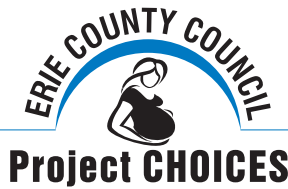


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FOR THE PREVENTION OF ALCOHOL AND SUBSTANCE ABUSE



What is Project CHOICES?

Project CHOICES is an evidence-based, two-session program that focuses on women of childbearing age and strives to increase motivation to reduce or stop at-risk drinking and/or use contraception effectively to prevent having an alcohol-exposed baby.

Why Project CHOICES?

According to the Center for Disease Control, almost half of all pregnancies in the United States are unplanned. New York State has been identified as having one of the highest rates of unplanned pregnancies in the country. Add that to a high percentage of WNY women reporting more binge drinking episodes than women in all other areas of the state, and it is not surprising that prevalence rates of Fetal Alcohol Spectrum Disorders are three times the national average.

What is Fetal Alcohol Spectrum Disorder?

Fetal Alcohol Spectrum Disorders (FASD) are a group of conditions that can occur in a person whose mother drank alcohol while pregnant. Effects from FASD can include physical, mental, and behavioral problems along with learning disabilities. Often, a person with an FASD has a combination of these problems.

FASD lasts a lifetime.

While they cannot be cured, with proper early interventions and treatment, persons with FASD can lead happy and successful lives.

Symptoms of Fetal Alcohol Spectrum Disorders

- Abnormal facial features
- Small head size
- Low birth/body weight
- Poor coordination
- Hyperactive behavior
- Poor memory
- Learning disabilities
- Speech and language delays
- Poor reasoning and judgment skills
- Sensory Processing Disorder
- Problems with the heart, kidneys, or bones



While prenatal exposure to alcohol is 100% preventable, it is the leading known cause of intellectual and developmental disabilities.



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