. Um.

65 "Emma Baldwin, Proof Alliance" (1572261888)

00:10:02.489 --> 00:10:14.609

And then poor social skills, this I always like to stop for a 2nd, because as I'm going through these characteristics and symptoms, I'll get questions. Like, isn't this just autism? And it isn't there's some.

66 "Emma Baldwin, Proof Alliance" (1572261888)

00:10:14.609 --> 00:10:22.529

Nuanced and some very specific ways in which they differ and the poor social skills is 1 of those.

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00:10:22.529 --> 00:10:36.444

Common, um, differences so, for autism, core social skills may look like, um, shyness, awkwardness, um, a reluctance to want to participate or to, um,

68 "Emma Baldwin, Proof Alliance" (1572261888)

00:10:36.804 --> 00:10:41.994

be in group settings for someone with an fasd. These poor social skills will look.

69 "Emma Baldwin, Proof Alliance" (1572261888)

00:10:42.269 --> 00:10:49.884

In the opposite direction, um, it is more outgoing, a over vulnerability, um,

70 "Emma Baldwin, Proof Alliance" (1572261888)

00:10:49.884 --> 00:10:58.164

which is really hard to say cause being vulnerable is is such a positive thing and it's such a good quality usually but.

71 "Emma Baldwin, Proof Alliance" (1572261888)

00:10:58.734 --> 00:11:13.254

For someone with an fasd, they might be overly trusting, be easy to take advantage of, um, their high risk to be in abusive situations. Um, and that's where the poor social skills comes into play that they might, um.

72 "Emma Baldwin, Proof Alliance" (1572261888)

00:11:13.589 --> 00:11:20.249

Be overly eager to get to know somebody, or to, uh, share information about themselves. Um.

73 "Emma Baldwin, Proof Alliance" (1572261888)

00:11:20.249 --> 00:11:25.259

But that's where the, it comes in on the opposite extreme.

74 "Emma Baldwin, Proof Alliance" (1572261888)



00:11:25.259 --> 00:11:33.089

So then there's easily distracted and a short attention span. So, again, you're kind of seeing that overlap in, um.

75 "Emma Baldwin, Proof Alliance" (1572261888)

00:11:33.444 --> 00:11:47.154

Characteristics of ADHD or add, um, whatever your child might have a current diagnosis of, um, similarly, poor coordination and poor impulse control um,

76 "Emma Baldwin, Proof Alliance" (1572261888)

00:11:47.484 --> 00:11:49.644

the port impulse control we see in.

77 "Emma Baldwin, Proof Alliance" (1572261888)

00:11:49.919 --> 00:11:53.189

Most of our patients with an fasd.

78 "Emma Baldwin, Proof Alliance" (1572261888)

00:11:53.189 --> 00:12:02.969

And then poor memory again, this is a Pre Natal brain injury, most of the time. So that prenatal brain injury um.

79 "Emma Baldwin, Proof Alliance" (1572261888)

00:12:03.264 --> 00:12:16.554

Causes some, some loss in memory, not just loss in memory, but inability to maintain memory, short term or long term. Very well. Um, and this can really, really show up in that difficulty in school.

80 "Emma Baldwin, Proof Alliance" (1572261888)

00:12:16.794 --> 00:12:24.294

You know, remembering to do homework. Remembering what the, what you're even learn what you did learn that day in school um.

81 "Emma Baldwin, Proof Alliance" (1572261888)

00:12:24.599 --> 00:12:34.199

There's so many things to remember that if they are not in that routine, someone with an is going to really deeply struggle and we can go on to the next slide.

82 "Emma Baldwin, Proof Alliance" (1572261888)

00:12:37.319 --> 00:12:51.504

So it is an interesting fact, and little known fact that alcohol causes more birth defects than smoking tobacco, and using illegal drugs and we're really careful with this slide, you know, because we're not saying, oh, alcohol, you know,

83 "Emma Baldwin, Proof Alliance" (1572261888)

00:12:51.504 --> 00:12:55.704

the worst go ahead and do the other ones absolutely, not, um.

84 "Emma Baldwin, Proof Alliance" (1572261888)

00:12:55.979 --> 00:13:02.579

But the, uh, Journal of American medicine association came out with a study that.

85 "Emma Baldwin, Proof Alliance" (1572261888)

00:13:02.579 --> 00:13:15.384

Um, that showed that the most long term effects, the most severe effects, um, in terms of learning disabilities and behavioral and Neuro developmental effects, um, come from alcohol, come from prenatal alcohol exposure,

86 "Emma Baldwin, Proof Alliance" (1572261888)

00:13:15.384 --> 00:13:17.844

rather than tobacco or illegal drugs.

87 "Emma Baldwin, Proof Alliance" (1572261888)

00:13:18.269 --> 00:13:27.749

Um, and they, you know, tested everything from heroin and means to fentanyl and so that's just a very interesting and surprising.

88 "Emma Baldwin, Proof Alliance" (1572261888)

00:13:27.749 --> 00:13:34.559

Statistic to learn that, you know, alcohol is more severe than we were originally taught then, um.

89 "Emma Baldwin, Proof Alliance" (1572261888)

00:13:34.559 --> 00:13:40.019

Then, you know, the doctor 5 years ago was even warning us against so.

90 "Emma Baldwin, Proof Alliance" (1572261888)

00:13:40.019 --> 00:13:49.469

Um, that is, uh, you know, it's hard to let that piece sink in sometimes, but it's a very, very important thing to know, and we can go on to the next slide.

91 "Emma Baldwin, Proof Alliance" (1572261888)

00:13:54.299 --> 00:14:07.344

So other birth defects caused by prenatal alcohol exposure so, in addition to the fasd, drinking, well, pregnant can cause structural brain injury and you might be thinking, like, how is this different than what we were already talking about?

92 "Emma Baldwin, Proof Alliance" (1572261888)

00:14:07.794 --> 00:14:14.574

Um, the structural brain injury will look a little bit more like dementia in practice. You know, it is um.

93 "Emma Baldwin, Proof Alliance" (1572261888)

00:14:15.624 --> 00:14:30.564

Rather than being a chemical imbalance, or a genetic disposition to certain behaviors or conditions. This is a structural structural brain injury. So it has to do with the physical workings of the brain, which it gets really complicated.

94 "Emma Baldwin, Proof Alliance" (1572261888)

00:14:30.564 --> 00:14:39.354

So I'll just know that there's a physical way the brain can be, um, affected and then there is more, um, neurological and chemical ways that can be effected.

95 "Emma Baldwin, Proof Alliance" (1572261888)

00:14:40.379 --> 00:14:48.839

And then microcephaly is just a small head circumference. Um, and then heart defects. So congenital heart defects. We see.

96 "Emma Baldwin, Proof Alliance" (1572261888)

00:14:48.839 --> 00:14:58.349

Um, fairly commonly hearing en vision problems are more common with, um, children with adults with an.

97 "Emma Baldwin, Proof Alliance" (1572261888)

00:14:58.349 --> 00:15:02.999

Um, abnormal development in the bones kidneys and other organs.

98 "Emma Baldwin, Proof Alliance" (1572261888)

00:15:02.999 --> 00:15:08.039

And then abnormal face development in the lips, mid face and eyes. So.

99 "Emma Baldwin, Proof Alliance" (1572261888)

00:15:08.304 --> 00:15:13.704

1 thing, I will say, cause, you know, you don't have to remember this list and be looking out for this just in case.

100 "Emma Baldwin, Proof Alliance" (1572261888)

00:15:13.704 --> 00:15:20.634

Your kid has an, um, this is something that, once you bring your kid into an, like, for an fasd assessment,

101 "Emma Baldwin, Proof Alliance" (1572261888)

00:15:20.934 --> 00:15:29.034

the physician will look at all of these things and check for all the all the parts of the body that are most likely to be affected by alcoholic exposure.

102 "Emma Baldwin, Proof Alliance" (1572261888)

00:15:29.784 --> 00:15:39.084

Um, 1 more thing, I will note that that facial development tend to be what people think of commonly with fasd.

