2019 - 2020 Annual Report

“Longing”
Photo taken and titled by DJ, a young man with FASD
Organisation values and operation

Operational Chart

Our Mission
To be a strong and effective voice for individuals and families living with FASD, while supporting initiatives across Australia to promote prevention, diagnosis, intervention and management.

Our Vision
The prevention of alcohol exposed pregnancies in Australia and an improved quality of life for those affected by FASD including those living with FASD and their parents and carers.

Employees and contractors of NOFASD perform the organisation’s work to benefit the central stakeholders - parents, carers, families and individuals affected by FASD.

Chief Executive Officer and Senior Staff lead service delivery and operations.

- The Board of Directors of NOFASD Australia
- Mission, Vision and Positioning Statements
- NOFASD Business Story and Snapshot
- Contracts, Framework, Service Delivery, Staff Policy and Procedures

Other relevant legislation including but not limited to:
- Associations Incorporation Act 1985
- The Constitution of NOFASD
- ACNC Charity Regulator
- Australian Taxation Office
- Privacy Act 1988
- Protection from Discrimination Acts
- Fair Work Act 2009
- Work Health and Safety Act 2012
- Requirements of applicable state bodies
What is FASD?

Fetal Alcohol Spectrum Disorder (FASD) is the term used to describe the lifelong physical and/or neurodevelopmental (brain) impairments that can result from prenatal alcohol exposure.

The effects of FASD vary considerably and it is often not diagnosed. High rates of co-occurring mental health conditions mean that a diagnosis of FASD is often missed as it is hidden behind diagnoses of Autism Spectrum Disorder, ADHD, PTSD, anxiety, conduct disorder, oppositional defiant disorder and reactive attachment disorder.

Characteristic features within the FASD spectrum include behavioural and learning difficulties; problems with language, memory, attention and reasoning; impulsivity; and limited social, emotional and daily living skills. These brain-based difficulties are lifelong and have a profound impact on quality of life for individuals and their families.

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No amount of alcohol is safe during pregnancy

Alcohol can harm a fetus at any stage, even before the pregnancy is confirmed

FASD is a largely hidden disability

Only 17% of individuals have visibly affected facial features

50-60% of Australian women drink while pregnant

These women often experience shame and fear of judgement or punishment

Mental health challenges are common for those with FASD

Early diagnosis and support reduces the likelihood of mental health difficulties

1/3 of women are unaware of the dangers of alcohol to a developing fetus

Reconciliation Action Plan

It has long been an intention for NOFASD to develop a Reconciliation Action Plan (RAP). The year 2020 has seen this intention become a reality for NOFASD. A RAP working group has been established to include Aboriginal and Torres Strait Islander peoples and non-indigenous participants to include a NOFASD board member, staff member and individuals with lived experience of FASD.

FASD is widely believed, in the general community, to be an issue predominately affecting Aboriginal and Torres Strait Islander peoples. NOFASD is working hard to dispel this myth as FASD does not discriminate between cultures, races or socio-economic groups.

The RAP working group commenced with the first level Reconciliation Action Plan, a Reflect RAP. NOFASD’s Reflect RAP focuses within the organisation, building staff knowledge and workplace cultures as well as providing a roadmap towards developing and building upon relationships with Aboriginal and Torres Strait Islander stakeholders. The Reflect RAP sets out the initial steps to prepare NOFASD to move on to successive RAPs. The RAP working group hope to progress to an Innovate RAP in 2021/2022.

The final draft of a Reflect RAP was submitted to Reconciliation Australia in March 2020 for consideration and feedback. We are awaiting feedback from Reconciliation Australia before the document will be finalised and recognised as an official RAP document with endorsement from Reconciliation Australia. The NOFASD RAP will also be available on our website for public access.

National Reconciliation Week 2020

Due to implications for community and staff safety with the COVID-19 pandemic, NOFASD made the decision to host an internal online event to acknowledge Sorry Day and Reconciliation Week in 2020.

