

## Level 2 Brief Interventions and Support: Preventing Fetal Alcohol Spectrum Disorder, Promoting Women's Wellness

Research about preventing Fetal Alcohol Spectrum Disorder (FASD) is advancing across the globe. We now have research about the many levels of prevention - on awareness building approaches, on safe and respectful conversations about alcohol use with pregnant women, and on holistic support services for pregnant women and new mothers' experiences alcohol problems and other health and social concerns.

Through the Preventing FASD, Promoting Women's Wellness virtual seminar series, we hope to make it possible for all countries to have access to what is known about preventing alcohol use in pregnancy. The goal of the series is to:

- provide service providers and leaders across the globe with access to FASD prevention research to inform their work;
- link researchers who are studying topics pertinent to FASD prevention; and,
- share examples of evidence on FASD prevention in an accessible way.

### In this seminar:

This seminar is the fourth in a five-part series. In this video, researchers from the US, Canada, and Australia describe different ways in which brief interventions can support women's health and FASD prevention.

Dr. Annika Montag from the University of California San Diego how brief interventions have been used to lead community-based FASD prevention efforts.

Dr. Jessica Hanson from the University of Minnesota Duluth describes the [CHOICES intervention](#), a dual focused brief intervention focusing on increasing contraception and decreasing alcohol use in order to prevent alcohol exposed pregnancies. In her presentation, she describes how CHOICES was adapted for the Oglala Sioux Tribe.

Lindsay Wolfson, from the Centre of Excellence of Women's Health and CanFASD Research Network and Vivian Lyall, from the University of Queensland explore factors associated with alcohol use in pregnancy and how that knowledge can inform brief intervention.

Dr. Nancy Poole facilitates the seminar, describing the opportunities for brief interventions by a range of health and social service providers.

