



What is Fetal Alcohol Spectrum Disorders or FASD?

Fetal Alcohol Spectrum Disorders (FASD) is an umbrella term which describes the range of effects that can occur in an individual whose mother drank during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with lifelong implications.

Did you know that unplanned pregnancies pose the greatest risk?

- Half of all pregnancies in the US are unplanned.
- Often women do not know they are pregnant for several weeks (or even months) during which time they may continue to drink alcohol.

For more information go to:
www.oasas.state.ny.us/fasd/index.cfm

Project CHOICES

Helping Women Avoid Alcohol-Exposed Pregnancies



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Commissioner
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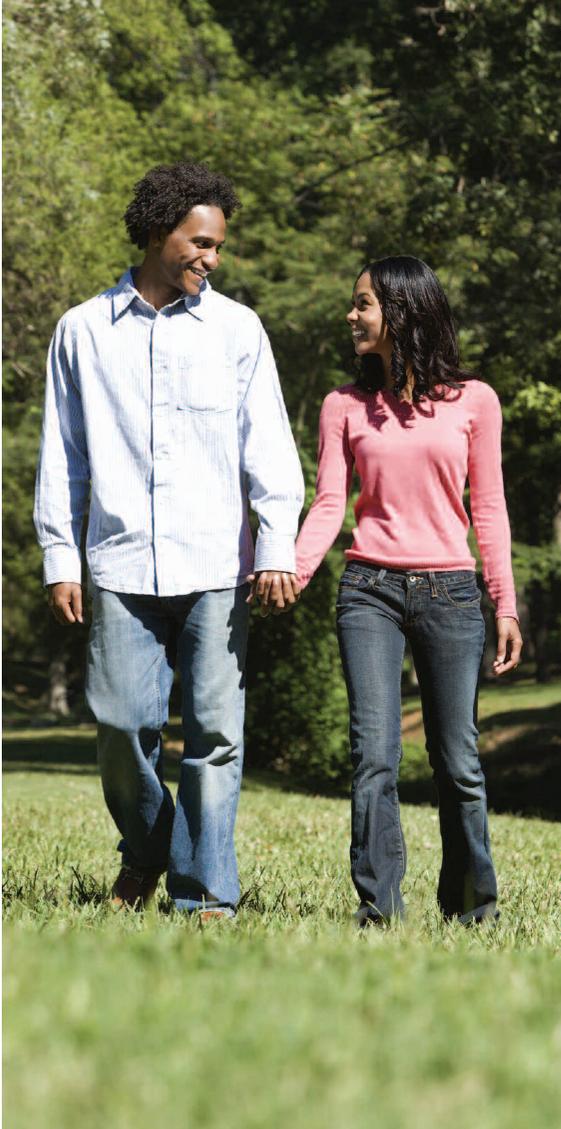
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Did you know that alcohol can harm an unborn baby at any point in its development, often before a woman knows she's pregnant?



Women need to understand the risks associated with alcohol use during pregnancy. Fetal Alcohol Spectrum Disorders (FASD) is at the top of the list.

What is Project CHOICES?



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Project CHOICES is a program for women about choosing healthy behaviors. It consists of four individual counseling sessions where women make choices about their use of birth control and drinking to prevent an alcohol exposed pregnancy.

You will learn about reducing the risk of an alcohol exposed pregnancy by reducing or stopping the use of alcohol or by using effective birth control, or BOTH.

Sessions include:

- Personal feedback on risky behaviors that may cause an alcohol exposed birth
- Consequences of alcohol use during pregnancy
- Exploring your readiness to change risk behaviors
- Pros and cons of risky drinking
- Pros and cons of unprotected sex
- Goal setting to reduce risky behaviors



Project CHOICES

What are the benefits of participating in Project CHOICES?

- Learn how you are in control of your body.
- Plan for a healthy future.
- Get a referral to a family planning provider or doctor for appropriate birth control.
- Receive confidential individual counseling sessions with professional counselors trained in Motivational Interviewing.
- Get help with your recovery.
- Learn about Fetal Alcohol Spectrum Disorders (FASD) in group or individually.
- Obtain incentives for participating.

How can I participate in Project CHOICES?

You must be between the ages of 18 and 44, able to get pregnant, sexually active, and not using effective birth control methods.

How can I learn more?

Speak to your counselor to find out more about Project CHOICES.