A screening of one of the Reconciliation Film Club documentaries, We Don’t Need A Map, was shared on 27 May. The movie, by Warwick Thornton, tackles the subject of the Southern Cross, a totem which is deeply woven into the spiritual and practical lives of Aboriginal people, but has been claimed and named by different Australian groups since colonisation. The movie provided the NOFASD team with a thought-provoking look at Australia’s cultural and political landscape.
Telephone Helpline

NOFASD Australia provides a telephone and email helpline which is available nine hours a day, seven days a week. This service provides information and support to a range of people including pregnant women, parents and carers, adults who believe they have FASD, partners of individuals with a FASD diagnosis, and health professionals with questions about how to best support their clients.

NOFASD received and responded to 732 contacts this year via email, phone and website enquires. This is an average of two contacts per day, for 365 days. A majority of contacts involved follow-up support, meaning that each individual received multiple calls and/or emails.

Helpline services included:
- Information on FASD relevant to the caller’s needs;
- Referral of FASD diagnosis;
- Assistance with NDIS applications;
- Provision of FASD Training;
- Mailing printed resources;
- Providing electronic resources;
- Advertising FASD research, to increase participation;
- Answering questions from individuals living with FASD;
- Assisting students with assignments on FASD; and
- Responding to carers and individuals who needed someone to talk to about their experiences. In addition to listening and providing support, staff referred these callers to others with lived experience, for peer support.

Parents, carers and individuals with FASD often find that they are very socially isolated as others don’t understand the behaviours and frustrations of individuals with FASD and often will look at the behaviour as bad behaviour or poor parenting which is not the case at all. They need someone to talk to who understands these behaviours – the telephone helpline can provide someone to talk to who is understanding and caring.

An evaluation of NOFASD’s helpline is conducted throughout the year. Participants include parents, partners, grandparents and foster carers or individuals with FASD. Callers indicated that after they spoke to a NOFASD staff member, they felt less upset and more confident about responding to FASD. Service providers also participated in the evaluation and indicated that they were very satisfied with their interaction with NOFASD, describing the information they received as “very beneficial”.

Feedback from parents and carers who contacted the NOFASD helpline:

Great information and now I understand the behaviour.
It is good to have someone that tells the facts and not just say you will be fine.
Sharing knowledge, raising awareness

Website

NOFASD’s comprehensive website provides a wealth of resources including information on alcohol and pregnancy, FASD and diagnosis, available supports, upcoming training, new research, prevention resources, fact sheets, strategies, NDIS information, webinars, blogs, podcasts, reading lists, useful national and international FASD links, and lots more.

The NOFASD Australia website received over 132,500 page views this year, which is an average of 363 views per day. The most popular page, with over 22,000 views was “What is FASD”, with the webpages of NOFASD’s collection of FASD Facts Sheets, Resources for parents, carers and families, and online courses (including webinars) also in high demand. Demographic information shows that 78% of website visitors were female, with 43% aged between 18 and 34 years. 87% of NOFASD’s visitors were new users.

<table>
<thead>
<tr>
<th>Most popular pages</th>
<th>Views</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is FASD</td>
<td>22,124</td>
</tr>
<tr>
<td>NOFASD homepage (information on FASD and helpline)</td>
<td>17,049</td>
</tr>
<tr>
<td>Fact Sheets</td>
<td>4,698</td>
</tr>
<tr>
<td>Managing Challenging and/ or Extreme Behaviour</td>
<td>4,646</td>
</tr>
<tr>
<td>Webinars / Online Courses</td>
<td>4,239</td>
</tr>
<tr>
<td>Resources (for parents and carers)</td>
<td>3,730</td>
</tr>
<tr>
<td>What is a safe amount to drink</td>
<td>3,169</td>
</tr>
<tr>
<td>Characteristics across the lifespan</td>
<td>2,895</td>
</tr>
<tr>
<td>FASD and education (for teachers)</td>
<td>2,643</td>
</tr>
<tr>
<td>FASD Diagnosis</td>
<td>2,585</td>
</tr>
</tbody>
</table>

Feedback from website content:

Such a great, much needed resource. Beautifully presented and easy to read.

I feel touched, inspired and educated.
NOFASD was successful in obtaining funding to deliver a three-year project through the National Disabilities Insurance Scheme (NDIS) National Information Program funding stream. The goal of the NDIS is to shift support funding from being based on labels and diagnoses to being about a person’s individual needs in gaining independence and integrating into the community.

