



# Families Moving Forward

## Empowering families

Families Moving Forward (FMF) helps families who have a child with Fetal Alcohol Spectrum Disorder (FASD) or have had positive FASD Screening and Assessment.

### Children with FASD may have challenges with:

- **Executive function:** organizing, planning, and controlling their behavior
- **Sensory processing:** understanding what they see, hear, touch, taste, and smell
- **Social communication:** talking with others and understanding social situations

Children with FASD may have trouble with learning and behavior because of how their brain developed before birth. Each child with FASD faces different challenges, but they also have their own special strengths.

With support from an FMF Specialist, parents and caregivers of children ages 3 to 13 years old learn more about their child's abilities and needs. They begin to see their child's behavior in a new way and understand that some actions may be due to learning difficulties, not just misbehavior.

The program teaches simple, effective ways to respond to and support their child's needs.

They also learn helpful strategies to support their child, such as:

- Creating simple routines and schedules
- Using clear and consistent expectations
- Making environmental changes to fit their child's needs

FMF is a longer program that gives families time to learn and grow. Parents meet with a specialist every other week for about 8 to 12 months. Each session lasts about 90 minutes.

This program helps families better understand their child and build skills to support them every day.

**To learn more about MCCMH's FMF program, please call 855-99-MCCMH (855-996-2264).**

**For 24/7 support, call our Crisis Hotline at 586-307-9100.**



**MACOMB COUNTY**  
COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.



[mccmh.net](http://mccmh.net)



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