FASD and Adolescents

Mary Ellen Baldwin, BA, Dip. C. S. R. Psych
Psychologist – FASD Diagnostic Clinic
Child Development Centre/ACH

Myles Himmelreich – Director of Programming
Canadian FASD Foundation - Calgary

Kathleen Muir – BA, BSW, RSW
Social Worker – FASD Diagnostic Clinic
Child Development Centre

Community Education Services Presentation Alberta Children’s Hospital – May 12, 2009

Introduction

• Review secondary disabilities: mental health, education, employment, housing, the law, inappropriate sexual activity, addictions, confinement

• Heterogeneity of FASD population – no two individuals are alike

• Can’t just look at how these kids are different from typical teens but also how they are the same

Adolescence: Typical

• This has been referred to as “a bad developmental stage that happens to good people:

• Brains of teenagers – rapid changes, pleasure centre – activated and reactive (“sex, drugs, and rock and roll”), frontal lobes still developing (judgment, planning, inhibition of impulses, regulation of emotion)

• Poor time management, planning, engaging in higher risk activity

• Developmental work of teenagers:
  - Who am I?, Where do I fit in?, Who am I attracted to?, What am I good/not at?, what will my future look like?
  - Separation and individuation
Adolescence and FASD

- Apply the previous template to adolescence with an FASD diagnosis
- Disorganized brains with deficits in critical areas of brain function
- Result: high degree of neuropsychiatric, neurodevelopmental and maladaptive complexity
- Requires: all available community, health family and educational resources working in collaboration with one another – assist in achieving more positive outcomes than we have seen in the past

Review of Neuropsychological Difficulties in Adolescents with FASD

- Deficits can occur in all core domains of brain function – attention, academics, cognitive, memory, language and communication, executive functions, sensory and motor, adaptation
- Deficits become more pronounced in most domains as children enter and proceed with adolescence – especially in executive functions, working memory, communication adaptation and mental health (with the exception of sensory issues)
  - executive functions: planning, judgment, organization, concept formation, inhibition, initiation
  - memory and working memory – daily function, math (including time and money concepts), reading
  - communication – comprehension, social language
  - adaptation – “dysmaturity”

Neuropsychiatric Difficulties in Adolescents with FASD

- Mental health problems – primary and or secondary become more evident
- Mental health problems include: mood stability difficulties (including rage reactions), anxiety disorders, PTSD, psychosis and personality function difficulty
- Mental health problems – the higher the brain ranking plus sentinel physical findings – see more mood problems
Co-Morbidities of Life

- While it is essential to look and understand the brain piece, just as important to assess the circumstances of the child’s life
- Brain, mood/temperament and environment are all interacting together – “brain stew”
- Cumulative risk factors
- It’s NEVER just the alcohol!

Co-Morbidities of Life: con’t

- Grief and loss issues – biological parent, death, multiple moves, loss of self
- Bullying (victim and aggressor), social problems (not fitting in/feeling accepted when desperately want and need to)
- Low self-esteem – “damaged goods”, “retarded”, “loser” etc.
- Disenfranchised from family – nobody wants them
- Cumulative impact of living with a disability – constant failure, criticism, rejection and being in trouble
- May have hit a ceiling in terms of academics – are they in the appropriate learning/training environment
- Family stress – breakdown of family (biological, adoptive, foster)
- World becoming increasingly complex and don’t have the foundational skills to deal with such complexity
- Expectations unclear
- Etc…..

Needs

- Comprehensive understanding of the person’s abilities within the context of their life histories and co-morbid factors
- Team of support from health, therapeutic, family, community and education, advocates and social services
- Life stories need to be acknowledged and heard (Diane McGregor)
- Someone they can always turn to
- Someone who never gives up on them (open door)
- Focus on quality of life issues
- They need support recognizing that they need help from others
- Need for teens to understand their strengths and weaknesses
- Mentorship – meet with others with FASD, availability of positive role models
- Empowerment to teach/educate others
- Supervision and feedback
Overview of Resources for Adolescents and Families living with FASD

Assessments

- Alberta Children’s Hospital, Child Development Center FASD Diagnostic Clinic (403-955-5874 nurse coordinator, Shirley Wormsbecker)
- Medigene (403-571-0450)
- Renfrew (403-291-5038)

Need confirmed alcohol exposure history and Doctors referral

Front line Supports

- Family doctors and/or Pediatricians
- Therapists (psychologist, social workers)
- Psychiatrist
- Social workers
- Life coaches
Family Support for Children with Disabilities

- [www.child.gov.ab.ca](http://www.child.gov.ab.ca)
- 780-427-2551 (toll free 310-0000)

Provincial Networks

- Fetal Alcohol Spectrum Disorder Cross-Ministry Committee [http://www.fasd-cmc.ab.ca/home/](http://www.fasd-cmc.ab.ca/home/)
- Calgary Fetal Alcohol Network [www.calgaryfasd.com](http://www.calgaryfasd.com)
- Alberta FASD Services Networks
Community Resources

- FASD – MAPS Mentorship and Advocacy Program (403-263-3447)
- Enviros ([WWW.ENVIROS.ORG], FASD support program, Adult Evolution program, 403-463-5249, jdeib@enviros.org)
- John Howard Society (Extended FASD Support Project, Marleny Munoz 403-536-0546)

Community Resources Cont.