The FASD-informed Australia (FIA) project commenced in December 2019. The project will consolidate up-to-date, high quality information on the NOFASD website through a variety of products about FASD. There are three core strategies for the project, which are to expand on the existing NOFASD website to include a designated NDIS section, an interactive online learning platform, webinars and a communications and promotion plan.

Resources will be co-designed and developed by the Parent, carer and individuals with lived experience Expert Advisory Group (PEAG) which is currently being formalised. Our resources are aimed at mainstream services to include NDIS coordination teams and service providers. The resources will empower parents, carers and individuals living with FASD to navigate the NDIS system with a more informed approach, using the correct terminology throughout the NDIS planning process.

Some of the key resources under development are: webinars, podcasts, a certificated online learning course and downloadable fact sheets for parents, carers and adults with FASD and for service providers and organisations who support families and individuals.

To view our NDIS resources, visit our website at https://www.nofasd.org.au/parents-carers-and-families/ndis/

Chief Operating Officer Sophie Harrington delivers an Introduction to FASD information session for the National Disabilities Insurance Agency staff in Western Australia, to help them understand FASD.
# Community Prevention Campaigns

NOFASD Australia ran multiple campaigns during this year. This included extensive social media activity, regular newsletters, press releases, media interviews, face-to-face initiatives and targeted community awareness campaigns. NOFASD’s social media following increased significantly over this period, and posts regularly featured prevention messages and awareness-raising information.

## International FASD Awareness Day
NOFASD promoted the importance of alcohol-free pregnancies and reached around 106,000 users across social media platforms.

## Alcohol Labelling Campaign
NOFASD supported the Foundation for Alcohol Research and Education (FARE) who led a campaign to encourage Australian and New Zealand communities to show their support for visible warning labels on alcohol products by signing an open letter to their State and Federal Ministers. The decision, which will have a positive influence on future generations, was to endorse a clear and visible health warning on alcohol products. This visible red, black and white warning label will be mandatory on all alcohol products in Australia and New Zealand from 2023.

## Red Socks Rock Pet Competition
As part of International FASD Awareness Day, NOFASD ran a photo competition via social media asking followers for the best photo of their pet in red shoes or socks. The cute little poodle (pictured left) was the competition winner and her owner received a pack of Digital Journey cards and the book *Trying Differently Rather than Harder*.

## FASD Stall at the Perth Children’s Court
NOFASD teamed up with the Telethon Kids Institute to hold a FASD display at the Perth Children’s Court. Court staff also got involved with the awareness raising campaign, wearing red shoes or clothing on International FASD Awareness Day.

## Newsletters
26,232 electronic newsletters were distributed containing news, strategies, new research and events for parents, carers and health professionals.

## Tea Booth in the Heart of the Perth CBD
NOFASD again teamed up with the Telethon Kids Institute to hold a tea booth in the Perth CBD, displaying banners and offering a free herbal tea to people who stopped for a conversation about FASD.
2020 has seen the world rely on social media more than ever to interact with each other, due to isolation and restrictions caused by the COVID-19 pandemic. NOFASD posted diverse messages on social media to provide strategies and encourage parents, carers and those living with FASD during these uncertain and isolating times.

Some of our social media activities included:

**Facebook comments:**
- **Congrats to those who presented, particularly those who told their stories so as to help champion for change.**
- A big shout-out to the NOFASD team for their ongoing and ever-present support.
- Merry Christmas everyone at NOFASD Australia, you are my rock, thank from the depths of my heart for all you do for me, my boy and family.
- Thank you – we who have lived that story can so relate.

**Twitter trending:**
- @NOFASD had over 18,000 impressions on Thursday 9 September 2019 for International FASD Awareness Day. During September 2019 the Twitter account had 54,900 impressions.
- Popular Tweets included the podcast promotion “Pregnancy and Alcohol: The Surprising Reality” and research from @Emerging Minds.

