

FASD-Informed Care for Mental Health Providers

Striving for Equity



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The expert in
anything was once
a beginner.

Agenda

- 1 Case-based learning
- 2 What is FASD?
- 3 How an FASD diagnosis helps
- 4 What is FASD-informed care?
- 5 New app-based study to do FASD-informed care

Presentation Development Team



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What is FASD?



An illustration of an iceberg floating in a body of water. The tip of the iceberg, which is visible above the water line, is colored in shades of pink, purple, and blue. The submerged part of the iceberg, which is much larger, is a solid dark blue. The water is a deep blue, and the sky above is a light teal with a few white clouds.

Fetal Alcohol Spectrum Disorders

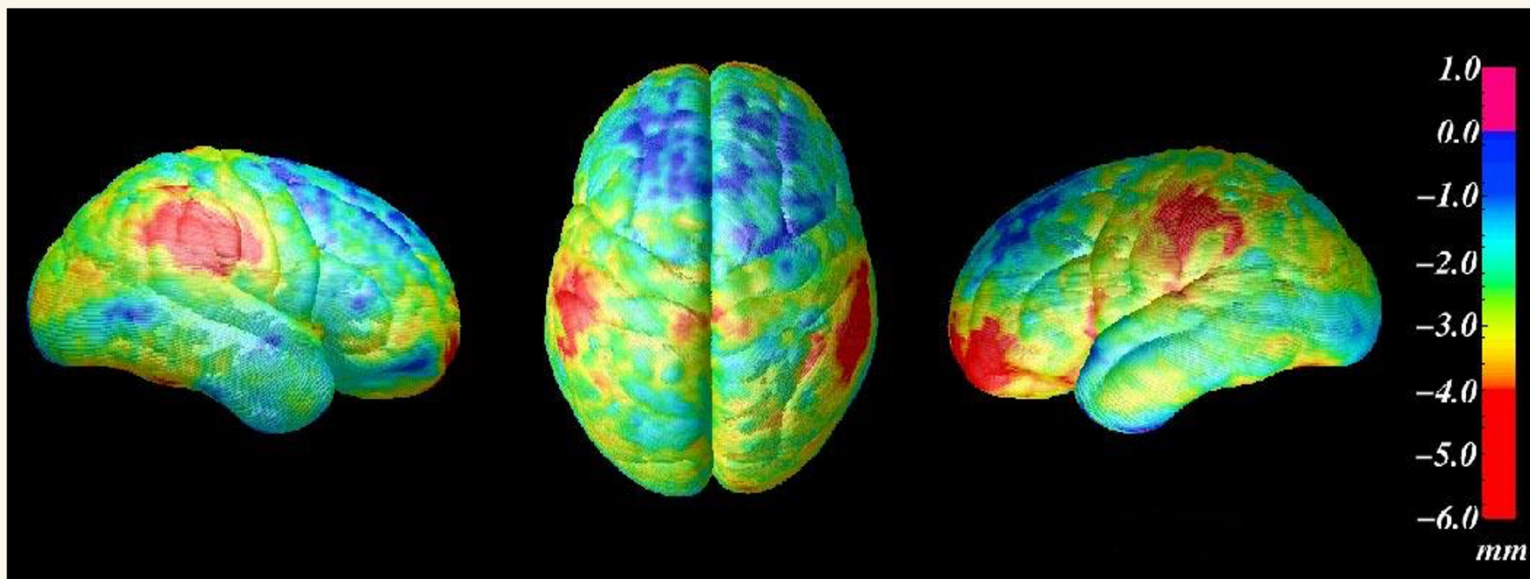
- Fetal alcohol syndrome is just the tip of the iceberg
- >80% don't have physical features