- Foothills Fetal Alcohol Society support for rural areas around Calgary ([http://www.foothillsfas.com/])
- McMan services ([http://www.mcman.ca/], Central AB, Calgary Kaleidoscope program, Torrie Johal, 403-209-1407)

Government Supports

- AISH ([AISH information line 780-644-1364, toll-free in Alberta 1-866-477-8589, www.seniors.gov.ab.ca/AISH])
- Persons with Developmental Disabilities (PDD) ([www.pdd.org])
- Child Disability Benefit through Revenue Canada ([WWW.CRA-ARC.GC.CA/BENEFITS/CHILDBENEFIT-E.HTML])
Education Supports

- Alberta Learning Guidelines for Teaching Children with FASD

Supports for Professionals

- **Transition to Adult Services**
  Well On Your Way Youth in Transition Resource Link (PDF)
  Transition Coordinator **403-955-7252**
  [http://www.fcrc.sacyhn.ca/community_resources.php#transition_to_adult_services](http://www.fcrc.sacyhn.ca/community_resources.php#transition_to_adult_services)

- **Successful Transitions Coordinator**
  (pilot program) Contact Coordinator (Deanne Neufeld)
  **403-988-7903**
Support Groups

- In collaboration with a number of agencies in Calgary and area, new support groups emerging. (Specific to ages, family set ups) The CFAN’s parent Support Association has a Peer mentorship/Peer support model

Front line support for pregnant women

- Parent-Child Assistance Program (P-Cap) (www.mcman.ca/html/regions_calgary.htm)
- Expanded P-Cap program

kathleen.muir@albertahealthservices.ca
### Alberta FASD Service Networks – Contacts