**Instagram:**
- NOFASD’s presence on Instagram has grown and it was a particularly important platform for us in September 2019.
Sharing experience, knowledge, and research

**Blogs**

NOFASD publishes regular blogs on our website, providing up-to-date FASD information and creating a blog library which can be accessed at any time. Blog topics include knowledge translation, prevention ideas, resource summaries, support strategies, and lived experiences of FASD. The blogs are written by NOFASD and guest writers.

NOFASD published 105 blogs this year. The blogs were viewed over 23,000 times. NOFASD has been privileged to publish guest blogs from the mother of an adolescent with FASD and an adult living with FASD (read about them below).

<table>
<thead>
<tr>
<th>Top blog posts</th>
<th>Views</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol and Pregnancy</td>
<td>1,423</td>
</tr>
<tr>
<td>New FASD Prevalence Research</td>
<td>1,360</td>
</tr>
<tr>
<td>Coronavirus</td>
<td>967</td>
</tr>
<tr>
<td>Coping Skills for Children</td>
<td>843</td>
</tr>
<tr>
<td>Online Training for Parents and Carers</td>
<td>764</td>
</tr>
</tbody>
</table>

**Guest bloggers**

**Mama Maremma** is a full-time carer for her child who is living with FASD. She likens herself to the Maremma breed of dog which are renowned as guardians and protectors. Her blogs include reflections on the challenges and importance of self-care, moments of joy and support, and lived experience of raising a teenager with FASD.

**CJ Lutke** is a member of the Adult Leadership Committee of FASD Change Makers. She is a well-known speaker on FASD, and also provides mentoring, role modelling and friendship to young adults with FASD. CJ writes blogs for adults and adolescents with FASD, and for the people who care for and support them. She shares her personal experiences of living with FASD, including a description of the sensory challenges of buying a coffee and the impact of the language used in FASD diagnosis.

**Feedback:**

Thank you so much for this blog! My 15-year-old foster son finally got diagnosed today with FASD, and after many, many years of trying to explain the severity of his issues to others, your blog has described him perfectly! I need to say thank you a million times…just wow.
NOFASD ventured into the podcasting scene this year with the five-part *Pregnancy and Alcohol: The Surprising Reality* and *In this Together: You, Alcohol and COVID-19* series. The podcasts were developed by NOFASD staff member Kurt Lewis.

The *Pregnancy and Alcohol: The Surprising Reality* series takes the listener behind the scenes to find out more about FASD.

The *In This Together: You, Alcohol and COVID-19* podcast series was created by FARE and NOFASD Australia. It focuses on life under COVID-19 restrictions. This series looked at these issues a little more closely, and made people aware of alcohol use during these times.

This podcast series received an excellent response with 85% of listeners from Australia and the remainder from the USA, Canada, United Kingdom, New Zealand and Finland. In total there were almost 6,000 total podcast listens with 591 listeners subscribed to the full series.

<table>
<thead>
<tr>
<th>Most popular podcasts</th>
<th>Listens</th>
</tr>
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<tbody>
<tr>
<td>#01 Myths with Louise Gray from NOFASD Australia - Pregnancy and Alcohol: The Surprising Reality series</td>
<td>943</td>
</tr>
<tr>
<td>#02 Diagnosis with Dr Heidi Webster and the Staff of the FASD Clinic - Pregnancy and Alcohol: The Surprising Reality series</td>
<td>831</td>
</tr>
<tr>
<td>#05 Finale with Karen - Pregnancy and Alcohol: The Surprising Reality series</td>
<td>796</td>
</tr>
<tr>
<td>#03 The Journey with Judy Shea - Pregnancy and Alcohol: The Surprising Reality series</td>
<td>678</td>
</tr>
<tr>
<td>#01 The Effect of Alcohol and COVID-19 with Caterina Giorgi - In this Together: You, Alcohol and COVID-19 series</td>
<td>512</td>
</tr>
</tbody>
</table>
Community Workshops

NOFASD delivers a range of workshops across Australia, in remote communities as well as capital cities. They are attended by parents, carers, health professionals, foster agencies, teachers, counsellors, corrective service staff and other professionals, and give an overview of FASD.