103 "Emma Baldwin, Proof Alliance" (1572261888)

00:15:39.474 --> 00:15:50.694

Um, if I bring up fasd to a stranger to someone, I just met, they go like, oh, yeah, there's those facial features, you know, there's facial features with them, right? And I have to say, you know, no, it's only like.

104 "Emma Baldwin, Proof Alliance" (1572261888)

00:15:50.969 --> 00:16:02.574

1, in 10 people then have those facial features. Um, so it's not nothing physical. Nothing visual is a good indicator of whether a child has an fasd.

105 "Emma Baldwin, Proof Alliance" (1572261888)

00:16:02.844 --> 00:16:15.804

So, it's pretty much impossible to look at a kid look at a person and say you have an, I can tell because I can see blank. Um, most of it is an invisible disability, and we can move on to the next slide.

106 "Emma Baldwin, Proof Alliance" (1572261888)

00:16:17.274 --> 00:16:26.364

So here's where, um, we talk a little bit more about those facial features. You can see the facial features that people tend to associate with fasd.

107 "Emma Baldwin, Proof Alliance" (1572261888)

00:16:26.724 --> 00:16:38.814

But again, only 10 to 15% of people really exhibit these, and not even sometimes to a degree that we could just tell by looking at them and we can go on to the next slide. slide

108 "Emma Baldwin, Proof Alliance" (1572261888)

00:16:41.429 --> 00:16:49.859

So here is a great chart for seeing why something, um, and a body might be affected wire as something else isn't. So.

109 "Emma Baldwin, Proof Alliance" (1572261888)

00:16:49.884 --> 00:16:57.384

As a fetus is developing during pregnancy, you can see this top bar line, um, is the central nervous system,

110 "Emma Baldwin, Proof Alliance" (1572261888)

00:16:57.384 --> 00:17:10.464

the brain and the spinal cord and what this is showing is how long these different parts of the body are developing for and that brain and spinal cord. Are developing the entire pregnancy and.

111 "Emma Baldwin, Proof Alliance" (1572261888)

00:17:10.769 --> 00:17:22.139

If you've heard somebody say, oh, well, technically your brain is developing until you're 25. um, that's true. That is true. And that is why, you know, when.

112 "Emma Baldwin, Proof Alliance" (1572261888)  
00:17:22.139 --> 00:17:26.849  
People say, maybe drink during the 3rd trimester.

113 "Emma Baldwin, Proof Alliance" (1572261888)  
00:17:26.849 --> 00:17:40.529  
We should be thinking about that a little bit more, because maybe not everything's done developing at the end, um, adjust station at the end of pregnancy, even though, um, the fetus, um, as soon to become a baby. So.

114 "Emma Baldwin, Proof Alliance" (1572261888)  
00:17:40.529 --> 00:17:46.379  
Um, so, yeah, you can see why that brain is the most likely.

115 "Emma Baldwin, Proof Alliance" (1572261888)  
00:17:46.379 --> 00:17:54.804  
To be affected, why is this almost always an invisible disability? It's because the brain is the number 1 thing always growing, always developing.

116 "Emma Baldwin, Proof Alliance" (1572261888)  
00:17:55.194 --> 00:18:09.144  
Whereas, you know, the heart is developing for a couple of months and, um, that is when it's most vulnerable to alcohol exposure. Um, and then, you know, you can see where those other things are developing, but that can help us.

117 "Emma Baldwin, Proof Alliance" (1572261888)  
00:18:09.389 --> 00:18:18.779  
Tell where to check for a child's health and look for, you know, other issues that may have come from prenatal alcohol exposure.

118 "Emma Baldwin, Proof Alliance" (1572261888)  
00:18:18.779 --> 00:18:25.469  
And we can go on to the next slide. So how alcohol facts of it is.

119 "Emma Baldwin, Proof Alliance" (1572261888)  
00:18:25.469 --> 00:18:29.849  
Um, so after a pregnant person drinks, alcohol.

120 "Emma Baldwin, Proof Alliance" (1572261888)  
00:18:29.849 --> 00:18:44.699  
The alcohol enters the placenta and goes into the blood supply of the fetus. So the fetus, um, gets their new trans from the placenta. And so they're getting the alcohol as their, you know, quote, unquote

nutrients. Um.

121 "Emma Baldwin, Proof Alliance" (1572261888)

00:18:44.699 --> 00:18:54.534

And then the field cannot break down alcohol, um, the chemical ethanol, Blake, an adult liver pan.

122 "Emma Baldwin, Proof Alliance" (1572261888)

00:18:55.044 --> 00:19:09.504

And so, because they do not have the developed organs to process ethanol or alcohol. Like, we can, they just keep cycling through it and they do this, um, by consuming the alcohol through the placenta.

123 "Emma Baldwin, Proof Alliance" (1572261888)

00:19:09.779 --> 00:19:16.379

They urinate it out into the amniotic fluid that surrounds them, which they then swallow and.

124 "Emma Baldwin, Proof Alliance" (1572261888)

00:19:16.379 --> 00:19:24.239

Are unable to process and urinate out and swallow an unable to process in urinate out in this cycle that.

125 "Emma Baldwin, Proof Alliance" (1572261888)

00:19:24.239 --> 00:19:31.559

Poses them to the same chemical over and over again because they were unable to process it that 1st time.

126 "Emma Baldwin, Proof Alliance" (1572261888)

00:19:31.559 --> 00:19:39.509

And so this is what makes alcohol such a unique substance and so harmful is because it will.

127 "Emma Baldwin, Proof Alliance" (1572261888)

00:19:39.509 --> 00:19:45.479

Um, it will be unable to be processed by the fetus. Um, so then it's just.

128 "Emma Baldwin, Proof Alliance" (1572261888)

00:19:45.479 --> 00:19:50.969

Constantly we expose and the damage can be worse. Um.

129 "Emma Baldwin, Proof Alliance" (1572261888)

00:19:50.969 --> 00:19:54.389

And whereas if there's that constantly exposure.

130 "Emma Baldwin, Proof Alliance" (1572261888)

00:19:54.389 --> 00:20:04.404

We can go on to the next slide. So, this is a pop quiz and you're free to just answer this to yourselves and do a little guess.

131 "Emma Baldwin, Proof Alliance" (1572261888)

00:20:05.304 --> 00:20:13.524

Uh, is it safe is to drink alcohol during the first, second or 3rd trimester so I'll let you think about that for a 2nd.

132 "Emma Baldwin, Proof Alliance" (1572261888)

00:20:15.179 --> 00:20:18.479

First second or 3rd. What's the safest mm.

133 "Emma Baldwin, Proof Alliance" (1572261888)

00:20:22.559 --> 00:20:31.079

And we can go on to the next slide. Oh, okay. So I thought there would be an answer slide here. And so I will tell you.

134 "Emma Baldwin, Proof Alliance" (1572261888)

00:20:31.079 --> 00:20:36.419

It was a trick question. There is no safe time to drink.

135 "Emma Baldwin, Proof Alliance" (1572261888)

00:20:36.419 --> 00:20:44.489

During pregnancy, I explained how some people think it's safe as during that 3rd trimester. Um, because there's.

136 "Emma Baldwin, Proof Alliance" (1572261888)

00:20:44.489 --> 00:20:59.304

Uh, less development, or, you know, that some people will say, um, you know, the cookies are fully baked and the bread's fully baked and, you know, there's nothing else that can affect it now but that's not true. Uh, you know, a child is still developing.

137 "Emma Baldwin, Proof Alliance" (1572261888)

00:20:59.544 --> 00:21:05.484

Um, people are still developing into their twenties and so it's important to, um, just note.

138 "Emma Baldwin, Proof Alliance" (1572261888)

00:21:05.759 --> 00:21:10.409

When things do become safe and that just because.

139 "Emma Baldwin, Proof Alliance" (1572261888)

00:21:10.409 --> 00:21:15.929

You know, things are slower to develop, or things are starting to be fully formed.

140 "Emma Baldwin, Proof Alliance" (1572261888)

00:21:15.929 --> 00:21:21.179

There are still vulnerabilities there, especially while, um.