Isolated, mild
effects

SIDS,
severe effects



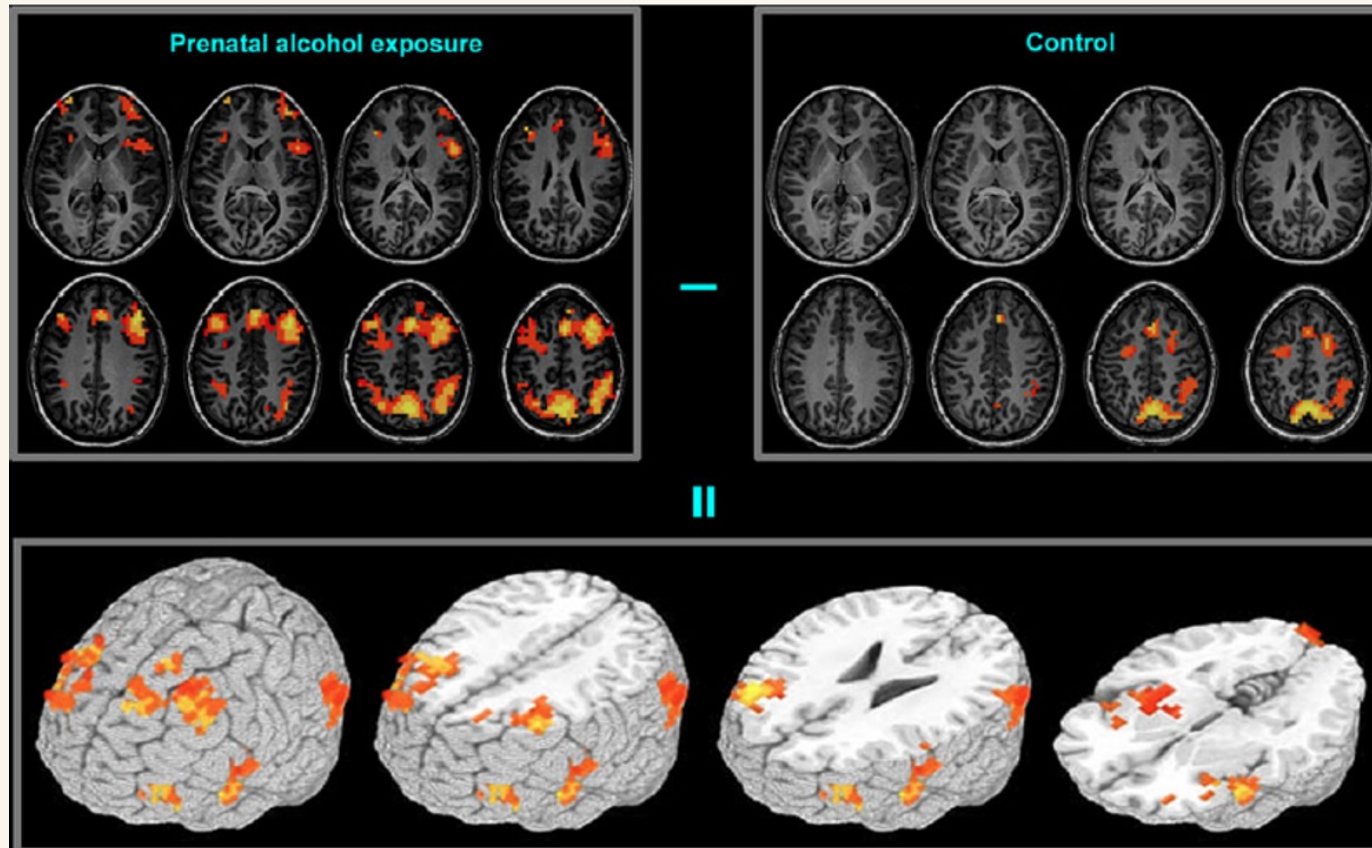
PAE Changes Brain Size and Shape



Areas in red are where the brain is smaller or thinner, relative to typical brain shape

Sowell et al., 2002

People with FASD Have to Work Harder



Spadoni et al., 2009

Developmental Unfolding



Strengths of People with FASD



Kautz-Turnbull et al., 2022

An abstract landscape illustration featuring stylized mountains in shades of orange and brown, a bright orange sun in the upper left, and dark blue and teal wavy shapes representing water or hills in the foreground. The entire image has a textured, slightly grainy appearance.

Reflection

Does this sound familiar?

