

Services and Supports for Adults
with FASD

AUCD Webinar
February 10, 2021

Fetal Alcohol Spectrum Disorders (FASD)

- ▶ FASD is a spectrum of disorders
- ▶ There is a wide range of intellectual capabilities in individuals with an FASD
- ▶ There is no way to predict how much alcohol will cause how much damage in any individual
- ▶ Across the spectrum of FASD there is brain damage
- ▶ The majority of individuals with an FASD are not accurately diagnosed
 - Many are misdiagnosed resulting in ineffective or contraindicated treatment

Incidence and Prevalence of FASD

- ▶ The range of FASD is more common than disorders such as Autism and Down Syndrome
 - Recent studies are identifying a prevalence of between 1.13% and 5% (1 in 88 to 1 in 20) with a weighted prevalence of between 3.11% and 9.85% (1 in 32 to 1 in 10) (May et al 2018)
 - Limitations in studies due to:
 - Consent issues
 - Population issues
 - Lack of documentation of prenatal exposure

Much higher in systems of care

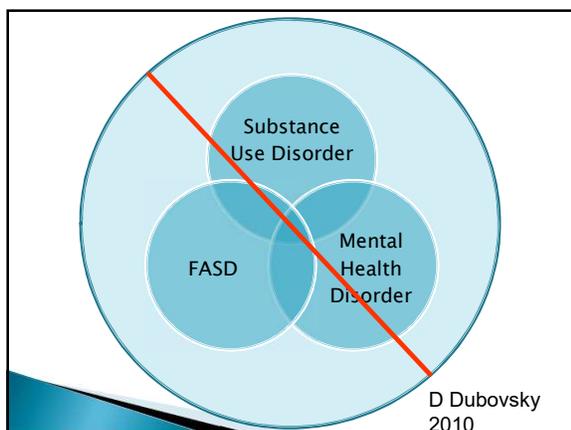
Issues for Adults with an FASD

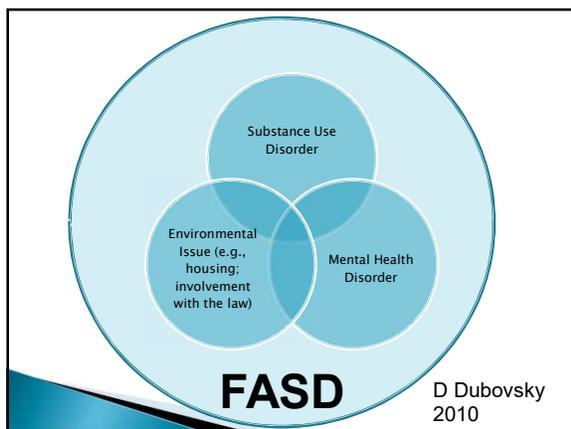
- ▶ Issues around sexuality
- ▶ Issues with social media
- ▶ Suicide risk
- ▶ Risk of involvement with the law
- ▶ Sleep disturbances
- ▶ Living with a hidden disability
- ▶ Evidence based practices are most often ineffective
 - The focus for funders is utilizing evidence-based practices

Living with FASD

- ▶ Individuals with an FASD and their families often experience:
 - Constant anxiety
 - Frequent frustration
 - Depression from repeated “failures”
 - Isolation
 - Lack of predictability
 - Living in the moment
 - Ongoing loss and grief
 - Not feeling in control
 - Difficulty understanding the world
 - Difficulties in every day life

• Adapted from Alaska's FASD 201 curriculum





What is Needed for Adults with an FASD

- ▶ A positive focused system of care
- ▶ The availability of ongoing supports
- ▶ Provision of mentors trained in FASD
- ▶ Utilization of approaches other than verbal
- ▶ Family foster homes
- ▶ Recognition that fetal alcohol spectrum disorders are brain based
- ▶ The focus for those with an FASD needs to be on changing the environment rather than changing the person

What is Needed for Adults with an FASD

- ▶ Screening and assessment of adults for an FASD
- ▶ Increased diagnostic capacity
- ▶ FASD informed systems of care
- ▶ Funding for programs providing practice-based evidence to collect data and evaluate their approaches
- ▶ Coordinated federal, state, and local efforts to address FASD

Thank you!

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