

Training initiatives paving the way to **greater FASD awareness**

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Introduction

FARR established a dedicated Training Academy in 2008 in order to educate all levels of society in South Africa about the dangers of alcohol (ab)use and its effects on fetal development.

Rationale

Since 1997 FARR has completed 16 comprehensive community prevalence studies. As an outcome of these studies, different workshops and courses were developed. Each initiative is focused on a specific client group profile with applicable contents, significant to the South African context. Training material is regularly reviewed and updated to ensure that it remains relevant and on par with latest research and social dynamics.

Training Facilitation:

- 5 Dedicated Training Academy Staff
- Other FARR staff co-opted according to expertise

Facilitators include: Counselors, Social Workers, Professional Nurses, an Occupational Therapist, Psychometrists and a Psychologist

Think Twice Workshops

Duration: 2-4 hours (customised to need)

Suitable for: Community, agri workers & employees

Objective: Develop knowledge and insight into (ab)use of alcohol and other substances and its physical and psycho-social effects. Assists participants to recognize a problem of abuse and equips them with decision-making skills.

FAStrap® Course

Duration: 4 consecutive days

Suitable for: Community members

Objective: Enhance personal development through a 10-module life skills course, focusing on basic parenting skills, health and the dangers of maternal drinking during pregnancy. Participants receive a certificate, subject to meeting all requirements.

LoveChild Theatre Show

Duration: 60 minutes

Suitable for: All persons 12years+

Objective: Educate communities about the dangers of alcohol consumption during pregnancy, the partner in making decisions regarding pregnancy and how the community plays a role in providing support and preventing FASD. The show is interactive and includes a short workshop with the audience afterwards.

Courses for Professionals

Duration: 2 days

Suitable for: Educators, Social Workers, Health Professionals etc.

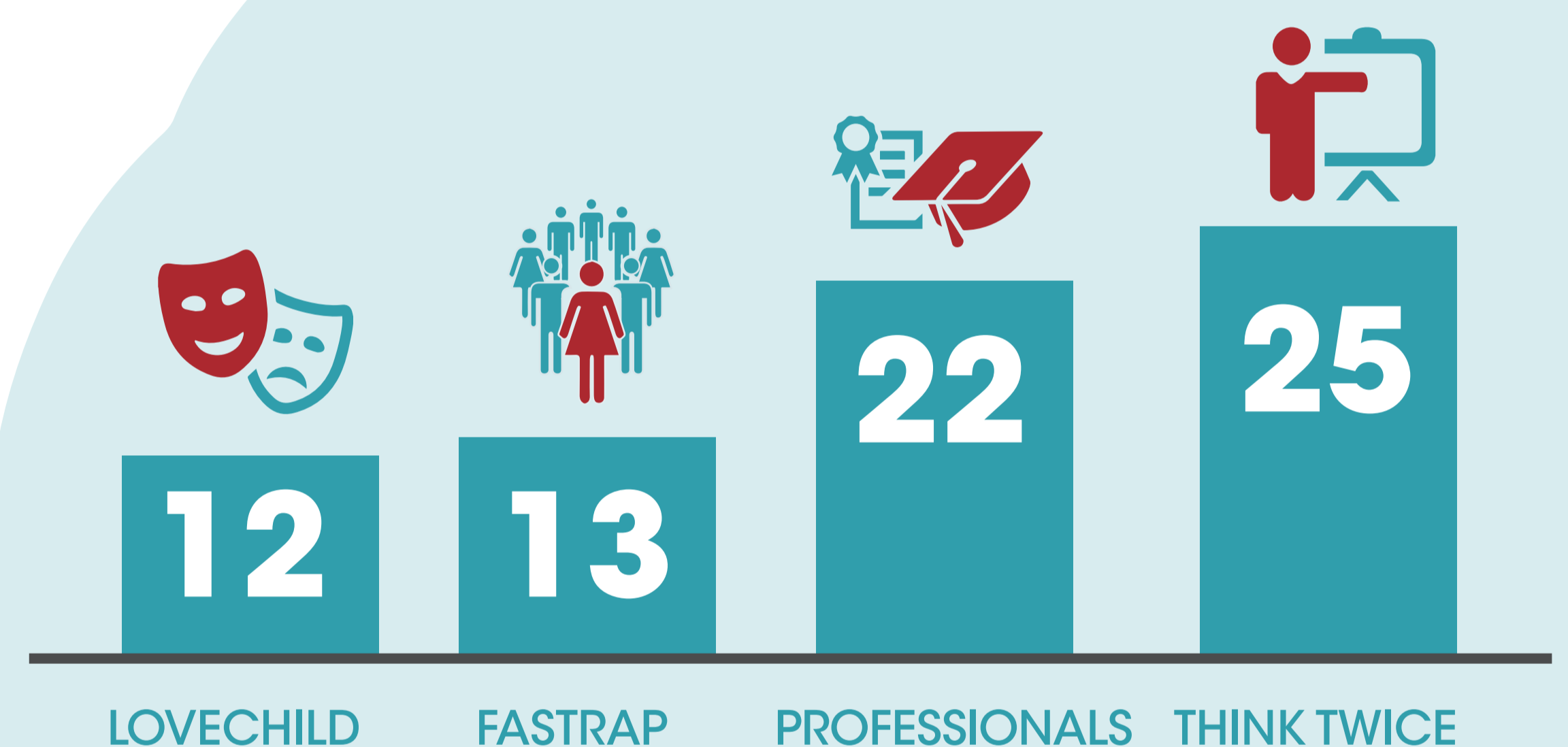
Objective: Instill an understanding of the theory and epidemiology of FASD, applicable ethical considerations and policies and to discuss profession-specific awareness and management strategies. CPD accreditation is obtained from professional councils, (where possible).

