



FASD Virginia: Exploring a New Resource for Families, Educators, and Health Care Providers

Dr. Stacia Stribling & Dr. Kelly Henderson
Formed Families Forward

Slides at

Formed Families Forward - who we are...

- A family-led resource center in Northern Virginia supporting foster, adoptive and kinship families who are raising children, youth & young adults with specialized needs, and family-serving professionals.
- We offer free training, consultations to families, events, resources, and systems navigation. Also - peer support groups; webinars; virtual trainings; videos and other resources.
- Family partner to Virginia Tiered Systems of Supports (VTSS; a VDOE project)

Certificates of
Attendance

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FASD Winter Webinar Series

Recordings of earlier webinars at:

https://formedfamiliesforward.org/resource_category/webinars/



RAISING KIDS with BIG

BAFFLING BEHAVIORS

a course for caregivers



DEVELOPED BY ROBYN GOBBEL, MSW

ABOUT THE COURSE

You'll develop the confidence to stay connected to your kids even in the face of the most bizarre and baffling behaviors.

SECTION 1

How to Become the Expert in Children's Behaviors.

SECTION 2

Now, Let's "Fix" Those Behaviors.

SECTION 3

Why Knowing Isn't Even Half the Battle.

- **Tuesdays, Feb. 3- March 24**
- **7:00 p.m. - 8:30 p.m. Virtual**
- **\$250, includes materials**
- **<https://bit.ly/BBBwinter26>**



Based on the best seller

RAISING KIDS WITH BIG,
BAFFLING BEHAVIORS:



BRAIN-BODY-SENSORY STRATEGIES THAT REALLY WORK

You can experience what parents and caregivers describe as a life-changing new way to reframe and change children's behaviors.

3 CORE TENETS

- 1 Behavior is just a clue.
- 2 We all need connection to survive.
- 3 Regulated, connected kids who feel safe behave well.

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MEET YOUR FACILITATOR

Melissa Lebling, Family Support and Outreach Specialist

TOGETHER WE'LL EXPLORE

Owls, Watchdogs & Possums



Plus, you'll get tons of resources!

The Three Tenets

Behavior is just a clue.

It's what we see on the outside that gives us some information about what might be happening on the inside.

We all need connection to survive.

If a child is behaving in a way that makes us not want to be connected to them, we can pause and ask "What's up with that?"

Regulated, connected kids who feel safe behave well.

To change children's behaviors, we will look for ways to increase regulation, connection, and felt-safety.

You'll develop the confidence

to stay connected to kids even in the face of the most bizarre and baffling behaviors

Section 1- How to Become the Expert in a Child's Behaviors.

Using the science of being relationally, socially, and behaviorally human, this section will demystify the most baffling behaviors. You'll change how to see and interpret a child's behavior. That change will become the most powerful tool in your caregiving toolbox.

Section 2- Now, Let's "Fix" Those Behaviors.

Your caregiving toolbox will be stuffed with brain, body, and sensory strategies- that actually work. These techniques will strengthen the child's nervous system and decrease baffling behaviors. Better yet, by the end of this section you'll know what interventions to use when.

Section 3- Why Knowing Isn't Even Half the Battle.

You aren't a bad caregiver, so what happens between learning new caregiving skills and actually using those new caregiving skills? Section 3 will grow your tolerance for baffling behaviors so you can show up the way that you want to.

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Spring Forward

Foster, Adoptive & Kinship Family Fun Day

Mark your calendars!

Saturday, April 18, 2026

8:30 AM - 2 PM

GMU Science & Tech Campus,
Manassas

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Formed Families Together parent and caregiver support groups

- Formed Families Together peer-led support group for **adoptive and foster parents and kinship caregivers** meets twice a month
- Virtual - First SUNDAY each month, 7:30 – 9 PM
- In-person - Third WEDNESDAY of each month on site in Fairfax city, 7- 8:30 PM
- Led by trained FFF staff

<https://bit.ly/FFTgroups>



Stronger Together Life Skills Training Class for Youth

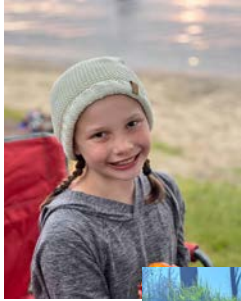
- Any interested student in grades 6 through 9
- In person, in Fairfax City
- Weekly on 8 Tuesdays, 5:30 - 7 PM
- February 3 - March 24
- FREE with dinner served
- Regular attendance is required



bit.ly/ST-Life-Skills-Winter26

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The Backstory...



Impact Week 2023



CENTER FOR
FAMILY INVOLVEMENT



FASD VA Community

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FASD Virginia Web Hub



FASD
VIRGINIA

GOALS:

- Move Virginia forward in understanding and supporting those with an FASD
- “One-stop-shop” - save families time by having information in one place
- Help identify local resources for families across the state of Virginia
- Bring together families, educators, and health care providers - all of the people who are supporting those with an FASD
- Be a space to link people to additional learning communities/opportunities

****FASD Virginia does NOT offer direct services****

THE
community
foundation
FOR NORTHERN VIRGINIA

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FASDVirginia.org



[WHAT IS FASD?](#)

[WHO WE ARE](#)

[DIAGNOSIS](#)

[RESOURCES](#)

[SEARCH FOR A PROVIDER](#)



**Fetal Alcohol Spectrum
Disorders (FASD) & Neuro**

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Next Steps

Web Hub upkeep

- Need your feedback
- Need more resources
- Need more Virginia providers

FASD Respect Act \$\$

- How can we influence where money goes?
- What are Virginia's top needs?
- Join the conversation: Stacia.Stribling@formedfamiliesforward.org



Discussion....

- What in this web hub may have the greatest impact for you?
- What is missing that you think would be helpful?
- How can we spread the word?
- Anything else?



Formed Families Forward – Stay in Touch!

PLEASE COMPLETE EVALUATION right after we end.

****Certificates (only available for those who attended the live session) Email: Veronica.Ferris@FormedFamiliesForward.org****

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