**FASD is one of the
most prevalent
developmental
disabilities**

1.1 to 5% of
general population

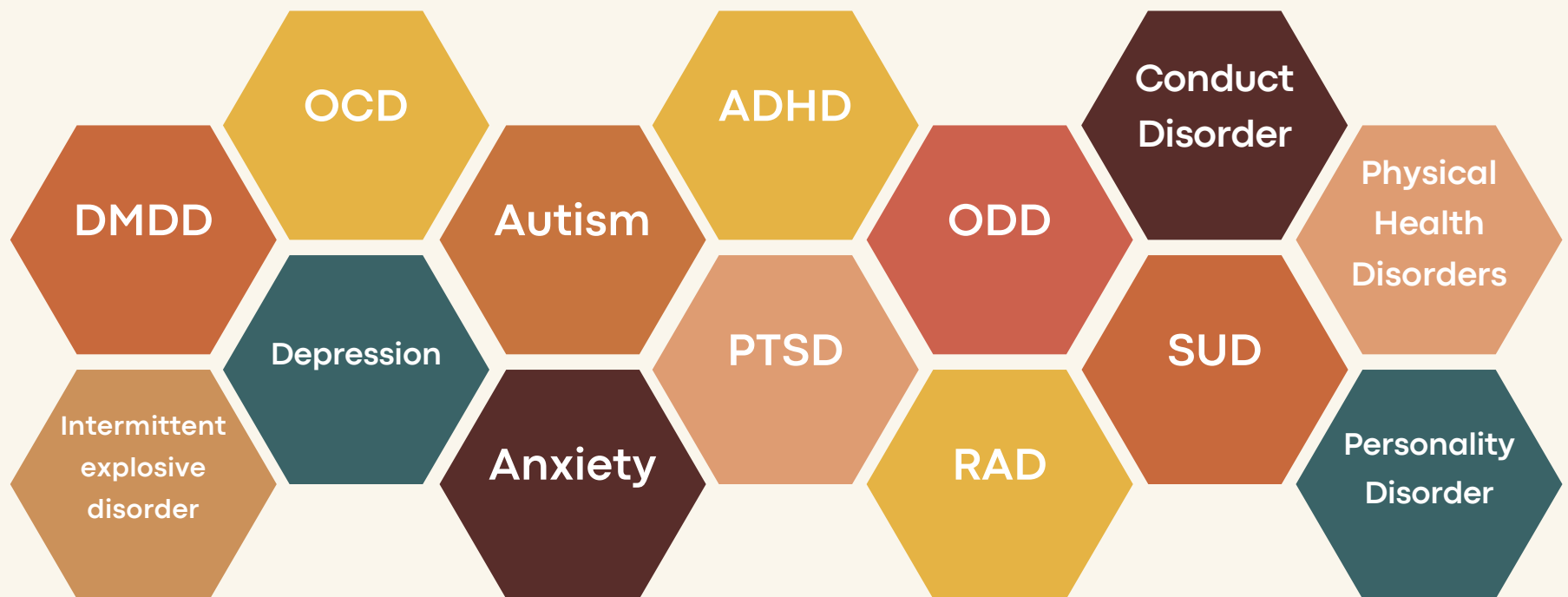


Rates of FASD are even higher in special populations

6 to 17% in child
welfare or mental
health settings



FASD is Often Missed or Misdiagnosed



Why?

**FASD is not
included in
provider
education**

**Prenatal
alcohol
exposure not
assessed**

**Limited
diagnostic
capacity**

Stigma

How does this
impact
families?



