

Taking FASD-Informed Care from Research to the Real World: *Disseminating, Implementing & Expanding the Families Moving Forward Program*

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UW Medicine
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OF MEDICINE



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Disclosures: The presenter is Director of the Families Moving Forward Program, and Developer of the FMF Foundations intervention.

Intellectual property is owned primarily by Seattle Children's Research Institute, but also in part by the University of Washington.

Efforts to publicize training are solely aimed to assist children and families.

Gap in Care:

What was
the field trying
to address by
creating EBIs?



Centers for
Disease Control
(CDC-funded):

Pioneering
FASD intervention
research

Research in Developmental Disabilities 30 (2009) 986–1006



Contents lists available at [ScienceDirect](#)

Research in Developmental Disabilities



Interventions for children with fetal alcohol spectrum disorders (FASDs): Overview of findings for five innovative research projects[☆]

Jacquelyn Bertrand^{1,*}

on behalf of the Interventions for Children with Fetal Alcohol Spectrum Disorders Research Consortium

Our Intervention Focus:

Children with
FASD and
clinically
challenging
behavior





An individualized positive parenting intervention

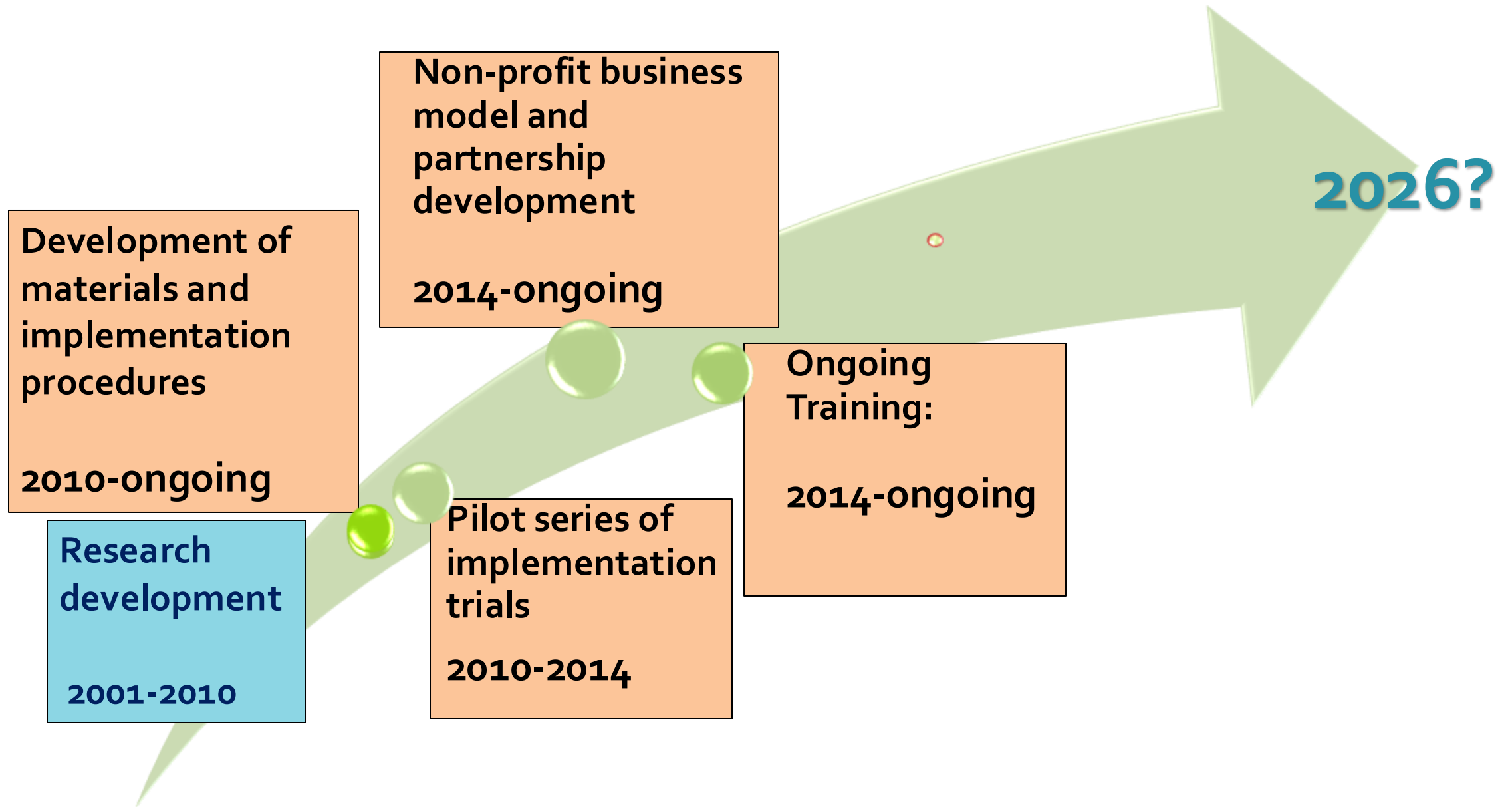
- Helps caregivers understand and respond to challenges of raising a preschool or school-aged child with FASD or PAE
- Includes school/provider consultation
- **FMF Foundations considered a promising practice**
 - **Listed in the California Evidence-Based Clearinghouse**
 - **Recommended by the CDC**

Lessons Learned:

“Research to
real-world”
progress is gradual
and labor-intensive



20+ Years of Development, Dissemination/Implementation and Expansion



Achieved
as of 2026:

