

Getting a diagnosis of FASD in Newfoundland & Labrador

The most effective FASD diagnostic teams work together across disciplines. Most teams consist of a physician, psychologist, occupational therapist, speech and language pathologist and a social worker.
(Canadian FASD Diagnostic Guidelines)

Currently in Newfoundland and Labrador, there is no province-wide comprehensive assessment and diagnostic team or service for anyone suspected of having FASD. However, there is FASD assessment and diagnostic work underway.

Labrador-Grenfell Health

- Multi-disciplinary FASD diagnostic team in Happy Valley-Goose Bay and St. Anthony.
- Offering assessments for individuals born or living in the Labrador Grenfell region between the ages of 8-18 years old.
- Referrals can come from guardians, physicians, educators, social workers.
- Wait time varies depending on age.



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<https://www.lghealth.ca/your-health/programs-and-services/mha/fetal-alcohol-spectrum-disorder-fasd/>

Eastern Health, Central Health, Western Health, & Labrador-Grenfell Health

- Dr. Tanya Lentz, R. Psych. Clinical Psychology - Neuropsychology.
- Offering assessments in Pediatric NeuroPsychology Unit at the Janeway Children's Hospital.
- Offering assessments for individuals 3-18 years old.
- Referrals can come from pediatricians or general practitioners and addressed to Dr. Tanya Lentz.
- Wait times vary but may take 12+ months.

Tel: (709) 777-4804

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

Using effective strategies and accessing interventions can lead to the best possible outcomes for an individual with FASD.

Getting a diagnosis can be a challenge depending on where you live, the level of impact, your age and the ability to obtain medical and social records about possible alcohol consumption during pregnancy.

There are many reasons and benefits to why people may pursue a diagnosis:

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

Private Practice

NeuroSpark Psychology

- Dr. Tanya Lentz, R. Psych. Clinical Psychology - Neuropsychology.
- Private assessments subject to fees and/or billable through private health insurance.
- Assessments available for individuals across the lifespan.

<https://neurosparkpsychology.com/about>

Health Education Services

- Heather Paul, R. Psych.
- Private assessment subject to fees and/or billable through private health insurance.
- Assessments available for individuals across the lifespan.

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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.