141 "Emma Baldwin, Proof Alliance" (1572261888)

00:21:21.179 --> 00:21:25.529  
During pregnancy while we're in that fetus stage.

142 "Emma Baldwin, Proof Alliance" (1572261888)  
00:21:25.529 --> 00:21:35.939  
So, the effects of alcohol during pregnancy, um, even low levels of alcohol can affect the fetus. There are studies, um, that show that a couple of drinks.

143 "Emma Baldwin, Proof Alliance" (1572261888)  
00:21:35.939 --> 00:21:45.539  
You know, throughout the pregnancy 1 instance of binge, drinking through the pregnancy, um, was enough to have, um, to have effects to.

144 "Emma Baldwin, Proof Alliance" (1572261888)  
00:21:45.539 --> 00:21:54.059  
Um, that were shown post birth, so, things like learning disabilities or certain fiscal conditions.

145 "Emma Baldwin, Proof Alliance" (1572261888)  
00:21:54.059 --> 00:22:02.279  
Um, the risk of course, does increase with more alcohol. In fact, binge, drinking.

146 "Emma Baldwin, Proof Alliance" (1572261888)  
00:22:02.279 --> 00:22:12.629  
Definitely increases the risk of and so, 1 known case of binge drinking can greatly increase your risks of their being an fasd.

147 "Emma Baldwin, Proof Alliance" (1572261888)  
00:22:12.629 --> 00:22:21.989  
But overall, we know the healthiest and safest choice is to avoid drinking any alcohol during pregnancy and we can go on to the next slide.

148 "Emma Baldwin, Proof Alliance" (1572261888)  
00:22:23.849 --> 00:22:27.029  
Um, knowing that every pregnancy is different, so.

149 "Emma Baldwin, Proof Alliance" (1572261888)  
00:22:27.294 --> 00:22:41.064  
How alcohol affects the fetus, depending on a number of things, um, genetics, a person's diet, a pregnant person's diet, the pregnant person's age, um, the pregnant person's substance use in this doesn't just mean alcohol.

150 "Emma Baldwin, Proof Alliance" (1572261888)  
00:22:41.064 --> 00:22:53.844  
So, um, if the pregnant person is also smoking or doing other illicit drugs during pregnancy, a lot of those effects can compound on each



other and make them worse. Um, or harder to deal with, um, in childhood.

151 "Emma Baldwin, Proof Alliance" (1572261888)

00:22:54.809 --> 00:22:59.279

And then the amount of alcohol a pregnant person has consumed, you know.

152 "Emma Baldwin, Proof Alliance" (1572261888)

00:22:59.279 --> 00:23:03.209

We always take a harm reduction approach and.

153 "Emma Baldwin, Proof Alliance" (1572261888)

00:23:03.209 --> 00:23:11.099

At we work really hard to de, stigmatize this for our, the bio moms that come in um.

154 "Emma Baldwin, Proof Alliance" (1572261888)

00:23:11.099 --> 00:23:22.644

We have a panel of bio moms who share their stories and have, you know, turned their lives around. Whether they, um, didn't know they were pregnant and, you know, had been drinking.

155 "Emma Baldwin, Proof Alliance" (1572261888)

00:23:22.644 --> 00:23:37.404

And then they were 5 months pregnant and realized they had been drinking for 5 months. And then stopped, then, um, some women, um, that we work with have, you know, alcohol substance, use disorders and so we worked with them with that. And.

156 "Emma Baldwin, Proof Alliance" (1572261888)

00:23:37.679 --> 00:23:46.829

Um, and we just say, you know, if you stopped drinking at 7 months, if you were drinking all the way up to 7 months, and you stopped.

157 "Emma Baldwin, Proof Alliance" (1572261888)

00:23:46.829 --> 00:23:59.489

Now, congratulations, that's amazing. That's incredible because that was 1 month of a pregnancy where exposure could have happened, and it didn't because the, the right changes were made.

158 "Emma Baldwin, Proof Alliance" (1572261888)

00:23:59.489 --> 00:24:03.959

And so it's really important to know that the amount of alcohol person has consumed.

159 "Emma Baldwin, Proof Alliance" (1572261888)

00:24:03.959 --> 00:24:07.799

You know, is very important and that means stopping at any point.

160 "Emma Baldwin, Proof Alliance" (1572261888)

00:24:07.799 --> 00:24:14.639

Is a huge move. It's that is a great step toward harm reduction and protecting a child.

161 "Emma Baldwin, Proof Alliance" (1572261888)

00:24:14.639 --> 00:24:19.379

Um, and then 1 thing that really does not affect, um.

162 "Emma Baldwin, Proof Alliance" (1572261888)

00:24:19.884 --> 00:24:34.884

The alcohol's effects is the type of alcohol the pregnant person has consumed. So it doesn't matter if it was wine or beer or wine, or I know. Hard to are really in.

163 "Emma Baldwin, Proof Alliance" (1572261888)

00:24:35.124 --> 00:24:49.314

And there's people are always questioning whether is enough alcohol. We always just say if there's a question about it, probably not not the best. You know, alcohol is alcohol is alcohol. Um, and that is how.

164 "Emma Baldwin, Proof Alliance" (1572261888)

00:24:49.709 --> 00:24:57.359

It will be processed by a fetus. A fetus says alcohol is alcohol so we have to treat just any alcohol as alcohol.

165 "Emma Baldwin, Proof Alliance" (1572261888)

00:24:57.359 --> 00:25:06.239

Um, and we can go on to the next slide. So then we, of course know there's social determinants. Um.

166 "Emma Baldwin, Proof Alliance" (1572261888)

00:25:06.239 --> 00:25:14.219

Of health, so all of this means is risk factors. So things that we know can make it harder to get support, um, to prevent.

167 "Emma Baldwin, Proof Alliance" (1572261888)

00:25:14.219 --> 00:25:24.419

And or to get more supports for your children, as they're growing up with an fasd. So, economic stability, you know, are you making enough to.

168 "Emma Baldwin, Proof Alliance" (1572261888)

00:25:24.419 --> 00:25:38.429

Support your child's, you know, basic needs, but also what, if they need therapy and how do we get them to therapy? How do we find those services for them? Um, education and access education, access and quality. So.

169 "Emma Baldwin, Proof Alliance" (1572261888)

00:25:38.429 --> 00:25:51.059

You know, are they getting to go to school? Are they going to a school that takes care of their needs? You know, is it a school that is able to provide support to them in the classroom and outside of the classroom? Um, or can offer.

170 "Emma Baldwin, Proof Alliance" (1572261888)

00:25:51.059 --> 00:25:55.349

Tutoring to them at no cost to the family.

171 "Emma Baldwin, Proof Alliance" (1572261888)

00:25:55.349 --> 00:26:05.669

Um, health care, access and quality, you know, similarly, do they have access to, um, things like medications or treatment when they get sick?

172 "Emma Baldwin, Proof Alliance" (1572261888)

00:26:05.669 --> 00:26:09.689

Kids with an are more likely to.

173 "Emma Baldwin, Proof Alliance" (1572261888)

00:26:09.689 --> 00:26:23.069

Get infections, or it may be harder for them to fight off the infections that they do get. And because of that, it's really important that there's a proper health care access and quality for someone with an.

174 "Emma Baldwin, Proof Alliance" (1572261888)

00:26:23.069 --> 00:26:26.969

And then there's a neighborhood and built environment and making sure that.

175 "Emma Baldwin, Proof Alliance" (1572261888)

00:26:27.414 --> 00:26:40.884

There are things to do, you know, around we, we talk about the importance of 3rd places, like a park, um, or a coffee shop or, you know, for kids like something like a library playground places. They can hang out with friends.

176 "Emma Baldwin, Proof Alliance" (1572261888)

00:26:40.944 --> 00:26:47.154

That don't require things like substances or extra, um, risk factors.

177 "Emma Baldwin, Proof Alliance" (1572261888)

00:26:48.264 --> 00:26:57.924

And then social and community context, so racism, we do acknowledge, at proof lines, that there is a lot more stigma about fasd for marginalized identities.

