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 of the interaction between primary health concerns and mental health/addictions

**Mental Health/Addictions Services**
- Long-term, wrap-around services
- Strengths-based
- Treatment length and approach that reflect an understanding of FASD

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

**Prevention & Wellness Maintenance**
- Approaches that maintain mental health
- Prevention rather than crisis response
- Holistic understanding of wellness

---

**Keys for Positive Outcomes**

1. There is a need to decrease stigma of FASD when seeking support
2. Approaches should be individualized, based on client’s specific strengths & needs
3. Mental Health & Addictions professionals with an understanding about FASD are crucial for outcomes to be successful
4. 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"

Anderson & Mela, 2018