

## SAMPLE MESSAGE

Dear [NAME OF STAFF MEMBER],

My name is [ ] and I am a resident of [CITY, STATE]. I am [DESCRIBE YOUR CONNECTION TO FASD, WHETHER AS A PARENT, CAREGIVER, PROFESSIONAL SERVING INDIVIDUALS WITH FASD, MEMBER OF AN FASD ORGANIZATION, ETC.]

I am writing to ask that you and Senator [LAST NAME] consider co-sponsoring important Fetal Alcohol Spectrum Disorders (FASD) legislation soon to be introduced by Senators Tim Johnson and Lisa Murkowski, the Advancing FASD Research, Prevention, and Services Act.

As you probably know, FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. FASD is the leading known preventable cause of intellectual disabilities and birth defects in the nation, yet it is one hundred percent preventable. The financial costs of FASD are high – reaching at least \$6 billion in 2007. Lifetime health costs for a person living with FASD are \$860,000 on average, but may be as high as \$4.2 million. One prevented case of FASD saves taxpayers \$1 million over 30 years.

**[ADD PERSONAL FASD ANECDOTE OR STORY ILLUSTRATING THE NEED FOR ATTENTION AND INVESTMENT IN FASD PREVENTION, EDUCATION AND SERVICES.]**

I have attached a summary of the legislation and I encourage you to contact

**[IF YOU ARE WRITING TO A REPUBLICAN SENATOR PLEASE INCLUDE THE FOLLOWING:]**

Amanda Makki in the office of Senator Lisa Murkowski at 224-6665/amanda\_makki@murkowski.senate.gov for more information about the bill and plans for introduction.

**[IF YOU ARE WRITING TO A DEMOCRATIC OR INDEPENDENT SENATOR PLEASE INCLUDE THE FOLLOWING:]**

Megan DesCamps in the office of Senator Johnson at 224-5842/megan\_descamps@johnson.senate.gov for more information about the bill and plans for introduction.

As a constituent, I urge you to please join your colleagues, and co-sponsors, Senators Johnson and Murkowski, in addressing the country's leading cause of intellectual disabilities and birth defects. I will follow-up with you shortly.

Sincerely,  
**[YOUR NAME AND CONTACT INFORMATION]**

**National Organization on Fetal Alcohol Syndrome – January 12, 2012**