

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 CJA

2 Surrey Place, Toronto, ON M5S 2C2
P: 416.925.5141

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

860 Richmond St West, Suite 100
Toronto, ON M6J 1C9
P: 416.364.7373

KidsInclusive Centre for Child and Youth Development C

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

Grandview Children's Centre C

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

Resources for Exceptional Children and Youth C

865 Westney Road South, Ajax, ON L1S 3M4
P: 905.427.8862

Peel FASD Clinical Service

Child Development Resource Connection Peel C
75 Watline Ave, Unit 103, Mississauga, ON L4Z 3E5
P: 905.890.9432 Ext. 306

NEO Kids FASD Clinic Health Sciences North C

41 Ramsay Lake Rd., Sudbury, ON P3E 5J1
P: 705.523.7120 Ext. 1073

Anishnawbe Health Toronto C|F

225 Queen St. East, Toronto, ON M5A 1S4
[P] 416.920.2605 [E] info@ahc.ca

FASD Diagnostic Team C

Guelph-Wellington
[P] 519.846.2715 x3616 (ages 2-6)
[P] 519.821.3060 (ages 6-18)

London Family Court Clinic C

254 Pall Mall St., #200, London, ON N6A 5P6
[P] 519.679.7250 x151
[P] 1.855.220.9393
[E] kim.harris@fcc.on.ca

CHEO FASD Diagnostic Clinic C|A

2211 Thurston Dr., Ottawa
[P] 613.219.5425 [E] cjanec@cheo.on.ca

FASD Assessment & Diagnostic Service C

678 Main St. E, Hamilton ON L8M 1K2
36 King St., Brantford ON N3T 3C5
204-145 Queenston St., St. Catharines ON L2R 2Z9
[P] 905.544.4320 [E] info@dahac.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] 807.567.5417 x2324 (Kenora/Fort Frances)
[p] 807.467.54117 x2336 (Sioux Lookout/Far North)

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. 2759

CMHA Guelph-Wellington FASD Team C

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

CMHA Peel-Dufferin Adult FASD Assessment Clinic A

314-7700 Hurontario St., Brampton, ON L6Y 4M3
[P] 416.434.3721

NorWest Community Health Centres C|A

525 Simpson St, Thunder Bay, ON P7C 3J6
P: 807.626.8485

Private FASD Diagnostic Team

Dr. L.A. Scott and Associates
158 Brant Rd, St George, ON N0E 1N0
Paris, ON N3L 4A5
P: 519.442.9994
[E] drscottassociates@execulink.com

Halton FASD Collaborative

[P] 905.634.2347 x1234 [E] sueb@rockonline.ca

Halton FASD Assessment & Diagnostic Clinic C|A

471 Pearl St., Burlington ON
[P] 289.266.0036 [E] sueb@rockonline.ca

Scarborough Child Development Program C

[P] 647.242.5061 [E] emarier@shn.ca

Waterloo Region FASD Clinic C

1120 Victoria St. N, Unit 205, Kitchener, ON N2B 3T2
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Waterloo Region FASD Clinic C

400 Queen St. S, ON N2G 1W7
[P] 519.573.4625 [E] mbreathwaite@carizon.ca

Shkagamik-Kwe Health Centre

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[P] 705.675.1596 x239 [E] koreskovich@skhc.ca