178 "Emma Baldwin, Proof Alliance" (1572261888)

00:26:58.314 --> 00:27:08.574

Um, so whether that's black, indigenous, um, people of color, they face a lot of stigma when it comes to specifically the indigenous communities.

179 "Emma Baldwin, Proof Alliance" (1572261888)

00:27:08.964 --> 00:27:17.634

Um, and this is because there's been a long history of alcohol, um, being used as, like, a tool as a tool for the.

180 "Emma Baldwin, Proof Alliance" (1572261888)

00:27:17.819 --> 00:27:19.649

From it, um.

181 "Emma Baldwin, Proof Alliance" (1572261888)

00:27:19.649 --> 00:27:22.829

And so because of that long history of.

182 "Emma Baldwin, Proof Alliance" (1572261888)

00:27:23.214 --> 00:27:35.124

Colonialism and alcohol, we've worked really, really hard to get into priority populations, offer them the supports, they need, but really offer the words they need to say this isn't just an EU issue.

183 "Emma Baldwin, Proof Alliance" (1572261888)

00:27:35.124 --> 00:27:44.874

This isn't just, um, this isn't your fault, um, society, you know, can be supporting you better we can be offering you supports, let's help you find supports.

184 "Emma Baldwin, Proof Alliance" (1572261888)

00:27:44.904 --> 00:27:50.634

Um, and so we work really hard to bring those supports to those groups of people, rather than bring the stigma.

185 "Emma Baldwin, Proof Alliance" (1572261888)

00:27:51.389 --> 00:28:04.589

And then the normalization of alcohol use, uh, many doctors today, still, um, will say that, you know, a glass of wine is okay and that is not correct. Um.

186 "Emma Baldwin, Proof Alliance" (1572261888)

00:28:04.589 --> 00:28:10.589

And then alcohol policies out of any drug or substance alcohol.

187 "Emma Baldwin, Proof Alliance" (1572261888)

00:28:10.614 --> 00:28:25.374

Not, uh, highly regulated it's really accessible. So it's super easy to get super easy to find. And that makes it, you know, a go to choice

for fun for celebrations, um, or spending time.

188 "Emma Baldwin, Proof Alliance" (1572261888)

00:28:26.004 --> 00:28:29.394

And that can just make it harder to abstain from alcohol.

189 "Emma Baldwin, Proof Alliance" (1572261888)

00:28:29.669 --> 00:28:35.669

And we can go on to the next slide. This is my.

190 "Emma Baldwin, Proof Alliance" (1572261888)

00:28:35.669 --> 00:28:40.889

Favorite thing to share it not because it's good, but because it really.

191 "Emma Baldwin, Proof Alliance" (1572261888)

00:28:40.889 --> 00:28:49.709

Shows us how important this information is 1 in 21 and 20 people in the United States are affected by an.

192 "Emma Baldwin, Proof Alliance" (1572261888)

00:28:49.709 --> 00:28:57.479

This was found, um, by studying 3001st graders, so pretty big group and.

193 "Emma Baldwin, Proof Alliance" (1572261888)

00:28:57.479 --> 00:29:01.679

It's I like to point out that 1.

194 "Emma Baldwin, Proof Alliance" (1572261888)

00:29:01.679 --> 00:29:16.524

7 pregnancies are exposed to alcohol, so with 1 and 7 exposed and 120 who have an, you can see how the alcohol exposure is really linked to, you know, the livelihood later on. And so. on and so

195 "Emma Baldwin, Proof Alliance" (1572261888)

00:29:16.799 --> 00:29:20.669

That draws out that relationship, but also.

196 "Emma Baldwin, Proof Alliance" (1572261888)

00:29:20.669 --> 00:29:31.974

If you think your child has an, if you think you have an fasd, um, someone, you know, has an, it is helpful to hear that. They're not alone that you're not alone.

197 "Emma Baldwin, Proof Alliance" (1572261888)

00:29:32.394 --> 00:29:43.374

Um, that there are so many other people out there affected by prenatal alcohol exposure. And we just don't talk about it. Um, we're just not bringing people to the services that they need.

198 "Emma Baldwin, Proof Alliance" (1572261888)

00:29:43.794 --> 00:29:50.574

Um, and so that's what we're doing here today is, is undoing that and learning what we need to learn, um, to see how important.

199 "Emma Baldwin, Proof Alliance" (1572261888)

00:29:50.669 --> 00:29:55.049

This is how big big of an issue alcohol and pregnancy is.

200 "Emma Baldwin, Proof Alliance" (1572261888)

00:29:55.049 --> 00:30:01.679

And we can go on to the next slide. So, why would somebody drink during pregnancy?

201 "Emma Baldwin, Proof Alliance" (1572261888)

00:30:01.679 --> 00:30:08.129

And see, and this is something I want you to think about to yourself for just a few seconds. Um.

202 "Emma Baldwin, Proof Alliance" (1572261888)

00:30:09.149 --> 00:30:14.009

But just to help us deconstruct that, that shaman stigma.

203 "Emma Baldwin, Proof Alliance" (1572261888)

00:30:22.619 --> 00:30:26.819

All right, and we can advance to the next slide. So.

204 "Emma Baldwin, Proof Alliance" (1572261888)

00:30:26.819 --> 00:30:34.559

Ending the stigma, prenatal alcohol exposure is a very complex public health issue. Um, there are many reasons that are.

205 "Emma Baldwin, Proof Alliance" (1572261888)

00:30:34.559 --> 00:30:43.199

Um, that a person may drink while they're pregnant. 1st 1 being they before they knew they were pregnant. So if you're.

206 "Emma Baldwin, Proof Alliance" (1572261888)

00:30:43.199 --> 00:30:56.489

Um, you know, 3 months pregnant, and you haven't taken a test and you're not showing you haven't felt sick yet, you know, you might have drink those past couple of weeks. And how would, you know, how would, you know, um.

207 "Emma Baldwin, Proof Alliance" (1572261888)

00:30:56.489 --> 00:31:03.659

Half of pregnancies in the United States are unplanned and that is important to know because.

208 "Emma Baldwin, Proof Alliance" (1572261888)  
00:31:03.659 --> 00:31:07.589  
Immediately that takes the blame, you know, off of the.

209 "Emma Baldwin, Proof Alliance" (1572261888)  
00:31:07.589 --> 00:31:18.569  
Mother, it stopped blame off of you should have known, um, because half of people don't half of people do not realize they are pregnant until farther down the line.

210 "Emma Baldwin, Proof Alliance" (1572261888)  
00:31:18.569 --> 00:31:24.389  
Number 2, they didn't realize the risk associated with prenatal alcohol exposure so.

211 "Emma Baldwin, Proof Alliance" (1572261888)  
00:31:24.389 --> 00:31:28.979  
You know, this could be for a variety of reasons 1st of all. Not a lot of people.

212 "Emma Baldwin, Proof Alliance" (1572261888)  
00:31:29.004 --> 00:31:40.854  
No, about fasd and how high that risk is another reason a healthcare provider could have given them the wrong information. You know, a glass of wine is. Okay. Don't worry. Um, when that's just not true.

213 "Emma Baldwin, Proof Alliance" (1572261888)  
00:31:41.274 --> 00:31:51.894  
They know someone who drink during pregnancy, and their child has not been diagnosed with an fasd. There's 2 reasons that this could, you know, not be a helpful thought. Um.

214 "Emma Baldwin, Proof Alliance" (1572261888)  
00:31:52.469 --> 00:32:01.709  
The 1st 1, is that, um, is that we haven't been diagnosing for that long.

215 "Emma Baldwin, Proof Alliance" (1572261888)  
00:32:01.709 --> 00:32:16.499  
You've only been diagnosing for a couple of decades um, and as you saw, and, you know, in 2000, those diagnostics changed. So we're constantly improving that we're constantly getting out to more people. Um.

