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Department of Mental Health

What are Fetal Alcohol Spectrum Disorders (FASD)?

Answer: Fetal Alcohol Spectrum Disorders (FASD) is a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. They can include physical problems as well as problems with behavior and learning. Often, a person with FASD has a mix of these problems. Fetal Alcohol Syndrome (FAS) is the most severe of these disorders.

What resources does the state of Michigan have to help pregnant women who may need help or support to stop drinking?

Answer: Michigan Department of Health and Human Services Office of Recovery Oriented Systems of Care and Women's Specialty Services provides information to help women looking for information, support and treatment. Pregnant women are given priority for treatment.

Women can find support and treatment in Michigan at:

- [MDHHS – Office of Recovery Oriented Systems of Care](#)
- [SAMHSA Treatment Locator](#)

Learn more about FASD and evidence based resources available at:

- [MDHHS FASD Website](#)
- [CDC FASD Alcohol Use in Pregnancy](#)
- [March of Dimes](#)
- [FASD Website – State Capacity](#)
- [National Organization on Fetal Alcohol Syndrome \(NOFAS\)](#)

You can also call the National Organization on Fetal Alcohol Syndrome at 1-800-66-NOFAS(66327) for more information.

How should pregnant women or women thinking about becoming pregnant approach alcohol?

Answer: No amount of alcohol can be considered safe during pregnancy. Alcohol can damage a baby at any time during pregnancy. It can cause birth defects and lifelong learning and behavior disorders.



What tips do you have for women to have a healthy pregnancy?

Answer: FASD is 100% preventable if a woman does not drink alcohol during pregnancy or when she is trying to become pregnant.

Learn more about resources for healthy mothers, healthy babies and healthy families available in Michigan:

- [Maternal Infant Health Program](#)
- [Michigan's Home Visiting System](#)
- [MI Healthy Baby Website](#)
- [Healthy Hints for Pregnant Women](#)

For more information talk with your health care provider.

The [Michigan Infant Mortality website](#) also has information and tips for healthy babies, healthy mothers and healthy families.

Listen to the interview with MDHHS Bureau of Family, Maternal and Child Health Director, Rashmi Travis

<https://www.youtube.com/watch?v=i5LD4mqYkyU&feature=youtu.be>