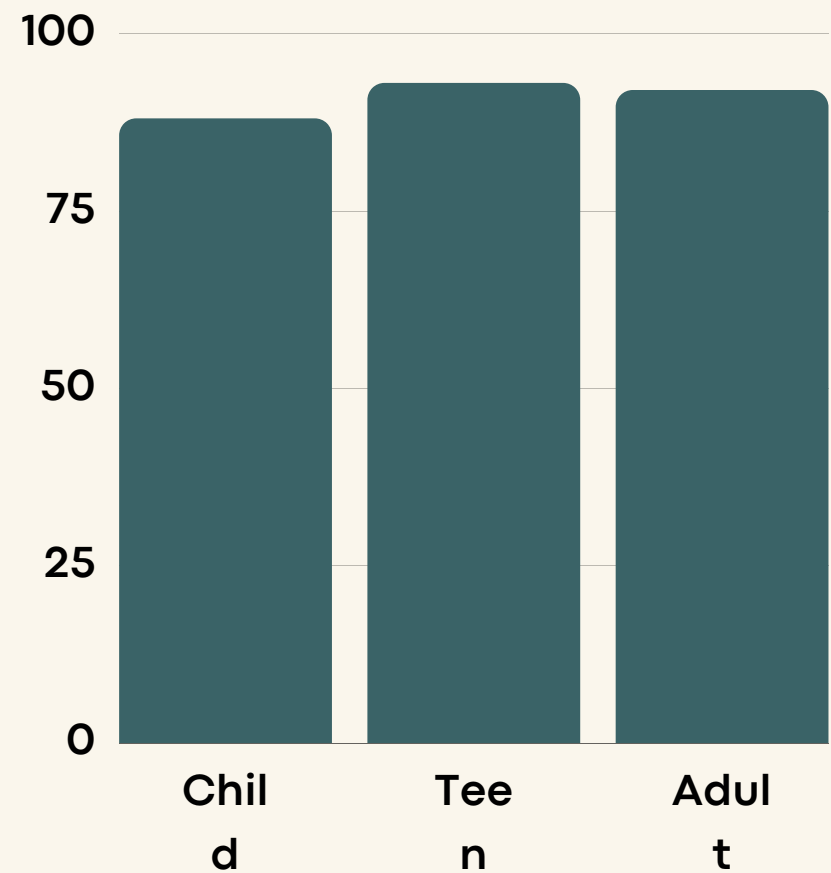


Why Diagnose FASD?

How is this
relevant for
mental health
providers?

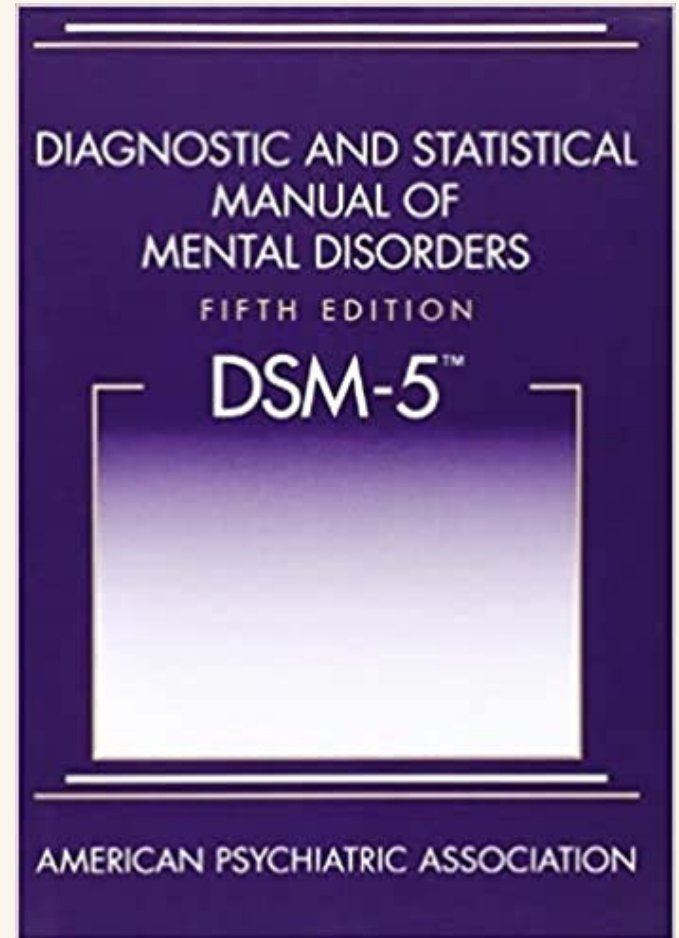


Percentage of Lifetime Mental
Health Diagnosis by Age Group for
People with FASD



Neurobehavioral Disorder associated with Prenatal Alcohol Exposure (ND-PAE)