NOFASD delivered 18 community workshops across Australia, providing FASD training to 312 parents, carers, health professionals, teachers, and various service providers. Workshop participants were asked to complete an evaluation survey at the end of each workshop, to provide their feedback on the workshop. Responses received from the evaluation surveys have been very positive, with 98.3% of participants indicating that they “would recommend this to others who work with individuals and families affected by FASD”.

Workshop topics include:

- **Introduction to FASD Information Session** - a flexible introductory FASD training session available to parents, foster and kinship carers, educators, justice professionals, health and community professionals and anyone who supports individuals with FASD.
- **Train it Forward Masterclass** - a full-day workshop which provides knowledge and confidence in sharing FASD information, strategies and resources with colleagues and communities.
- **Sensory Strategies for FASD** - a practical workshop for parents, carers, educators and health professionals which teaches skills for assisting children with FASD to use sensory strategies to self-regulate.
- **Tailored workshops** - workshop content can be tailored to the specific needs of the organisation, upon request.

NOFASD has advisory groups in different states, which include members living with FASD and carers of those with FASD. Some of these members attend presentations and workshops to share their lived experience of FASD. This has proven to be very valuable for participants, who gain inside knowledge of the realities of living with FASD.

Workshop evaluation feedback:

*The trainer was very engaging and gave relevant and interesting information.*

*All the training was valuable. I wish I had known this years ago.*

*The most valuable part of this training was understanding how FASD impacts on behaviour.*
Building skills, confidence and knowledge

Webinars

NOFASD is committed to supporting all Australians, wherever they live and whatever their situation. To cater for those in remote areas who are unable to attend training and for those who have busy schedules and find it difficult to attend day events, NOFASD has produced a series of webinars that can be accessed anywhere and at any time.

NOFASD currently has 13 webinars available on our website. In total these webinars have been viewed 4210 times. A breakdown of the total views for each webinar is on the right.

The two newest webinars include:

- **Supporting your child to learn** - a three-part webinar series on supporting your child to learn, with practical tips and strategies for supporting your child to learn at home during the COVID-19 period.

- **Child to Parent Violence and Abuse** - a three-part webinar series which explores family violence which is ‘almost taboo’ in our society, but very real for some families and those attempting to offer support and interventions. These webinars are presented by Associate Professor Anita Gibbs from University of Otago. Anita is a registered social worker who has taught social work, sociology and criminology courses for 20 years. Her research interests include FASD and complex disabilities, especially identifying best practice in helping families and best evidence for professionals in their interventions with families.

<table>
<thead>
<tr>
<th>Webinar</th>
<th>Views</th>
</tr>
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<tbody>
<tr>
<td>For Teachers and Educators</td>
<td>1195</td>
</tr>
<tr>
<td>For Parents and Carers</td>
<td>648</td>
</tr>
<tr>
<td>FASD Myths Exposed</td>
<td>490</td>
</tr>
<tr>
<td>For Occupational Therapists</td>
<td>481</td>
</tr>
<tr>
<td>Eyebites Cards</td>
<td>466</td>
</tr>
<tr>
<td>Building Carer Resilience</td>
<td>376</td>
</tr>
<tr>
<td>Supporting Your Child to Learn</td>
<td>55</td>
</tr>
</tbody>
</table>

For more information, or to watch our webinars, visit our website at [https://www.nofasd.org.au/education-training/webinars-online-courses/](https://www.nofasd.org.au/education-training/webinars-online-courses/)
September FASD Awareness

Each year the 9th September is recognised as International FASD Awareness Day. During the months of August and September, NOFASD volunteers undertake some remarkable activities in the community to promote FASD awareness and encourage community involvement across Australia.

On 9th September 2019, we achieved 1,799 website visits in a single day. Our website visits were higher than average throughout the month of September, with 16,513 visits. This averages to approximately 550 visits to our website per day.

Some of the volunteer activities for International FASD Awareness Day included:

- Megan Brown from Alice Springs Parent Support Group knitted 77 red shoes and made key rings and pin cushions. She sold them and raised $600 for NOFASD Australia. She also posted FASD Awareness posts on her Facebook page.

- April Wilson, a relative carer of a young person with FASD, created Red Shoes Rock bunting to display on her fence. Many people stopped to read the display, even the postman stopped to ask what the red shoes were all about.

