

Fetal Alcohol Spectrum Disorder (FASD)

WHAT IS FASD?

Fetal Alcohol Spectrum Disorder (FASD) is now used as a diagnostic term, when prenatal alcohol exposure is considered to be a significant contributor to physical and neurobehavioural effects in children, youth and adults.

CANADIAN DIAGNOSTIC STANDARDS

In 2015, *Fetal alcohol spectrum disorder: a guideline for diagnosis across the lifespan*¹ was published, replacing the original Canadian guidelines for diagnosis (2005). This new guideline was developed as a result of emergent evidence, current practice and clinical experience in this field.

BENEFITS OF DIAGNOSIS

An accurate diagnosis can help to understand the challenges of individuals impacted by FASD:

- ✓ Guide appropriate post-diagnosis interventions and strategies for support
- ✓ Reduce the number of secondary disabilities or mitigate adverse experiences often seen in individuals impacted by FASD (i.e. mental health problems, trouble with the law, homelessness, addictions issues, etc.)²
- ✓ Link birth parents with supports and interventions to prevent further affected births
- ✓ Provide information regarding incidence and prevalence rates of FASD in Canada
- ✓ Support applications for disability tax credits, financial supports and other services for the individual and/or their caregivers
- ✓ Provide important information regarding supports for youth transitioning to adulthood, such as guardianship, trusteeship and legal representation agreements

DIAGNOSTIC PROCEDURE

FASD is a medical diagnosis. The guideline recommends a comprehensive, multidisciplinary approach be used to obtain an accurate diagnosis and a comprehensive assessment of the individual's functional abilities.

CORE CLINIC TEAM MEMBERS

Team membership varies and is dependent on the age of the individual being assessed. A pediatric team should include:

PHYSICIAN

- background training specific to FASD diagnosis

PSYCHOLOGIST

- education, expertise and scope of practice relevant to clinical testing

SPEECH-LANGUAGE PATHOLOGIST

OCCUPATIONAL THERAPIST

CLINIC COORDINATOR

Adult and pediatric teams may include additional stakeholders representing health, social services, justice, education, mental health and cultural representation.

RECOMMENDED SCREENING TOOLS

A reliable, accurate maternal alcohol history is the best screening tool. The Life History Screen⁴, the FASD Screen and Referral Form for Youth Probation Officers⁵ and the The Canadian Association of Paediatric Health Centres National FASD Screening Toolkit⁶ can also validate a referral for FASD diagnosis. All positive screens should prompt a referral for further assessments, keeping in mind that screening is not a diagnosis.

¹ Cook, JL, et al, Fetal alcohol spectrum disorder: a guideline for diagnosis across the lifespan. CMAJ, December 2015. www.cmaj.ca/content/early/2015/12/14/cmaj.141593

² Streissguth A & Kanter J (1997). *The Challenge of Fetal Alcohol Syndrome: Overcoming Secondary Disabilities*. Seattle, WA: University of Washington Press.

³ Cook, JL, et al. (2015)

⁴ Grant, TM et al, Screening in treatment for fetal alcohol spectrum disorders that could affect therapeutic progress. *International Journal of Alcohol and Drug Research*, 2014.

⁵ Conry, J & Asante, KO, Youth probation officers' guide to FASD screening and referral, 2010, The Asante Centre for Fetal Alcohol Syndrome: Maple Ridge, BC

⁶ www.caphc.org/fasd/fasd-national-screening-tool-kit

Ontario Assessment and Diagnostic Clinic Contact List

C = Child Clinic **M** = Mother Clinic **A** = Adult Clinic **F** = Family Clinic

Surrey Place Fetal Alcohol Spectrum Disorder Diagnostic Clinic C|A

2 Surrey Place
Toronto, ON M5S 2C2
P: 416.925.5141
www.surreyplace.ca

Mothercraft (Breaking the Cycle) FASD Diagnostic Clinic C|M

860 Richmond St West, Suite 100
Toronto, ON M6J 1C9
P: 416.364.7373
www.mothercraft.ca

KidsInclusive Centre for Child and Youth Development C

166 Brock St Kingston, ON K7L 5G2
P: 613.544.3400
kidsinclusive.ca

Grandview Children's Centre C

600 Townline Road South
Oshawa, ON L1H 7K6
P: 905.728.1673 Toll Free: 1.800.304.6180
grandviewkids.ca

Resources for Exceptional Children and Youth C

865 Westney Road South
Ajax, ON L1S 3M4
P: 905.427.8862
www.rfecydurham.com/

Peel FASD Clinical Service Child Development Resource Connection Peel C

120 Methson Blvd E., Suite 201
Mississauga, ON L4Z 1X1
P: 905.890.9432 Ext. 306
www.cdrcp.com

NEO Kids FASD Clinic Health Sciences North C

41 Ramsay Lake Road
Sudbury, ON P3E 5J1
P: 705.523.7120 Ext. 1073
www.hsnsudbury.ca

Anishnawbe Health Toronto C|F

225 Queen St. East
Toronto, ON M5A 1S4
P: 416.360.0486 Ext. 252
www.aht.ca

St. Michael's Hospital Fetal Alcohol Spectrum Disorder Diagnostic Clinic C

61 Queen Street, 2nd Floor, Pediatric Clinic
Toronto, ON M5C 2T2
P: 416.867.3655

Northwestern Ontario FASD Diagnostic Clinic C|F

820 Lakeview Drive
Kenora, ON P9N 3P7
P: 807.468.5551
www.fireflynw.ca

Children's Hospital of Eastern Ontario (CHEO) Eastern Ontario Regional Genetics Program C|A

401 Smyth Rd
Ottawa, ON K1H 8L1
P: 613.737.7600 Ext. 3218
www.cheo.on.ca/en/genetics

CMHA Guelph-Wellington FASD Team C

485 Silvercreek Parkway North, Unit 1
Guelph, ON N1H 7K5
P: 519.824.5544

NorWest Community Health Centres C|A

525 Simpson St
Thunder Bay, ON P7C 3J6
P: 807.626.8485
www.norwestchc.org

Waterloo Region FASD Diagnostic Clinic Front Door C

1770 King St E., Suite 1
Kitchener, ON N2G 2P1
P: 519.884.1666 Ext. 2263
www.fasdwaterlooregion.ca

Private FASD Diagnostic Team

Dr. L.A. Scott and Associates
P.O. Box 21016
Paris, ON N3L 4A5
P: 519.442.9994
www.drscottassociates.com

Halton FASD Collaborative

www.haltonfasd.ca