**April 2009**

<table>
<thead>
<tr>
<th>Network</th>
<th>Contacts</th>
<th>Phone</th>
<th>E-mail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calgary and Area</td>
<td>Erin Palashniuk – Coordinator</td>
<td>403.681.2673</td>
<td><a href="mailto:info@calgaryfasd.com">info@calgaryfasd.com</a></td>
</tr>
<tr>
<td></td>
<td>Alternates: Candice Windisch – Co-Chair</td>
<td>403.295.2044</td>
<td><a href="mailto:cwindisch@enviros.org">cwindisch@enviros.org</a></td>
</tr>
<tr>
<td></td>
<td>Jacqui Deib – Co-Chair</td>
<td>403.993.3261</td>
<td><a href="mailto:fasdjax@live.ca">fasdjax@live.ca</a></td>
</tr>
<tr>
<td>Central</td>
<td>Betty Lou Benson - Coordinator</td>
<td>403.309.5650</td>
<td><a href="mailto:fasdnetwork@shawbiz.ca">fasdnetwork@shawbiz.ca</a></td>
</tr>
<tr>
<td></td>
<td>Alternate: Marc Leduc – Chair</td>
<td>403.358.4363</td>
<td><a href="mailto:mleduc@dthr.ab.ca">mleduc@dthr.ab.ca</a></td>
</tr>
<tr>
<td>Prairie Central</td>
<td>Devona Gibson - Coordinator</td>
<td>780.608.8655</td>
<td><a href="mailto:Devona.Gibson@ech.ab.ca">Devona.Gibson@ech.ab.ca</a></td>
</tr>
<tr>
<td></td>
<td>Alternates: Elaine Finseth - Chair</td>
<td>780.415.0523</td>
<td><a href="mailto:Elaine.Finseth@echo.ab.ca">Elaine.Finseth@echo.ab.ca</a></td>
</tr>
<tr>
<td></td>
<td>Karen Lewis - Contact</td>
<td>780.608.8614</td>
<td><a href="mailto:Karen.Lewis@ech.ab.ca">Karen.Lewis@ech.ab.ca</a></td>
</tr>
<tr>
<td>Lakeland (Cold Lake &amp; Area)</td>
<td>Audrey McFarlane - Chair</td>
<td>780.594.9905</td>
<td><a href="mailto:Audrey.Mcfarlane@lcfasd.com">Audrey.Mcfarlane@lcfasd.com</a></td>
</tr>
<tr>
<td>Edmonton &amp; Area</td>
<td>Lisa Rogozinsky - Coordinator</td>
<td>780.940.7108</td>
<td><a href="mailto:Lisa.Rogozinsky@catholicsocialservices.ab.ca">Lisa.Rogozinsky@catholicsocialservices.ab.ca</a></td>
</tr>
<tr>
<td>(EFAN)</td>
<td>Alternates: Dorothy Henneveld - Co-Chair</td>
<td>780.378.2536</td>
<td><a href="mailto:Dorothy.Henneveld@catholicsocialservices.ab.ca">Dorothy.Henneveld@catholicsocialservices.ab.ca</a></td>
</tr>
<tr>
<td></td>
<td>Laurel Fitzsimonds - Co-Chair</td>
<td>780.955.6423</td>
<td><a href="mailto:Laurel@leduc-county.com">Laurel@leduc-county.com</a></td>
</tr>
<tr>
<td>Métis Settlements</td>
<td>Angela Carifelle – Coordinator</td>
<td>780.822.4096</td>
<td><a href="mailto:acarifelle@msgc.ca">acarifelle@msgc.ca</a></td>
</tr>
<tr>
<td></td>
<td>Alternates: Sharon Dillon-Gaucher –</td>
<td>780.822.4079</td>
<td><a href="mailto:sdgauchier@msgc.ca">sdgauchier@msgc.ca</a></td>
</tr>
<tr>
<td></td>
<td>Western Network Coordinator</td>
<td>780.427.2768</td>
<td><a href="mailto:sbarthel@msgc.ca">sbarthel@msgc.ca</a></td>
</tr>
<tr>
<td>Northeast (NEAFAN)</td>
<td>Deirdre Bell - Coordinator</td>
<td>780.743.5755</td>
<td><a href="mailto:Casa999@telus.net">Casa999@telus.net</a></td>
</tr>
<tr>
<td></td>
<td>Alternates: Trudy Cockerill – Co-Chair</td>
<td>780.743.7410</td>
<td><a href="mailto:Trudy.Cockerill@gov.ab.ca">Trudy.Cockerill@gov.ab.ca</a></td>
</tr>
<tr>
<td></td>
<td>Terry Vallance – Co-Chair</td>
<td>780.926.2218</td>
<td><a href="mailto:Terri.Vallance@woodbuffalo.ab.ca">Terri.Vallance@woodbuffalo.ab.ca</a></td>
</tr>
<tr>
<td>Northwest</td>
<td>Carey Williams - Coordinator</td>
<td>780.513.7544</td>
<td><a href="mailto:Carey.Williams@pchr.ca">Carey.Williams@pchr.ca</a></td>
</tr>
<tr>
<td></td>
<td>Alternate: Susan Hally – Chair</td>
<td>780.830.3549</td>
<td><a href="mailto:Susan.Hally@pchr.ca">Susan.Hally@pchr.ca</a></td>
</tr>
<tr>
<td>Mackenzie Regional</td>
<td>Wanda Beland - Coordinator</td>
<td>780.502.1145</td>
<td><a href="mailto:wandabMackenzieFASD@xplornet.com">wandabMackenzieFASD@xplornet.com</a></td>
</tr>
<tr>
<td>(Northwest)</td>
<td>Alternate: Jason Pohranychny - Contact</td>
<td>780.926.2218</td>
<td><a href="mailto:Jason.Pohranynyn@gov.ab.ca">Jason.Pohranynyn@gov.ab.ca</a></td>
</tr>
<tr>
<td>South Alberta</td>
<td>Hazel Mitchell - Coordinator</td>
<td>403.308.2753</td>
<td><a href="mailto:hmmitch@telus.net">hmmitch@telus.net</a></td>
</tr>
<tr>
<td></td>
<td>Alternate: Debbie Deak – Co-Chair</td>
<td>403.526.6215</td>
<td><a href="mailto:deborah.deak@shaw.ca">deborah.deak@shaw.ca</a></td>
</tr>
<tr>
<td></td>
<td>Bev Patterson – Co-Chair</td>
<td></td>
<td><a href="mailto:bauv1@hotmail.com">bauv1@hotmail.com</a></td>
</tr>
<tr>
<td>Southeast (SEAFAN)</td>
<td>Myrna Stark - Coordinator</td>
<td>403.548.2963</td>
<td><a href="mailto:myrna@sandflymarketing.ca">myrna@sandflymarketing.ca</a></td>
</tr>
<tr>
<td></td>
<td>Alternates: Tobi Kemp – Co-Chair</td>
<td>403.526.7473</td>
<td><a href="mailto:Tkemp.seahv@memlane.com">Tkemp.seahv@memlane.com</a></td>
</tr>
<tr>
<td></td>
<td>Courtney Scott-Donaldson - Co-Chair</td>
<td>403.526.5742</td>
<td><a href="mailto:cscott-donaldson@redi.ca">cscott-donaldson@redi.ca</a></td>
</tr>
<tr>
<td>Northwest Central</td>
<td>Karen Exchange – Co-Chair</td>
<td>780.817.3756</td>
<td><a href="mailto:Karen.exchange@gov.ab.ca">Karen.exchange@gov.ab.ca</a></td>
</tr>
<tr>
<td></td>
<td>Pat Popko – Co-Chair</td>
<td>780.</td>
<td><a href="mailto:Pat.Popko@aspenrha.ab.ca">Pat.Popko@aspenrha.ab.ca</a></td>
</tr>
<tr>
<td></td>
<td>James.Challman - Coordinator</td>
<td></td>
<td><a href="mailto:James.Challman@telus.net">James.Challman@telus.net</a></td>
</tr>
</tbody>
</table>