



# Fetal Alcohol Spectrum Disorders THERE IS HOPE.

The 2007 National Teen-Adult Life in the FASlane Camp birthed a voice for adults – valued and referred to at the camp as **EXPERTS with Fetal Alcohol Spectrum Disorder (FASD)**. The camp – built on the firm foundation of Rob, Barb and Ted Wybrecht's two previous camps in Michigan and bravely took the next step: **treating young adults with FASD like adults**. The mix of appropriate support and safety for the experts while offering them choices was tricky, and I worried a lot. In fact, I barely slept each night and jumped up whenever I heard a sound. I finally relaxed on the last evening as I watched the experts laugh, talk, cry, and simply act like young adults. **I truly believe we can do this!** I want to be part of continuing to build this voice and am willing to help figure out how to provide silent, healthy, support for these young people we all love.

Steve Neafcy, a main camp speaker offered his expertise of living with this alcohol related brain damage and this book *The Long Way To Simple* is a result of his life experience.

Deb Evensen, AK [www.fasalaska.com](http://www.fasalaska.com)

Life gets harder as I get more independent. In high school I had my parents, at college I had supports but now I am in the working world and I am on my own and supporting myself and doing all these new challenges with my disability. My fear is that every new phase will get harder and I don't know what to expect. When I listen to someone who is past that piece **I can see I can also be successful.**

I can see my future when Steve talks about his experiences. His experiences answer my questions: Will I be able to get married? Will I be able to have kids? What will my future be?

**Steve gave me RELIEF** and a belief in the strength of myself. Steve is an older person who has a lifetime – a happy and full lifetime.

Adult Expert with FASD

My favorite presentation was listening to Life in the FASlane by Stephen and Barb Neafcy. It provided clues to a future with my son and gave me hope.

Parent of Adult Expert with FASD

*STEPHEN NEAFCY, author invites readers into his life of living with FASD through stories of laughter, joy and pain. Then with the help of other young adults with FASD he shares ideas to encourage a full and happy adulthood.*



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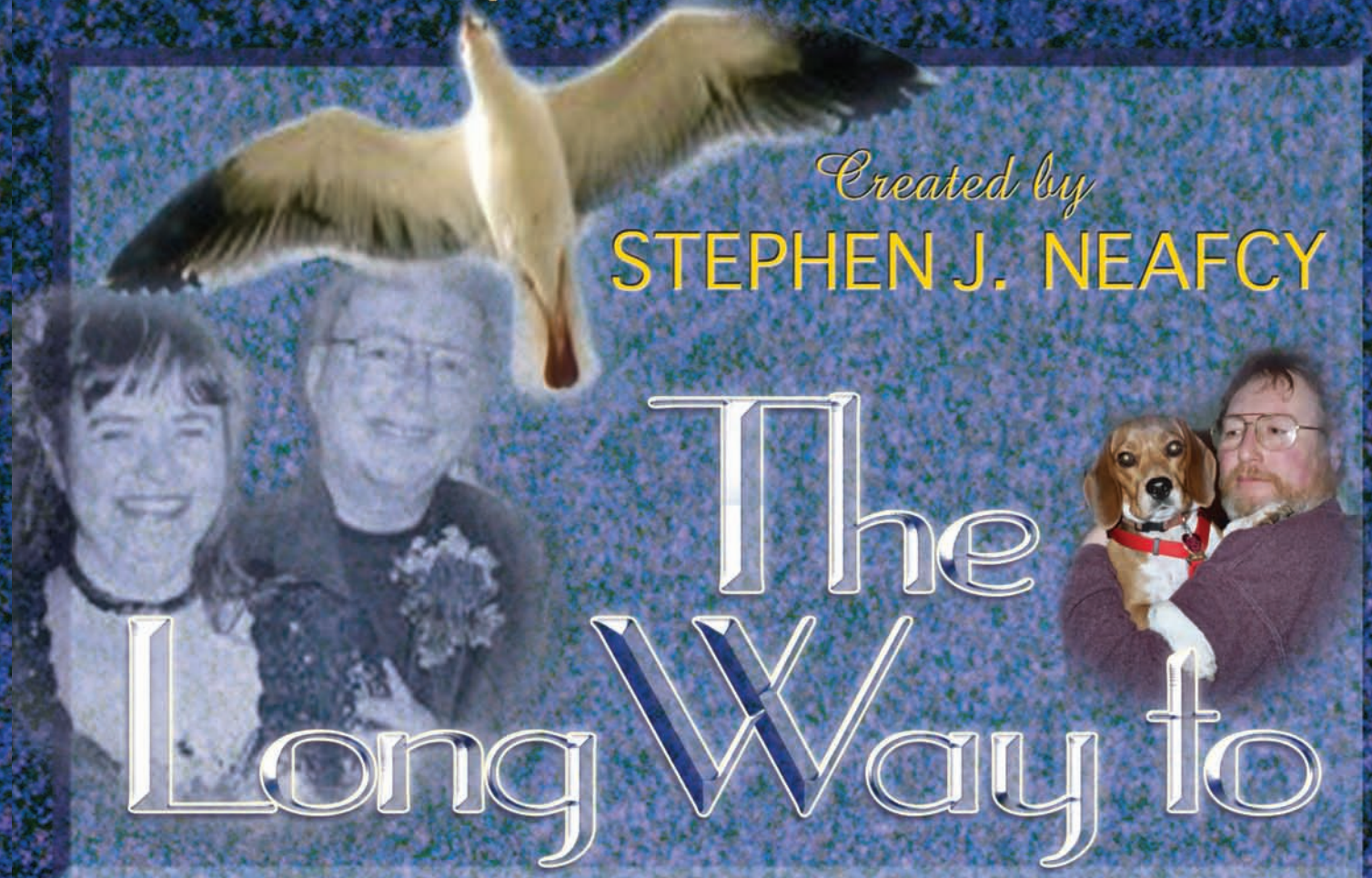
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The Long Way to Simple

NEAFCY



## 50 Years of ideas to live, love and laugh as a **person** with FASD



Created by  
**STEPHEN J. NEAFCY**

# The Long Way to SIMPLE

## Fetal Alcohol Spectrum Disorders