- Can be coded under 315.8 "Other Specified Neurodevelopmental Disorders"
- Specific criteria in section of "Conditions for Further Study"



ND-PAE Criteria at a Glance

Neurocognitive Functioning (1+)

- Global IQ
- Executive functioning
- Learning
- Memory
- Visual-spatial

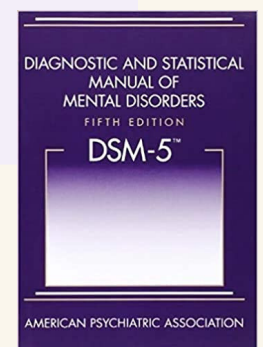
Self-Regulation (1+)

- Mood or behavioral regulation
- Attention
- Impulse control

Adaptive Functioning (2+)

- Communication
- Social communication and interaction
- Daily living skills
- Motor skills

Greater than Minimal Prenatal Alcohol Exposure



How do I know if there is prenatal alcohol exposure?



Reliable source

Do routine screening

Non-judgmental, supportive

Ask prior to pregnancy recognition

How Does an FASD Diagnosis Help?



Clinical Benefits of an FASD Diagnosis

- 1 Provides an understanding for confusing symptoms
- 2 Helps the child and family get the right treatment
- 3 Offers opportunity to connect with others in the FASD community



Research Evidence



An FASD diagnosis, especially before age 6, can help prevent:

- School disruptions
- Placement breakdowns
- Inpatient mental health or justice system confinement
- Alcohol and substance use problems



Examining our Own Hesitancy

How does stigma impact my
assumptions and behavior
around diagnosis?

We have a diagnosis...
Now what?



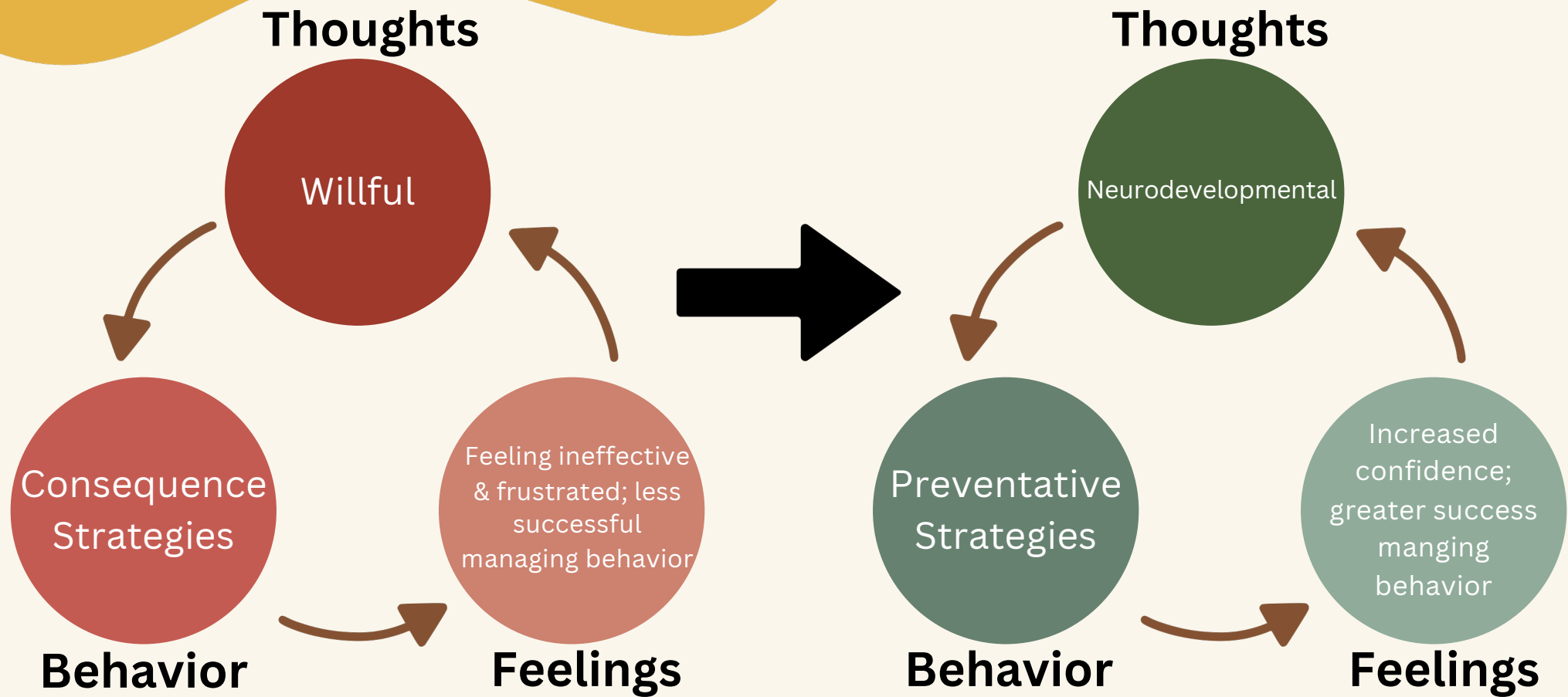
Can't I just do what I already know?