216 "Emma Baldwin, Proof Alliance" (1572261888)  
00:32:16.499 --> 00:32:27.089  
But 1st comes that education piece so a lot of people haven't and have not been diagnosed, or they have been diagnosed with other things. Um, that are more apparent.

217 "Emma Baldwin, Proof Alliance" (1572261888)

00:32:27.089 --> 00:32:32.009

Um, they may also have an alcohol use disorder, so this.

218 "Emma Baldwin, Proof Alliance" (1572261888)

00:32:32.009 --> 00:32:37.559

This is, um, I think it's really important that we take a 2nd to.

219 "Emma Baldwin, Proof Alliance" (1572261888)

00:32:39.179 --> 00:32:46.289

Consider the dangers of, um, of just stopping alcohol when you have an alcohol use disorder.

220 "Emma Baldwin, Proof Alliance" (1572261888)

00:32:46.764 --> 00:32:59.484

Not only, is this an extremely challenging thing to do but it is also risky it is it is dangerous for someone to quote, unquote, cold, Turkey, um, or immediately stop drinking.

221 "Emma Baldwin, Proof Alliance" (1572261888)

00:32:59.604 --> 00:33:03.024

This is something that should be done, you know, with the help of a professional.

222 "Emma Baldwin, Proof Alliance" (1572261888)

00:33:04.134 --> 00:33:18.924

And then they are a part of they may be a part of a culture in which drinking alcohol is socially acceptable. Um, the group of people most likely to drink during pregnancy are actually college age, white women and, um, yeah, college age, white women.

223 "Emma Baldwin, Proof Alliance" (1572261888)

00:33:18.924 --> 00:33:21.714

So, 20 to 30 years old, um.

224 "Emma Baldwin, Proof Alliance" (1572261888)

00:33:21.989 --> 00:33:26.249

That's who we're, if we're looking at the numbers are more likely to drink.

225 "Emma Baldwin, Proof Alliance" (1572261888)

00:33:26.249 --> 00:33:38.489

But that shows you that when we were talking about culture and alcohol, um, we might think of things, or we, we might not think of how it really is right away. Um.

226 "Emma Baldwin, Proof Alliance" (1572261888)

00:33:38.489 --> 00:33:49.554

So, knowing this group of friends, I always drink with them when we go out. I don't hang out with them unless we're drinking. Maybe that's



not the best group of people to be around when you're pregnant.

227 "Emma Baldwin, Proof Alliance" (1572261888)

00:33:49.614 --> 00:33:59.364

Because what will you do besides sit there, you know, with a, with a juice um, but knowing the cultures that you're a part of and of your friends is really important.

228 "Emma Baldwin, Proof Alliance" (1572261888)

00:33:59.699 --> 00:34:13.109

And so, yeah, feeling that pressure from failing family and friends come on, it's a wedding come on. It's a celebration, you know, have a drink. Have your toast, um, being able to say, no, is really difficult in those times and we can move on to the next slide.

229 "Emma Baldwin, Proof Alliance" (1572261888)

00:34:16.409 --> 00:34:20.069

So, where are you getting your medical advice from? Um.

230 "Emma Baldwin, Proof Alliance" (1572261888)

00:34:20.069 --> 00:34:26.399

This is just something that I I'm really passionate about is double checking.

231 "Emma Baldwin, Proof Alliance" (1572261888)

00:34:26.694 --> 00:34:41.064

You know, I think moms are faced with so many resources on what is healthy what it's not healthy what they should be consuming what they should be staying away from. And when it comes to alcohol, getting, lots of opinions isn't the way to go. It's better to look for the right opinions.

232 "Emma Baldwin, Proof Alliance" (1572261888)

00:34:41.424 --> 00:34:55.944

Um, and here's a list of really trusted, um, institutions or organizations. That have correct information about alcohol, use on their website. Um, and then overall, if you want to really, really dig into research, um.

233 "Emma Baldwin, Proof Alliance" (1572261888)

00:34:56.399 --> 00:35:03.419

Try to stay off blogs, use things the end and dot or dot. Gov. Um, um.

234 "Emma Baldwin, Proof Alliance" (1572261888)

00:35:03.419 --> 00:35:12.089

And those tend to be better dot org. It comes after that dot com, you probably want to stay away from, um, and we can move on to the next slide.

235 "Emma Baldwin, Proof Alliance" (1572261888)

00:35:13.889 --> 00:35:23.579

So, true false. I'll have you answer this kind of with yourself, only people with an alcohol use disorder, or at risk of having a child with an.

236 "Emma Baldwin, Proof Alliance" (1572261888)

00:35:29.999 --> 00:35:44.669

And I hope we're thinking false cause that's the correct answer. Um, it's not just people with alcohol use disorders. Um, as I said before, it could be that you got pregnant and.

237 "Emma Baldwin, Proof Alliance" (1572261888)

00:35:44.669 --> 00:35:50.309

He did not know for 2 or 3 weeks. You didn't know for a couple of months.

238 "Emma Baldwin, Proof Alliance" (1572261888)

00:35:50.309 --> 00:35:59.549

Um, there's a lot of reasons there could be prenatal alcohol exposure, and it's usually not just that individual's fault. It's usually a community effort.

239 "Emma Baldwin, Proof Alliance" (1572261888)

00:35:59.549 --> 00:36:08.939

So, we can move on to the next slide. Thank you. So, 14% of women in the United States drink. Um.

240 "Emma Baldwin, Proof Alliance" (1572261888)

00:36:08.939 --> 00:36:16.289

Drink alcohol during pregnancy and 5% engaged in binge drinking. Um, so this is 2019 and this is.

241 "Emma Baldwin, Proof Alliance" (1572261888)

00:36:16.289 --> 00:36:31.284

A good number for that. 1 and 20 number, because drinking is actually increased for pregnant women since covid 19 and that means that we're in a few years. We'll probably see a lot more kids entering elementary school with an fasd. So.

242 "Emma Baldwin, Proof Alliance" (1572261888)

00:36:31.829 --> 00:36:35.009

This is just important to know, because.

243 "Emma Baldwin, Proof Alliance" (1572261888)

00:36:35.009 --> 00:36:38.789

If you have drink alcohol during pregnancy, you're not alone.

244 "Emma Baldwin, Proof Alliance" (1572261888)

00:36:38.789 --> 00:36:46.709

We, everybody has made mistakes everybody is, is only working with the

information that they have and.

245 "Emma Baldwin, Proof Alliance" (1572261888)  
00:36:46.709 --> 00:36:50.369

This is information that's not out there. Enough.

246 "Emma Baldwin, Proof Alliance" (1572261888)  
00:36:50.369 --> 00:37:02.214

Um, so, I hope nobody leaves this presentation feeling, you know, guilty or shameful, because really, I hope you feel like you've been empowered, um, to find the resources that you might need or that.

247 "Emma Baldwin, Proof Alliance" (1572261888)  
00:37:02.214 --> 00:37:08.184

You might realize will be very, very helpful to you and your family. Um, and we can go on to the next slide.

248 "Emma Baldwin, Proof Alliance" (1572261888)  
00:37:09.509 --> 00:37:15.719

So, nursing at this is a really common question we get we get, um, can.

249 "Emma Baldwin, Proof Alliance" (1572261888)  
00:37:15.744 --> 00:37:29.514

Nursing are drinking while nursing cause and fasd. So, alcohol and breast milk cannot cause an fasd alcohol investment can impact a baby sleep patterns, growth and development.

250 "Emma Baldwin, Proof Alliance" (1572261888)  
00:37:29.514 --> 00:37:35.304

So, you know, maybe crawling a little bit later. You'll see milestones, um, more sprawled out.

251 "Emma Baldwin, Proof Alliance" (1572261888)  
00:37:35.664 --> 00:37:45.114

Um, and I think what we hear from parents is mostly that sleep patterns is an issue, you know, you want to be able to maintain positive sleep patterns for your child.

252 "Emma Baldwin, Proof Alliance" (1572261888)  
00:37:46.314 --> 00:37:58.944

And for yourself, the safest choice is to continue not drinking drinking alcohol, if breastfeeding, but for more information, um, talk to your healthcare provider, or we love, um,

253 "Emma Baldwin, Proof Alliance" (1572261888)  
00:37:58.974 --> 00:38:08.724

AP dot Org or mother to baby dot org. I especially love mother to baby dot org. Um, they have really easy resources to learn about this.

