IDEAL COMMUNITY FASD SYSTEM OF CARE
BASED ON LITERATURE REVIEW & EXPERT CONSENSUS

Early intervention
(various types)

Respite care

FASD-informed mental health services,
neuropsychological evaluation

Medication management,
sleep treatments

Family-focused interventions:
Support for birth parents or parent w/FASD, FASD diagnostic clinic
follow-up, brief consultation models,
key workers, parent education,
behavioral consultation, family therapy

Parent support networks,
Self-advocacy networks

Self-help mechanisms;
(internet; software)

Teen groups, mentors

Young adult retreats, summer camps,
recreational planning

Parental focused interventions:
Support for birth parents or parent w/FASD, FASD diagnostic clinic
follow-up, brief consultation models,
key workers, parent education,
behavioral consultation, family therapy

Specialized training & brief consultation within systems
to institute change:
Schools, juvenile justice,
legal, social services

Medication management,
sleep treatments

Skills-based/
Metacognitive:
Self-regulation training,
attention & EF training,
social & friendship skills,
safety & adaptive life skills
dance/exercise,
mindfulness

Adult living/work arrangements

FASD-informed
Substance use treatment,
Sexuality education

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