FASD is more than the sum of its "parts."

GOOD NEWS: You can apply some straight forward principles to adapt your approach for FASD!



Benefits of Reframing!



Helping the Family Overcome Effects of Stigma



Educate Others

Provide supports to educate other providers, teachers, and family members. Identify advocates.



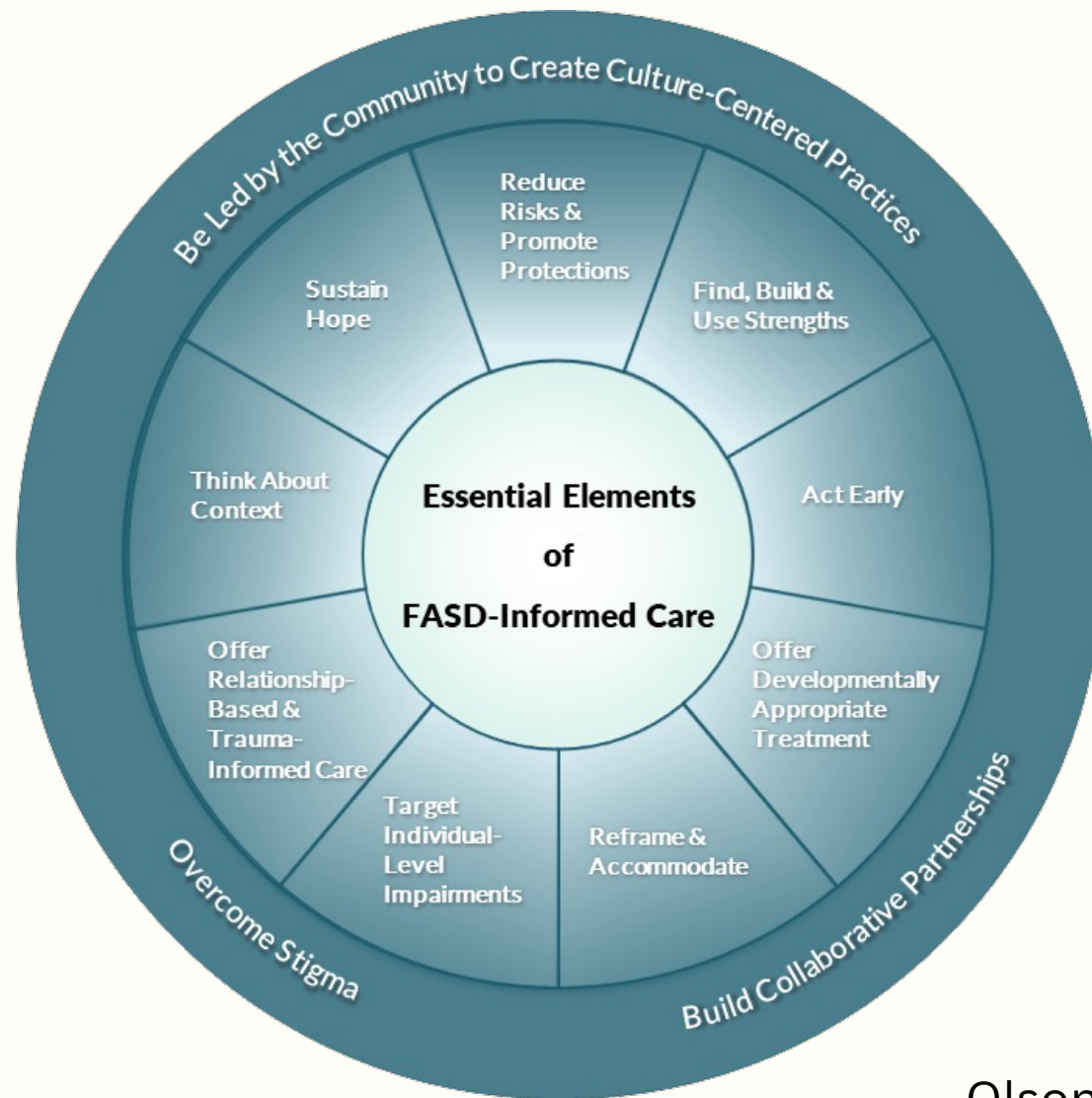
Make Linkages

Help the family make linkages to others who understand. Identify other community services and supports.



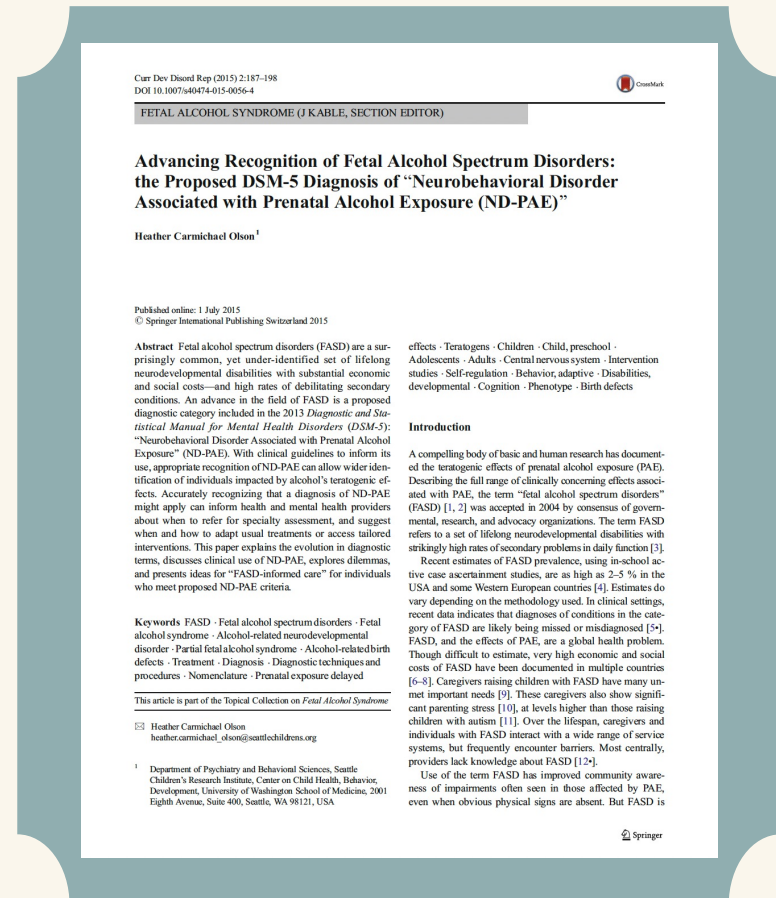
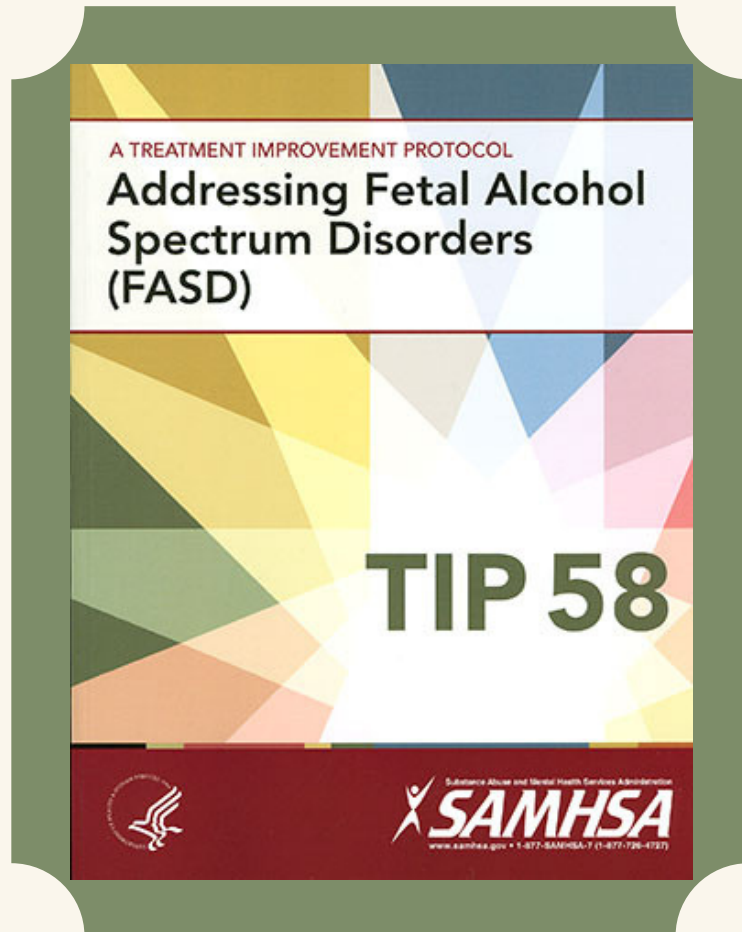
Pay Attention to Language