254 "Emma Baldwin, Proof Alliance" (1572261888)

00:38:08.969 --> 00:38:19.140

And we can go on to the next slide. So, what role does a dad play? Um, there's not enough research yet to decide if a father's alcohol use can also be unsafe.

255 "Emma Baldwin, Proof Alliance" (1572261888)

00:38:19.140 --> 00:38:27.120

Um, and I like to be very honest about what we know and what we do not know. Um, even so drinking loss are being completely.

256 "Emma Baldwin, Proof Alliance" (1572261888)

00:38:27.120 --> 00:38:31.200

Um, alcohol free can be a very healthy choice for men.

257 "Emma Baldwin, Proof Alliance" (1572261888)

00:38:31.200 --> 00:38:40.290

And we do know that pregnant people who have a supportive partner are much more likely to give up, um, unsafe behaviors like drinking.

258 "Emma Baldwin, Proof Alliance" (1572261888)

00:38:40.290 --> 00:38:48.210

And this is, you know, in the works, um, it's not on our slide yet. It's so new, but we're seeing a lot of research in the.

259 "Emma Baldwin, Proof Alliance" (1572261888)

00:38:48.210 --> 00:38:56.160

In the past couple of years, suggesting that alcohol can impact the volatility of sperms. So.

260 "Emma Baldwin, Proof Alliance" (1572261888)

00:38:56.160 --> 00:39:04.050

If you intend on getting pregnant, um, and you're trying to have a baby, it's probably best for the father to also, um.

261 "Emma Baldwin, Proof Alliance" (1572261888)

00:39:04.050 --> 00:39:09.000

Not drink during that time as well we can go on to the next slide.

262 "Emma Baldwin, Proof Alliance" (1572261888)

00:39:11.100 --> 00:39:21.120

So, here, we have just a couple pictures, just alcohol culture and how much in the last couple decades we have associated alcohol with parenthood.

263 "Emma Baldwin, Proof Alliance" (1572261888)

00:39:21.120 --> 00:39:26.160

So, you know, Mommy's sippy cup we've seen things like this. Um.

264 "Emma Baldwin, Proof Alliance" (1572261888)

00:39:26.905 --> 00:39:37.255

All over the place, you know, um, why nights for moms and really associating that, you know, wines with moms in here with dads and using that as a marketing tool.

265 "Emma Baldwin, Proof Alliance" (1572261888)

00:39:37.255 --> 00:39:48.505

And so it's just good to be aware of how these things might not actually be in your best interest how this marketing, um, might be going directly against what is very, very safe for your kid, which would be to.

266 "Emma Baldwin, Proof Alliance" (1572261888)

00:39:48.780 --> 00:39:52.740

Set the alcoholic side, um, for a few months.

267 "Emma Baldwin, Proof Alliance" (1572261888)

00:39:52.740 --> 00:40:02.100

And let's go to the next slide. Here's just some more of those day wine. I wine surviving motherhood daddy needs to be here.

268 "Emma Baldwin, Proof Alliance" (1572261888)

00:40:02.100 --> 00:40:09.090

Seeing a theme, um, but it's really, really, I think impressive when, um.

269 "Emma Baldwin, Proof Alliance" (1572261888)

00:40:09.090 --> 00:40:23.610

Especially a proof clients when we see moms come in and they, you know, they see that they're like, oh, I saw this sign that was suggesting that I get a I get a drink while my kids at daycare. And it says, why do we always talk about it like that? And, um.

270 "Emma Baldwin, Proof Alliance" (1572261888)

00:40:23.610 --> 00:40:27.270

And it is, it is important to be able to recognize how.

271 "Emma Baldwin, Proof Alliance" (1572261888)

00:40:27.270 --> 00:40:31.800

Marketing and how alcohol as.

272 "Emma Baldwin, Proof Alliance" (1572261888)

00:40:31.800 --> 00:40:45.390

An industry, um, they try to sell more alcohol. They said the industry of alcohol is to sell more alcohol. So it's good to not listen to marketing and to listen to medical professionals. Um.

273 "Emma Baldwin, Proof Alliance" (1572261888)

00:40:45.390 --> 00:40:48.660

About about your consumption.

274 "Emma Baldwin, Proof Alliance" (1572261888)

00:40:48.660 --> 00:41:03.090

Uh, we can go on to the next slide. So how do your drinking habits before? Pregnancy relate to fasd so you can think about this to yourself, but let's move on to the next slide and talk a little bit about.

275 "Emma Baldwin, Proof Alliance" (1572261888)

00:41:03.090 --> 00:41:06.210

1, I, so, what's 1 drink?

276 "Emma Baldwin, Proof Alliance" (1572261888)

00:41:06.210 --> 00:41:09.420

Um, this is that.

277 "Emma Baldwin, Proof Alliance" (1572261888)

00:41:09.420 --> 00:41:21.960

Historical lie, the doctors say the 1 glass of wine is. Okay. Um, and even if that were true, are we really pouring 1 glass of wine? Um, so.

278 "Emma Baldwin, Proof Alliance" (1572261888)

00:41:21.960 --> 00:41:26.280

Generally, the standard is 12 ounces for beer or 5 ounces for wine and.

279 "Emma Baldwin, Proof Alliance" (1572261888)

00:41:26.280 --> 00:41:32.250

You know, 1.5 ounces for distilled spirits, you know, for hard liquor, quote unquote. Um.

280 "Emma Baldwin, Proof Alliance" (1572261888)

00:41:32.250 --> 00:41:43.350

So, if you're looking at that wine glass in the picture, that's actually what 1 standard drink looks like. And as I'm giving this advice or giving you, um, these facts about, um.

281 "Emma Baldwin, Proof Alliance" (1572261888)

00:41:43.350 --> 00:41:49.290

Alcohol, you know, a small amount of alcohol can affect a child, but binge drinking is much worse.

282 "Emma Baldwin, Proof Alliance" (1572261888)

00:41:49.290 --> 00:41:52.440

Let's go on to the next slide.

283 "Emma Baldwin, Proof Alliance" (1572261888)

00:41:52.440 --> 00:41:58.140

Yeah, so binge drinking, um, we know effective fetus.

284 "Emma Baldwin, Proof Alliance" (1572261888)  
00:41:58.140 --> 00:42:06.240  
A lot more severely than just, um, light drinking. Um, well, we know that all of it is unsafe, but for women.

285 "Emma Baldwin, Proof Alliance" (1572261888)  
00:42:06.240 --> 00:42:12.270  
4 or more drinks is just, um, in 2 hours is been drinking. So that could be.

286 "Emma Baldwin, Proof Alliance" (1572261888)  
00:42:12.270 --> 00:42:20.850  
You know, 1, you know, beer or a glass of wine, and then a beer, and then a glass of wine and then a beer. Um, you know.

287 "Emma Baldwin, Proof Alliance" (1572261888)  
00:42:20.850 --> 00:42:29.970  
1, in 30 minutes, when the next 30 minutes, and that's still considered binge drinking and for men, that's 5 or more drinks and 2 hours. So.

288 "Emma Baldwin, Proof Alliance" (1572261888)  
00:42:30.985 --> 00:42:44.425  
It is really surprising. I think when we start paying attention to our alcohol consumption to realize that when we're drinking, you know what we might consider lightly. It might actually be pretty severe drinking.

289 "Emma Baldwin, Proof Alliance" (1572261888)  
00:42:44.455 --> 00:42:46.135  
Um, especially in.

290 "Emma Baldwin, Proof Alliance" (1572261888)  
00:42:46.560 --> 00:42:51.420  
Um, in terms of what the fetus can handle so let's go on to the next slide.

291 "Emma Baldwin, Proof Alliance" (1572261888)  
00:42:53.515 --> 00:43:03.055  
17% of adults, binge drink so this is most common, um, among adults 18 to 34. so, also the age range of people most likely to become pregnant.

