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**#10-045**

**TO:** Regional Medical Directors for  
Health Service Regions 4/5, 6 & 5 South, 9/10 and 11  
WIC Local Agency Directors

**FROM:** Linda Brumble, Unit Manager  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** April 20, 2010

**SUBJECT:** IDL lesson: *Drinking before birth: the truth and consequences*

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This memo is to introduce a new lesson via Interactive Distance Learning, *Drinking before birth: the truth and consequences* which explains the effects of alcohol use during pregnancy. The objectives for the course are to make staff aware of:

- The breadth and depth of the impact of alcohol exposure on the developing fetus
- resources for women struggling with their alcohol use
- strategies for families who might have a child who was exposed to alcohol prenatally.

This training is jointly presented by Janet Sharkis, MS, Executive Director of the Texas Office for the Prevention of Developmental Disabilities (TOPDD), and Natalie Furdek, M.Ed., LPC, Women's Substance Abuse Services Coordinator at the Substance Abuse Program Unit Mental Health and Substance Abuse Division.

Ms. Sharkis and Ms. Furdek will present the IDL, *Drinking before birth: the truth and consequences* on **Thursday, April 29 from 2:30 -3:30 p.m.** Any staff teaching classes and/or providing individual counseling are encouraged to attend the IDL session for an overview and basic information about Fetal Alcohol Spectrum Disorders.

If you have any questions or require additional information, please contact Ponna Sambasivan, Nutrition Education Consultant, at (512) 341-4517 or [ponna.sambasivan@dshs.state.tx.us](mailto:ponna.sambasivan@dshs.state.tx.us).