Notice the language we use to talk about prenatal alcohol exposure, birth families, and FASD



Olson et al., in press

Some Existing Resources



Families Moving Forward (FMF) Program

- Evidence-based positive parenting program for FASD
- Incorporates essential elements of FASD-informed care



📍 Seattle, WA, USA

✉ familiesmovingforward@seattlechildrens.org

in



Families Moving Forward Program

FASD Intervention, Training & Research

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FMF Specialist Training

Making FASD-Informed Care More Accessible

FMF Connect app
for caregivers of
children with FASD
ages 3-12



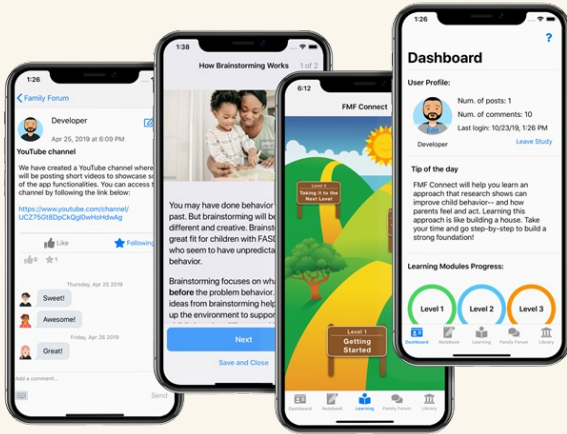
New Opportunity to Learn an Accessible Way to do FASD- Informed Care



Provider-Assisted FMF Connect

In this study
you will get:

- Effective tools to screen for FASD
- Learn how to use ND-PAE criteria
 - With templates for documentation
- Access to the FMF Connect app you can use with families
- A provider dashboard with easy access to materials and tools to track progress



**Participate in a focus
group to inform
new app for
mental health providers
to use with families**

<https://bit.ly/Providerapp>

**Development of Provider-Assisted Families
Moving Forward Connect**



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ROCHESTER
MEDICAL CENTER

Mt.
HOPE
family center

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Questions?