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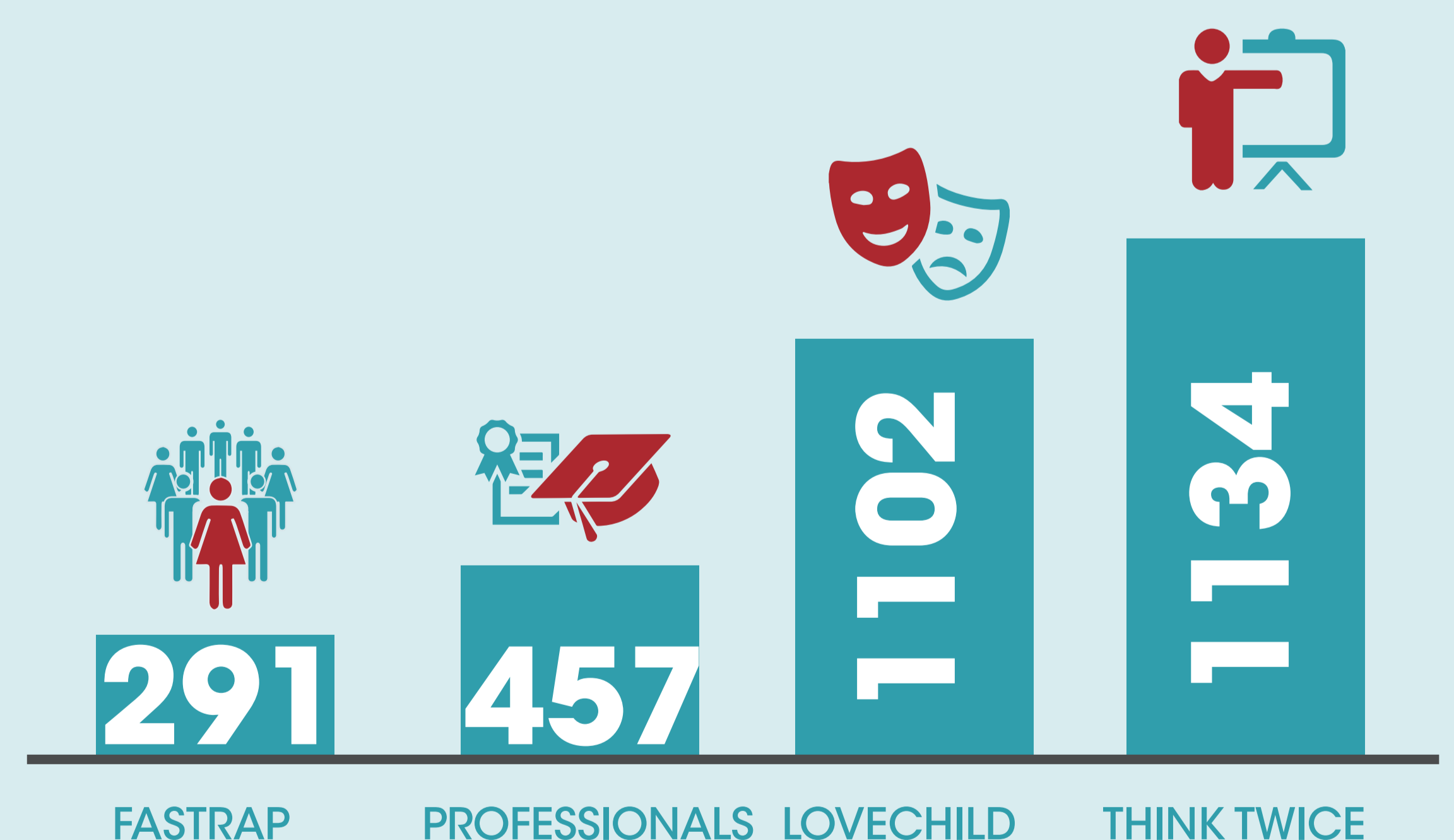
foundation for
alcohol related research

RESULTS: Training Academy April 2018 - March 2019

■ Total Initiatives **72**



■ Total Beneficiaries **2 984**



Conclusions

Through dedicated, client-appropriate and evidence-based training initiatives the FARR Training Academy has reached almost 3,000 beneficiaries in a 12-month period. A greater sense of FASD awareness has thereby been created amongst community members and professionals alike, whose new-found knowledge and insight can make a significant contribution to combating this debilitating disorder in our country.

**For any training enquiries please contact:
Tel: (021) 686-2646 or email: training@farsa.org.za**

METHODS