- NOFASD hosted the launch of Digital Journey Photography, a business owned by a young person with FASD, with the support of his parents. He is a remarkable photographer who captures emotive images of Australian landscapes and wildlife and has an eye for capturing special moments and being creatively artistic.

- NOFASD’s Chair Cheryl Dedman created a fantastic display (pictured right), which she hung with permission from her local health centre. Anyone walking past had the opportunity to stop and learn about FASD.

- Kath Penton and the Lower Great Southern Alcohol & Other Drug Management Group approached a total of 17 leading licensed premises, who unhesitatingly supported the cause in Albany and Katanning, WA. Drink coasters with a logo depicting a pregnant woman refusing a glass of wine and the caption “Alcohol can Harm the Developing Baby” were distributed and used on their bars and tables, and posters were also displayed during FASD week.
FASD Resources

NOFASD Australia has resources available to community groups and professionals to raise awareness about the risks of drinking alcohol during pregnancy and to provide a better understanding of FASD. These resources are available free to download on the NOFASD website, or hard copies can be posted for a nominal charge to cover postage and handling.

NOFASD continued to develop and update the printable resources available on our website, with the most frequently accessed being:

- FASD facts sheets and strategies for parents and carers
- Toolkit for parents and carers
- Frequently asked questions
- Alcohol-free pregnancy poster and flyers
- Facts sheets for health professionals

These resources were also posted to individuals and health professionals who requested them.

NOFASD also distributed Parent Support Packs for families who receive a FASD diagnosis. During the year, 50 of these Parent Support Packs were distributed to clinics across Australia, containing:

- A strategies book which many parents describe as helpful;
- A collection of useful information including FASD facts sheets and website links;
- Information sheets for public distribution, containing information to help people understand how individuals with FASD (over 13 and under 13) process information;
- Referral information to NOFASD Australia for support; and
- *The Foster Parents Guide to supporting a child with FASD*, by Dr Sara McLean
FASD Resources

NOFASD distributed thousands of resources, including:

- 940 Community Advice Cards, for parents and carers to hand to members of the public when their child experiences sensory overload in public;
- 1140 Police Advice Cards, for individuals with FASD to hand to Police officers to explain their brain injury;
- 50 Parent Support Packs: comprehensive folders of information and strategies which are given to families when they receive a FASD diagnosis;
- 770 Preventable Disability brochures;
- 1050 prevention flyers;
- 205 prevention posters; and
- Numerous FASD information sheets.

To view or download these resources, visit our website at:
https://www.nofasd.org.au/parents-carers-and-families/resources/ and
Increasing knowledge, confidence and skills

Our Wonderful Parents & Carers

NOFASD has a valuable network of the parents and carers of individuals with FASD. They provide their time, commitment and passion in sharing their experiences and promoting FASD awareness. Without their input we could not operate as effectively as we do.

NOFASD would like to thank our numerous parents, carers, and individuals with FASD for their time, commitment, support and passion in helping us spread and promote FASD awareness and understanding within the community. They have all taught us so much about FASD through sharing their life experiences with us and the community. We greatly appreciate each one of them!

Just a couple of our many valuable parents and carers include:

**Neroli Endacott**

There was a time when Neroli Endacott was considered crazy for her suggestions about alcohol and its possible effect on unborn children. A foster mother to over 100 disadvantaged children, Neroli struggled to get support from local doctors, as most did not believe her stories or her suspected diagnosis of the children in her care. She persisted, searched for any information she could get to help the children she cared for and slowly began to get the professional assistance and recognition she needed. Meeting NOFASD founder Sue Miers was a vital step in Neroli’s journey. Her continued dedication to raising awareness for FASD is invaluable. Neroli is also one of NOFASD’s national ambassadors.

