

FASD Assessment and Diagnostic Options in Newfoundland and Labrador

Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term used to describe a comprehensive set of factors that have been linked to prenatal alcohol exposure.

FASD impacts approximately **4%** of the Canadian population, which equates to **over 96,000** individuals in Atlantic Canada. FASD affects more people than autism, cerebral palsy and down syndrome **combined**.



There are many **reasons and benefits** to why someone may decide to **pursue an FASD diagnosis**:

- It may shed light on certain behaviours or challenges being experienced and provide information about more effective strategies.
- Strategies for ADD/ADHD (FASD is commonly misdiagnosed as these) are not proving effective.
- It may provide access to helpful resources.
- Appropriate early interventions can improve outcomes and supportive environments.

Early diagnosis is one of the keys to identifying and understanding FASD.

Getting a **diagnosis can be a challenge** depending on where you live, how affected you are on the FASD spectrum, your age and the ability to obtain medical and social records about possible alcohol consumption during pregnancy.

The most effective FASD diagnostic teams are those that are multidisciplinary (work together across multiple disciplines).







Most teams include a **physician, a psychologist, an occupational therapist, a speech and language pathologist and/or a social worker**.









Currently in Newfoundland and Labrador, there are several options available for comprehensive assessment for individuals suspected of having FASD. However, there is FASD assessment and diagnostic work underway in the province.

Public Health Options (Covered by MCP)

1 Labrador-Grenfell FASD Diagnostic Team







-  **8 years old** and up; adults included. Wait times vary by age.
-  **Residents of Labrador-Grenfell Zone:** Happy Valley-Goose Bay and St. Anthony.
-  **Referrals-** can be made by guardians, physicians, educators or social workers.
-  **Email:** julia.rose@nlhealthservices.ca  **Tel:** (709) 693-5015
-  <https://www.lghealth.ca/your-health/programs-and-services/mha/fetal-alcohol-spectrum-disorder-fasd/>

2 Janeway Child Development Team



-  **Under 18 years old.** Wait times vary.
-  **Residents of Newfoundland & Labrador;** located in St. John's.
-  **Referrals-** referral form must come from physicians (recommended), nurse practitioners, public/community health nurses, allied health professionals, child management specialists & schools (educational psychologists).
-  **Email:** jcd.intake@easternhealth.ca  **Tel:** (709) 777-4003
-  <https://cwhp.easternhealth.ca/wp-content/plugins/download-attachments/includes/download.php?id=2179>

Private Practice Options (Fees Associated)

1 NeuroSpark Psychology- Dr. Tanya Lentz

-  **Any and all ages.**
-  **Residents of Newfoundland & Labrador, Ontario & North West Territories.**
-  **Referrals-** by a health professional, parent/caregiver or self-referral.
-  **Email:** info@neurosparkpsychology.com  **Tel:** (709) 368-7802
-  <https://neurosparkpsychology.com>

2 Health Education Services- Heather Conran Paul

-  Any and all ages.
-  Residents of Newfoundland & Labrador.
-  Referrals- by a health professional, parent/caregiver or self-referral.
-  Email: healtheducationservices@bellaliant.com  Tel: (709) 786-1722
-  Fax: (709) 786-1705

fasdNL Diagnostic Network

fasdNL has a provincial network of professionals trained in FASD diagnosis. When requests for diagnosis or support are received, the network connects individuals to professionals for FASD assessments. This collaborative effort ensures a comprehensive diagnostic team for FASD diagnosis, which is the current recommended “best-practice” for assessing for FASD in Canada. While case management services aren't provided currently, we can facilitate connecting professionals to complete the assessment, such as linking a psychologist to a speech-language pathologist or physician, as a multi-disciplinary approach is crucial for an accurate FASD diagnosis.

If you are in need of professionals for FASD assessment, please email us at diagnosis@fasdNL.ca.

fasdNL & fasdATLANTIC

fasdNL is a pan-provincial organization working to educate, provide supports and resources, and raise awareness about fetal alcohol spectrum disorder (FASD) in Newfoundland and Labrador.

fasdATLANTIC is a an extension of fasdNL and is working to educate, provide supports and resources, and raise awareness about fetal alcohol spectrum disorder (FASD) across the 3 other Atlantic provinces: Nova Scotia, New Brunswick and Prince Edward Island.