Self-sustaining
fee-for-service
training program



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION



THE FLORIDA CENTER
TRAINING INSTITUTE

- 314 clinicians and students trained in current program; in 15 states and 4 countries
- Relationships with other key training and referral organizations (e.g., VIP, U of Rochester, FASD United)

Achieved
as of 2026:

Created needed
adaptations in
real time



90→60
minutes

- Created a telehealth intervention model: Easily trained, immediately adopted

- Converted 90→60-min intervention format: Easily billable, very similar to 90-min, rapidly adopted

Achieved
as of 2026:

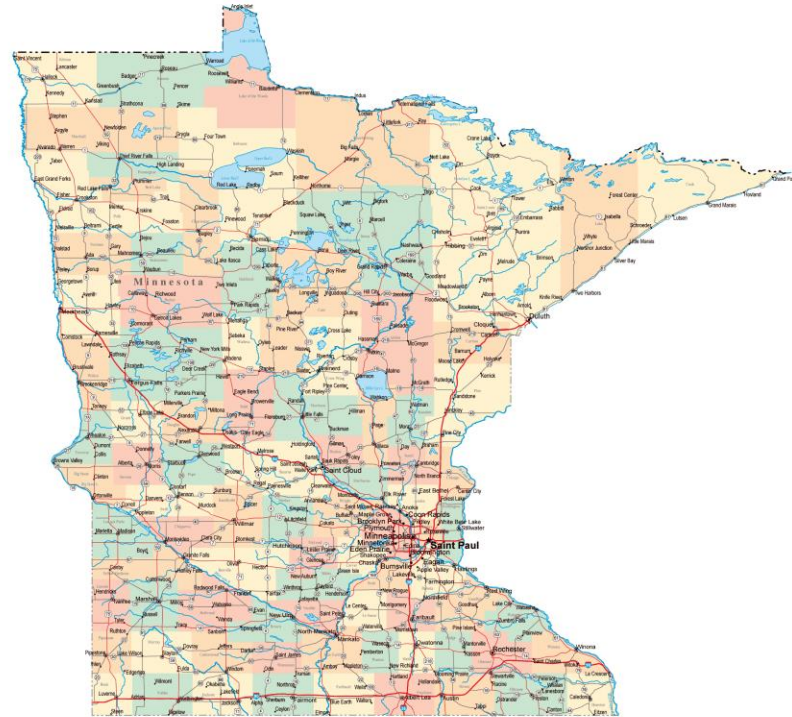
Michigan State FASD FMF Initiative

- Goals met:
40 FMF Specialists/Supervisors
2 FMF Trainers
3 community MH systems
- Aim met:
Self-sustaining EBI (FMF Foundations) fully embedded in key outpatient MH settings (with plan to grow more!)



As of 2026:

Minnesota State FASD FMF Initiative (just begun!)



- Goals:
 - 50 FMF Specialists
 - 12 supervisors
 - 2-3 FMF Trainers
 - 6 community MH systems
- Aim:
 - Self-sustaining EBI (FMF Foundations) fully embedded in outpatient MH settings

How did we
take FMF
Foundations
into the
community?

HOW?

Lessons Learned:

Components for Success



- Many productive partnerships
- Rapid response to real-world needs
- Continuous improvement of materials/procedures
- Attention to implementation science constructs
- Dynamic, innovative intervention structure
 - FMF Website
- Transform from research mechanisms to a non-profit business model



Lessons Learned:

Barriers and
solutions in
moving FMF
Foundations
from research to
the “real world”



Lessons Learned/ Future Directions:

Mental health system challenges

- Barriers: Resource scarcity, staff turnover
- Solutions :
 - Identify and train key champions
 - Create state systems with their own trainers
 - Find system barriers through implementation science, and respond

Lessons Learned/ Future Directions:

Fidelity and sustainability

- Barriers: Staying “faithful” to FASD-informed care and EBI over time; Keeping updated on FASD education
- Solutions :
 - Ensure EBI is adaptable and accessible
 - Make sure EBI pays for itself!
 - Provide sufficient implementation support for fidelity
 - Give access to ongoing FASD education

Lessons Learned/ Current+Future Directions:

Link with/ mentor inspired collaborators



- Challenge: No matter how flexible, one intervention cannot meet the needs of all ages, treatment settings, levels of need, provider types... or meet the incredible treatment demand
- Solutions:
 - Keep the FMF Foundations intervention widely available in the community
 - **Also use the original Families Moving Forward (FMF) logic model, principles, methods as basis for derivative products... and create a continuum of care: SEE POSTER #122**

FMF Foundations Training



Transform Your Practice with an Evidence-Based FASD Intervention

For currently licensed Master's level (or higher) mental health professionals



Live virtual sessions



10:30 AM - 4:30 PM EST



October 5, 6, 20, 27
November 3, 10 or 13



30 CE credits
(FL approved)

Learn more about this CDC-recommended intervention at
www.FamiliesMovingForwardProgram.org

TRAINING PROCESS:

- Submit Application
- FMF Specialist Training
- Client Cases / Consultations
- Intervention Fidelity Training (12-18hrs)
- Approved FMF Specialist

YOU WILL GAIN:

- Ability to independently deliver an evidence-based intervention to families raising children 3 to 13 with prenatal alcohol exposure / FASD
- Specialized skills combining PBS, MI & CBT
- Exclusive access to comprehensive FMF Website Portal with clinical materials
- Improved outcomes for challenging behaviors and meeting family needs
- Ongoing professional community membership