**Megan Brown**  
* (pictured right, with NOFASD Chair Cheryl Dedman)

Megan Brown from the Alice Springs Parent Support Group is a busy foster mother who takes every opportunity to help others and share her experiences. As previously mentioned, she knitted Red Shoes Rock key rings and pin cushions *(pictured bottom right)* for International FASD Awareness Day 2019, where she sold them and raised $600 for NOFASD. It was a creative idea and a huge effort. Megan also used her Facebook page to raise awareness of FASD – one of her posts reached 3000 likes. Megan also runs two Facebook support groups – an open group for everyone to share resources and a closed group for families with FASD and the professionals who support them. Awarded the 2019 Alice Springs Volunteer of the Year Award, Megan is not the sort to sit around when she sees an opportunity to support those around her.
FASD champions and supporters

Our Newest Ambassadors

We are grateful for the continued support of our Ambassadors, who are committed across Australia to raising awareness of FASD and improving support services available to those affected. They come from a wide variety of fields and backgrounds, and provide invaluable support, advocacy and expertise. NOFASD welcome our newest Australian ambassadors.

Caterina Giorgi

Caterina Giorgi is the Chief Executive Officer of the Foundation for Alcohol Research and Education (FARE). Caterina has extensive experience in leadership roles in advocacy across the not-for-profit and for purpose sectors.

Throughout her career, Caterina has focused on reducing inequity and improving health and social outcomes through strategic advocacy.

Caterina founded and led For Purpose, a national organisation working with other not-for-profit and purpose-driven organisations to build their strategic, advocacy and communications capacity to create positive social change.

She has an Honours Degree in Public Health, was a finalist of the 2015 ACT Young Woman of the Year Awards and is a Fellow of the Centre for Australian Progress and a graduate of the Australian Institute of Company Directors.

Professor Karen Moritz

Professor Moritz is internationally renowned for her work in understanding how early life perturbations contribute to an increased risk of developing cardiovascular, renal and metabolic disease in adulthood. She graduated from the University of Melbourne in 1998 with a Bachelor of Science (Hons), majoring in Fetal Physiology. She then completed a PhD in Physiology at the University of Melbourne in 2001. Over the last five to seven years her research has focused on determining how prenatal alcohol can result in “developmental programming” of disease. Her research has identified critical windows of susceptibility to alcohol, including the period prior to implantation.

Professor Moritz currently leads a research team containing Postdoctoral Fellows and Research Assistants as well as numerous PhD and Honours students.

To see our other Australian Ambassadors, visit our website at https://www.nofasd.org.au/about-us/australian-ambassadors/
Our Newest Ambassadors

NOFASD Australia continues to build strong global networks. International relationships enable the sharing of new research, resources and best practice in the prevention and support of families with FASD. NOFASD welcomes our newest international ambassadors.

**Dr Christine Loock**  
*Canada*

Dr Loock is an Associate Professor in the Department of Pediatrics, Faculty of Medicine, University of British Columbia and is internationally recognised for her work in the diagnosis, treatment and prevention of FASD.

A graduate of Harvard Medical School, she is a Developmental Pediatrician at BC Children’s Hospital and Sunny Hill Health Centre for Children. For over two decades, her clinical and research work has improved the recognition, treatment and prevention of FASD.

Christine served on the Health Canada National Advisory Committee on FASD and is a co-author of the first Canadian Guidelines for FASD Diagnosis.

Her current clinical and research work focuses on socially vulnerable children and youth. As she says: “Every child should have a healthy start and all youth should reach their potential. Those are our end-game goals.”

**Dr Raja Mukherjee**  
*United Kingdom*

Dr Raja Mukherjee is an Adult Learning Disability Consultant Psychiatrist for Surrey and Border’s Partnership NHS Foundation Trust, with interest in the management of developmental disorders across the lifespan.

In September 2009 he started the first NHS based specialist FASD behavioural clinic and since then has seen over 150 cases for specialist second opinion as a national referral service. Raja completed his PhD on the subject of Fetal Alcohol Syndrome in 2014.

He has also acted as an invited advisor to the BMA board of science, The Department of Health and the World Health Organisation on the subject of FASD. In 2015 Raja gave evidence to the first All Party Parliamentary Group on FASD at the House of Commons.

To see our other International Ambassadors, visit our website at https://www.nofasd.org.au/about-us/international-ambassadors-2/
Open up about FASD

Photo and message created by DJ, a young person with FASD

https://digitaljourneyphotography.com/