292 "Emma Baldwin, Proof Alliance" (1572261888)  
00:43:03.055 --> 00:43:16.555  
Oh, but 17% that is, you know, almost 151 and 6, um, adults, binge drink, you know, as part of their recreation, you know, as part of how they have fun, which is totally. Okay.

293 "Emma Baldwin, Proof Alliance" (1572261888)

00:43:16.555 --> 00:43:23.155

Um, except for the fact that if you're pregnant, or if you're about to become. if you're about to become

294 "Emma Baldwin, Proof Alliance" (1572261888)

00:43:23.160 --> 00:43:26.160

Pregnant and may not know that you are pregnant.

295 "Emma Baldwin, Proof Alliance" (1572261888)

00:43:26.160 --> 00:43:30.360

Then there's a lot of risks involved. Um, so knowing that you.

296 "Emma Baldwin, Proof Alliance" (1572261888)

00:43:30.360 --> 00:43:37.290

You know, if you are sexually active and drinking alcohol, no. 1 to use protection or to, um.

297 "Emma Baldwin, Proof Alliance" (1572261888)

00:43:37.290 --> 00:43:44.010

Consider or pay attention to your body and think, um, and track your cycle, knowing when, um.

298 "Emma Baldwin, Proof Alliance" (1572261888)

00:43:44.010 --> 00:43:51.810

pregnancy's most possible, knowing when you're looking to become pregnant, rather than trying to avoid it. Um.

299 "Emma Baldwin, Proof Alliance" (1572261888)

00:43:51.810 --> 00:43:55.950

And planning out when you are drinking, so that.

300 "Emma Baldwin, Proof Alliance" (1572261888)

00:43:55.950 --> 00:44:01.140

Um, you're conscious of your body and.

301 "Emma Baldwin, Proof Alliance" (1572261888)

00:44:01.140 --> 00:44:05.370

The timing of that alcohol exposure. So let's go on to the next slide.

302 "Emma Baldwin, Proof Alliance" (1572261888)

00:44:07.800 --> 00:44:12.870

But if you are pregnant, any drinking is considered risky. Um.

303 "Emma Baldwin, Proof Alliance" (1572261888)

00:44:12.870 --> 00:44:16.710

That is the bottom line. That is what I, I hope.

304 "Emma Baldwin, Proof Alliance" (1572261888)

00:44:16.710 --> 00:44:19.890

Everybody, you know, start sharing, um.



305 "Emma Baldwin, Proof Alliance" (1572261888)

00:44:20.215 --> 00:44:31.765

With each other, and what people start sharing with their, you know, with their friends who are becoming pregnant and, um, starting families that they, they, they're willing to not just willingly eager to share.

306 "Emma Baldwin, Proof Alliance" (1572261888)

00:44:31.765 --> 00:44:41.575

Just this fact if you're pregnant, any drinking is considered risky. And, um, and to tell us who somebody is definitely show showing that you care if you do it.

307 "Emma Baldwin, Proof Alliance" (1572261888)

00:44:41.910 --> 00:44:47.130

You know, considerately and kindly. Um, and we can go on to the next slide.

308 "Emma Baldwin, Proof Alliance" (1572261888)

00:44:48.330 --> 00:44:51.690

Unplanned pregnancies so 50 per.

309 "Emma Baldwin, Proof Alliance" (1572261888)

00:44:51.690 --> 00:44:56.670

Sorry, 45% of pregnancies in the United States are unplanned.

310 "Emma Baldwin, Proof Alliance" (1572261888)

00:44:56.965 --> 00:45:08.695

Unplanned pregnancy rates our highest among women ages 20 to 24. so again, right there in that age range of people, most likely to be binge drinking as well.

311 "Emma Baldwin, Proof Alliance" (1572261888)

00:45:08.695 --> 00:45:15.565

Um, so we're seeing this age range of 18, you know, to 18 to 30 being a really high risk.

312 "Emma Baldwin, Proof Alliance" (1572261888)

00:45:15.565 --> 00:45:26.425

Um, time for people who are simultaneously live in the living, their young, 20 year old lives, and also. also

313 "Emma Baldwin, Proof Alliance" (1572261888)

00:45:26.670 --> 00:45:37.320

Um, starting family is some of them overlapping in that same decade. Um, and it's a confusing time, but it's important to know half of those different pieces affect each other.

314 "Emma Baldwin, Proof Alliance" (1572261888)

00:45:37.765 --> 00:45:45.205

We can go on to the next slide. So it's important to know plan pregnancies can help prevent fasd.

315 "Emma Baldwin, Proof Alliance" (1572261888)

00:45:45.384 --> 00:45:54.745

So working with your doctors to plan your pregnancies and have awareness of your whole pregnancy process is very important in this prevention work.

316 "Emma Baldwin, Proof Alliance" (1572261888)

00:45:55.020 --> 00:46:04.290

And we can go on to the next slide. So remember these 3 things hopefully now you are empowered with the.

317 "Emma Baldwin, Proof Alliance" (1572261888)

00:46:04.555 --> 00:46:14.575

Information to help prevent, um, a child from having a lifelong 1st, full disability and that is huge huge, um, see, for alcohol choices and plan pregnancies.

318 "Emma Baldwin, Proof Alliance" (1572261888)

00:46:14.575 --> 00:46:25.105

Both help prevent is a brain based permanent disability with rider wide ranging effects. The impacts 1 in 20 children in the United States.

319 "Emma Baldwin, Proof Alliance" (1572261888)

00:46:25.980 --> 00:46:34.020

And then during pregnancy, there is no no safe amount of alcohol known own safe type of alcohol and no save time to drink.

320 "Emma Baldwin, Proof Alliance" (1572261888)

00:46:34.020 --> 00:46:47.760

And we can go on to the next slide. So we all have a role to play in preventing fasd and supporting those impacted. Um, 1 of the things that I like to send people off with is.

321 "Emma Baldwin, Proof Alliance" (1572261888)

00:46:47.760 --> 00:46:52.200

Um, we do have a lot of strategies and I.

322 "Emma Baldwin, Proof Alliance" (1572261888)

00:46:52.200 --> 00:47:04.410

Love to be, um, in an interactive environment for those and if you reach out to proof alliance, not only can we give you, you know, strategy guys and handouts, but.

323 "Emma Baldwin, Proof Alliance" (1572261888)

00:47:04.885 --> 00:47:18.925

Um, we'd love to have a call in here, uh, you know what you're struggling with if you think your child has an, directing them to the right place um, and giving you more resources on how to identify it. And what are your next steps when you do?

324 "Emma Baldwin, Proof Alliance" (1572261888)

00:47:19.255 --> 00:47:21.685

Um, who can you call, um.

325 "Emma Baldwin, Proof Alliance" (1572261888)

00:47:21.990 --> 00:47:28.710

And what are the, what may you need to consider as a parent or as someone in this child's life?

326 "Emma Baldwin, Proof Alliance" (1572261888)

00:47:28.710 --> 00:47:34.350

And we can go on to the next slide. So again, proof, Alliance, resources.

327 "Emma Baldwin, Proof Alliance" (1572261888)

00:47:34.350 --> 00:47:47.490

We have so much to offer, um, and a shocking amount. There's about 18 of us working. Really, really hard to make sure Minnesota and beyond is served with education. Um.

328 "Emma Baldwin, Proof Alliance" (1572261888)

00:47:47.490 --> 00:47:56.910

So, we have public awareness and prevention campaigns. So if you want more people to be learning about this and know how to do that, reach out to us. Um.

329 "Emma Baldwin, Proof Alliance" (1572261888)

00:47:56.910 --> 00:48:05.340

But family engagement in support, I will highlight that because that is some of our best work. We have support groups for.

330 "Emma Baldwin, Proof Alliance" (1572261888)

00:48:05.365 --> 00:48:16.375

Not just, um, bio moms who drink during pregnancy, um, and now have a child with an fasd. There's a support group for them. There's a support group for general caregivers.

