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The Intersection of Psychology and FASD

Psychology and FASD

Psychologists who are truly FASD-informed are very important when it comes to diagnosing and helping people who have FASD. A psychologist is part of a multidisciplinary team of medical professionals who help figure out if someone has FASD and what it means. A pediatrician, a psychiatrist, a speech and language pathologist, a social worker, and an occupational therapist may also be on the team.

The psychologist and the others on the team mostly look at how the brain works and if there are any mental disorders. Usually, the pediatrician or doctor is in charge of figuring out how someone looks. All of the team members must have been trained in how to test for and diagnose FASD.

After a person has been diagnosed with FASD, the team that did the diagnosis will make a treatment plan for them that includes health therapies. Patients may also get different kinds of psychotherapy in addition to speech and occupational therapy.



People with FASD often have trouble with executive functioning, adaptive behaviour, memory, and communication, which can make it hard for them to do everyday things. Different people with FASD deal with these problems in different ways, so there is no one treatment that will help everyone. Mental health professionals need to treat each person as an individual and make a treatment plan that takes into account each person's strengths and weaknesses.

Mental Health and FASD

People with FASD don't always do well with traditional therapies that try to help with mental health problems. People with FASD

may have trouble understanding what is being said, following directions, and using what they have learned in the real world. Treatments for mental health need to take into account each person's strengths and problems in order to work.

So, mental health professionals need to take a diagnosis of FASD into account when making plans for treatment. The most effective ways to treat mental health are those that look at the whole person. These include skill-building in the direction of good health.

The best way to treat and help people with FASD is to understand their unique strengths, abilities, and problems. People

with FASD do well in life if their needs and problems are taken care of early on and they have access to supports that last into adulthood.

When they are FASD-informed and trained, psychologists can help people with FASD live lives that are full and satisfying.

"The best way to treat and help people with FASD is to understand their unique strengths, abilities, and problems."



Employment and FASD

An employment guide to help persons with FASD acquire and hold jobs, as well as to support employment professionals who interact with adults who have FASD, was developed by CANFASD and its partners. This guide was produced in response to a knowledge gap that existed in the community about employment and FASD.

The handbook is intended for use by employment professionals to guide their work as they assist clients in preparing for, acquiring, and maintaining employment. It is separated into two evaluation categories: well-being elements and job considerations. The section on work factors is broken up into three subsections: preparing for work, searching for employment, and maintaining employment.

Those affected by FASD have fluctuating requirements during the course of their lives. Adulthood comes with its own unique set of challenges that might make it difficult to maintain gainful employment. This guide was developed to assist employment professionals in understanding and addressing the strengths and needs of their clients who have FASD in order to promote the success of their clients throughout their work journeys.

It assists in locating the most suitable work opportunity for them based on their unique set of talents and requirements. In addition to this, it provides assistance to businesses in modifying their procedures, interactions, and expectations in order to operate more effectively with employees who have FASD.

LEARN MORE

"An employment guide for assisting employment professionals working with adults with FASD."



Health, Social, and Legal Outcomes of Individuals with FASD

FASD is the most common cause of developmental and physical disabilities and behaviour problems that last a lifetime. People with FASD have a great need for mental health and addiction services, especially if they are involved with the child welfare or criminal justice systems.



Between 2015 and 2018 a study, the Health, Social, and Legal Outcomes of Individuals with Diagnosis or at Risk for FASD, looked at people in British Columbia, Canada, who had been diagnosed with or were at risk for FASD.

The results of the descriptive statistics were divided into groups based on age, gender, and involvement with the criminal justice system and the child welfare system. All of the people in the group had high rates of psychological or developmental disabilities, physical co-morbidities, substance use, and involvement in the child welfare and criminal justice systems. The study concluded that those who were involved with the child welfare system were more likely to have anxiety. Higher rates of drug and cannabis use in the past were linked to

involvement with the criminal justice system. These results show how important it is to improve policies to meet the special needs of people with FASD.

Highlights

- Individuals with FASD had high rates of physical (38%) and mental (78%) health conditions, and 50% used substances.
- Individuals with FASD were involved in the child welfare (75%) and criminal justice (30%) systems.
- Individuals with FASD involved in the child welfare system were over 4 times more likely to have an anxiety disorder.

Canada's Guidance on Alcohol and Health

These evidence-based guidelines outline the continuum of risk associated with alcohol use. Each person can use the information to consider what the risk levels mean for them personally and to make informed decisions about how much they will drink. The main message being that when it comes to your health, less alcohol is better. Alcohol use also impacts reproductive health. Alcohol use in pregnancy can lead to lifelong impacts including brain injury, birth defects, behavioural problems, learning disabilities, and other health problems. It is safest not to drink alcohol during pregnancy. Experts also recommend not using alcohol while breastfeeding or during the preconception period.

[VIEW FULL INFOGRAPHIC](#)

Alcohol consumption per week

Drinking alcohol has negative consequences. The more alcohol you drink per week, the more the consequences add up.



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Links & Resources

- [Article 1 Source: Psychology and FASD](#)
- [Article 2 Source: Health, Social, and Legal Outcomes of Individuals with FASD](#)
- [Canada's Guidance on Alcohol and Health Infographic](#)
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