

FASD and Mental Health & Addictions

Recommendations Developed from a
Qualitative Investigation & Clinician Survey

Pathways to Care



FASD Diagnosis

- A mental health/addictions component of the support plan
- Information from assessment to inform future mental health/addictions plans



Invested Advocate



- Help to navigate care path
- Support to facilitate care plan, referrals, attendance, clinical follow up



Primary Health Care

- Consistent primary care providers
- Regular proactive health checks
- Awareness the interaction between primary health concerns and mental health/addictions



Intake Processes



- People can not be excluded based on an FASD diagnosis
 - Improve ease of intake
 - Remove silos from care



Mental Health/Addictions Services

- Long-term, wrap-around services
 - Strengths-based
- Treatment length and approach that reflect an understanding of FASD



Prevention & Wellness Maintenance



- Approaches that maintain mental health
- Prevention rather than crisis response
 - Holistic understanding of wellness



There is a need to decrease stigma of FASD when seeking support



Approaches should be individualized, based on client's specific strengths & needs



Mental Health & Addictions professionals with an understanding about FASD are crucial for outcomes to be successful



An understanding of FASD means there should be no demerits or consequences for individuals with FASD in regards what can be confused as "non-compliance"