331 "Emma Baldwin, Proof Alliance" (1572261888)

00:48:16.375 --> 00:48:26.875

Um, if you're an adoptive or foster parent of someone with an fasd, um, we have young adult and youth support groups for the children and young adults with an fasd.

332 "Emma Baldwin, Proof Alliance" (1572261888)

00:48:27.295 --> 00:48:35.065

Um, and then we do tons of events throughout the year, um, that are free or very, very low cost. Um, and.

333 "Emma Baldwin, Proof Alliance" (1572261888)

00:48:35.340 --> 00:48:43.200

Services 1, on 1, support with a caregiver support, um, worker who's on staff. So we really do hope that if you.

334 "Emma Baldwin, Proof Alliance" (1572261888)

00:48:43.200 --> 00:48:50.010

Are thinking, you know what fasd might be present I might need a little bit of support here or I just want to be learning more.

335 "Emma Baldwin, Proof Alliance" (1572261888)

00:48:50.010 --> 00:48:54.930

Please reach out we are so happy to, um, get new people and.

336 "Emma Baldwin, Proof Alliance" (1572261888)

00:48:54.930 --> 00:48:58.620

And then we have yes, youth and young adult.

337 "Emma Baldwin, Proof Alliance" (1572261888)

00:48:58.620 --> 00:49:07.350

They, we also have a young adult panel, so our youth with an fasd will tell their stories. Um, and.

338 "Emma Baldwin, Proof Alliance" (1572261888)

00:49:07.350 --> 00:49:21.960

I think that is the most powerful thing I get to be a part of, um, because it is rarely talked about condition and to stand there and say I have it and I proud. Um, I probably live with it. Um, and here's how I.

339 "Emma Baldwin, Proof Alliance" (1572261888)

00:49:22.315 --> 00:49:35.125

I'm successful is is really huge to be a part of then we also do public policy work and we have an advocacy day next week at the Minnesota state capital. Um, we have professional education.

340 "Emma Baldwin, Proof Alliance" (1572261888)

00:49:35.125 --> 00:49:45.985

That is me, I go out and train people on various fasd topics and then we have our website resources, which you could spend hours on if you found them useful.

341 "Emma Baldwin, Proof Alliance" (1572261888)

00:49:46.345 --> 00:49:51.955

Um, because there's just so many strategy guides, you know, videos and resources for.

342 "Emma Baldwin, Proof Alliance" (1572261888)  
00:49:51.960 --> 00:49:54.210  
People in Minnesota and beyond.

343 "Emma Baldwin, Proof Alliance" (1572261888)  
00:49:54.210 --> 00:50:00.630  
And we go to the next slide. All right. Um.

344 "Emma Baldwin, Proof Alliance" (1572261888)  
00:50:00.630 --> 00:50:04.980  
Here is our contact information, um.

345 "Emma Baldwin, Proof Alliance" (1572261888)  
00:50:04.980 --> 00:50:10.260  
Compliance dot Org or info at proof alliance dot Org for, um, an email.

346 "Emma Baldwin, Proof Alliance" (1572261888)  
00:50:10.260 --> 00:50:21.780  
You can call that number. I would say that the fastest way to reach us is do that info at proof alliance dot Org since we're working half remotely still. Um, and then we are located in St. Paul. So if.

347 "Emma Baldwin, Proof Alliance" (1572261888)  
00:50:21.780 --> 00:50:27.660  
If there's anything you want to know, feel free to show up to give us a call, send us a message.

348 "Emma Baldwin, Proof Alliance" (1572261888)  
00:50:27.660 --> 00:50:33.030  
We'd be happy to support you, you, um, and I'll open it up for questions. Now. If there are any.

349 "Brenna Michel" (2587452416)  
00:50:43.285 --> 00:50:51.685  
Looks like, we've had anybody submit a question, but I just wanted to comment, thank you so much for presenting on this topic. Myself.

350 "Brenna Michel" (2587452416)  
00:50:51.685 --> 00:51:00.835  
I'm 17 actually, 18 weeks pregnant tomorrow and I've experienced some of that pressure from people being, like, oh, it's just a sip.

351 "Brenna Michel" (2587452416)  
00:51:00.835 --> 00:51:10.945  
It's just this, like, it's okay no, I've always been of the mind of it's never okay to have a drink ball pregnant. So I appreciate having that reinforcement to.

352 "Brenna Michel" (2587452416)

00:51:11.430 --> 00:51:18.450

To speak on that to people that no, it's it's really not. Okay. And you shouldn't pressure somebody that's pregnant to have a drink.

353 "Emma Baldwin, Proof Alliance" (1572261888)

00:51:18.450 --> 00:51:22.110

Yes, thank you for sharing. I am um.

354 "Emma Baldwin, Proof Alliance" (1572261888)

00:51:22.110 --> 00:51:29.100

Seriously, it's wild what we will hear sometimes. Um, you know, just how much of family.

355 "Emma Baldwin, Proof Alliance" (1572261888)

00:51:29.100 --> 00:51:34.020

Member wants their sibling to have that toast at the wedding. Um.

356 "Emma Baldwin, Proof Alliance" (1572261888)

00:51:34.020 --> 00:51:37.920

And and, yeah, yeah, I think when you're when you go through this.

357 "Emma Baldwin, Proof Alliance" (1572261888)

00:51:37.920 --> 00:51:44.100

Information and you just see it plainly as no just a little bit and there's learning disabilities and there's.

358 "Emma Baldwin, Proof Alliance" (1572261888)

00:51:44.100 --> 00:51:56.640

You know, there are these effects then you kind of then it starts to sound more silly, but until you have this information, and you see how direct, you know, these consequences are, it's like, yeah, it is just the SIP, but.

359 "Brenna Michel" (2587452416)

00:51:56.640 --> 00:52:02.400

That's why knowing is important. Yeah. So I, I really appreciate this.

360 "Brenna Michel" (2587452416)

00:52:02.400 --> 00:52:13.735

This information, I think it helps to to reinforce and support making healthy decisions throughout pregnancy and also to how to know that there's a resource out there for us with proof alliance.

361 "Brenna Michel" (2587452416)

00:52:13.795 --> 00:52:24.775

So that if we ever come across customers, parents, especially that have children that are on the spectrum, that we can help provide them some information support.

362 "Emma Baldwin, Proof Alliance" (1572261888)

00:52:25.255 --> 00:52:36.595

Oh, absolutely, absolutely. Yes. Yeah. Feel free to pass people along to us. Um, we've got plenty of supports available and we don't tend to have super long wait lists.

363 "Emma Baldwin, Proof Alliance" (1572261888)

00:52:36.625 --> 00:52:41.485

So I know that makes it a hot commodity in terms of social services.

364 "Emma Baldwin, Proof Alliance" (1572261888)

00:52:41.580 --> 00:52:45.180

Um, but, yeah, thank you guys so much.

365 "Brenna Michel" (2587452416)

00:52:45.180 --> 00:52:50.160

Um, I, um, thank you for the offer.

366 "Brenna Michel" (2587452416)

00:52:50.160 --> 00:52:55.345

Attending this has been recorded, so we'll make sure that this is available for anybody else to access.

367 "Brenna Michel" (2587452416)

00:52:55.345 --> 00:53:08.845

Who was able to attend today I think, for the wonderful insights that you provided, if anyone has any specific questions about any of the topics discussed today, please feel free to contact Cigna by calling the number on the back of your insurance card.

368 "Brenna Michel" (2587452416)

00:53:09.385 --> 00:53:14.005

Our next webinar will take place. Oh, no, I don't have.

369 "Brenna Michel" (2587452416)

00:53:14.310 --> 00:53:20.430

Easy today. Well, we'll let, you know, the data is the next presentation and.

370 "Brenna Michel" (2587452416)

00:53:20.430 --> 00:53:25.320

Next topic, so thank you everyone for attending. And thank you again, Emma for.

371 "Brenna Michel" (2587452416)

00:53:25.320 --> 00:53:35.844

Presenting today, um, I hope everyone has a great day and unless you could just stay on for just a moment, we just have a quick question for you. Sure.