

Toolkit

“Empowering Maryland Families Living with Fetal Alcohol Spectrum Disorder (FASD)”

(rev. 12-24-2025)

Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term describing a range of lifelong physical, behavioral, and cognitive conditions caused by prenatal alcohol exposure. It includes Fetal Alcohol Syndrome (FAS), partial FAS, Alcohol-Related Neurodevelopmental Disorder (ARND), Alcohol-Related Birth Defects (ARBD), and Neurobehavioral Disorder Associated with Prenatal Alcohol Exposure (ND-PAE).

This toolkit is designed to support Maryland families navigating life with Fetal Alcohol Spectrum Disorder (FASD). Inside, you'll find a curated collection of programs, services, and online resources tailored to help children with FASD. Whether you're seeking educational support, healthcare guidance, or community connections, these tools are here to empower and assist you every step of the way.

PROGRAMS AND SERVICES

American Academy of Pediatrics – Maryland Chapter (<https://www.mdaap.org>)

Provides resources for parents and clinicians (e.g., committees, programs, education)

The Arc Maryland (<https://thearcmd.org/>)

- 10 local chapters serving 19 counties and Baltimore City
- Provides wide range of human services and other supports to people with intellectual and developmental disabilities (I/DD) and their families: advocacy, residential, educational, vocational, employment, and family supports

The Parent to Parent Maryland Program (<https://thearcmd.org/programs/parent-to-parent-maryland/>) provides one-to-one parent matches to help parents become experts in their child's disability, learn medical and therapeutic terms, and navigate services, therapies, insurance issues, and public systems

Connects parents and caregivers of children with I/DD with trained mentors who have experience raising children with I/DD

Best Buddies Maryland (<https://www.bestbuddies.org/maryland/>)

Offers one-to-one friendship into adulthood, integrated employment, inclusive living, family support, and leadership development programs for individuals with and without I/DD in Maryland.

Center for Independent Living (<https://ncil.org/about/find-your-cil-list/>)

- Every state has a Center for Independent Living
- Supports people with disabilities through peer support, independent living skills training, information and referral, individual and systems advocacy, and transition from institutions and secondary education

The FASD Collaborative (<https://www.fasdcollaborative.com/>)

- Focuses on supporting the creation of fully inclusive communities addressing the needs of all individuals who are neurodiverse including the FASD community
- Provides virtual and in-person support groups, online webinars, and special interest Groups

FASD United (<https://fasdunited.org/>)

- Serves as the national organization on FASD, supporting people with FASDs and promoting healthy pregnancies
- Family Navigator Program provides individuals living with FASDs, their family members, caregivers, supporters and professionals with expert, confidential referrals to resources and services, one-on-one peer support, and information on FASD
- Find your nearest FASD United Affiliate Network for additional FASD resources: <https://nofasaffiliatenetwork.org>.

Maryland Chapter, American Academy of Pediatrics

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PROGRAMS AND SERVICES - continued

GoFAR (<https://do2learn.com/BehaviorManagement/GoFAR/Overview.html>)

This program builds on training principles to teach adaptive skills, incorporating a structured approach through the FAR thinking process (Focus and Plan, Act, and Reflect). The website also offers a free downloadable video game designed to help children with FASD practice these skills in an engaging way.

Maryland State Department of Education - Division of Rehabilitation Services

Maryland Disability Determination Services (<https://dors.maryland.gov/resources/Pages/DDS.aspx>)

- Evaluates eligibility of those who apply for Social Security disability programs and benefits
- Program now accepts all children with an FASD
- Transition services are provided through Social Security Disability Insurance (SSDI) and include day programs, job training and job linkage, independent and residential living skills, and care coordination

Pre-Employment Transition Services (<https://dors.maryland.gov/consumers/specialized/transition/Pages/Pre-ETS.aspx>)

Helps students with disabilities identify career interests and enhance awareness of the work world: job exploration counseling, instruction in self-advocacy, counseling on post-secondary education opportunities, workplace readiness training, and work-based learning experiences

Medicaid Waiver Programs (<https://www.kidswaivers.org/md/>)

Children and adults with FASDs may qualify for a Medicaid Waiver: Waiver for Fragile Children, Family Supports Waiver, Waiver for Children with Autism Spectrum Disorder, Medical Day Care Services, Community Pathways, and Community Supports Waiver

Special Olympics Maryland (<https://www.somd.org/>)

Provides sports and social connections for families with FASDs and other I/DD

The Parents Place Maryland (<https://www.ppmmd.org/>)

A valuable organization providing support, resources, and advocacy for families navigating various challenges, including those related to FASD.

The Tanagram Way (<https://thetangramway.org/our-services/virtual-activities/>)

Offers virtual social groups and activities: bingo, book club, music club, afternoon social group, caregiver corner group, pre-recorded art lessons

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For more information, please contact the
Maryland Chapter, American Academy of Pediatrics
at www.mdaap.org, 410-878-9702.

