

About FASD

Prenatal alcohol exposure (or drinking alcohol during pregnancy) can cause fetal alcohol spectrum disorders (FASD). FASD refers to a range of birth defects including brain injury and physical, behavioral, and intellectual disabilities.¹ These conditions are lifelong and irreversible. Because FASD impacts people for their entire lives, it is important that information, resources, and support are available to adults who have an FASD.



Getting an FASD Assessment

The only way to determine if you have a fetal alcohol spectrum disorder (FASD) is to receive an FASD assessment. Only trained professionals can make an FASD diagnosis. FASD is often misdiagnosed because many of the characteristics look the same as mental health disorders.² It can also be harder to get diagnosed on the fetal alcohol spectrum as an adult, because the characteristics associated with FASD can present differently; for example, the physical features related to FASD may change and growth may normalize, complicating a diagnosis.³



Signs that may indicate the need for an FASD assessment include:

- History of prenatal alcohol exposure⁴
- Received many diagnoses such as ADHD, autism, reactive attachment disorder, bipolar disorder, depression, anxiety, etc.^{5,6}
- Easily distracted, hyperactive, inattentive, impulsive⁷
- Consistently displays extreme behavior (aggression, emotional instability)⁸
- Been involved with the criminal justice system⁹
- Has trouble remembering things¹⁰
- Makes the same mistakes repeatedly¹¹
- Displays difficulties in holding a job¹²
- Raised in foster care or adopted²
- History of chemical dependency¹³



FASD Clinics

If you think you might have an FASD and want to learn more about the FASD assessment process, there are clinics across the country that can help. In Minnesota, some of the clinics that provide FASD assessments for adults are:

Canvas Health

7066 Stillwater Blvd. N.,
Oakdale, MN 55128
(651) 251-5059
www.canvashealth.org

Bluestem

124 Elton Hills Ln. NW,
Rochester, MN 55901
(507) 282-1009
www.bluestemcenter.com

Treehouse Psychology

333 Main St. N., Suite 205,
Stillwater, MN 55082
(651) 200-3788
www.treehousepsychology.com

Services for Adults with an FASD

There are supports and services that can help adults with FASD lead productive, successful, and happy lives. At Proof Alliance our staff can provide one-on-one support to help you navigate services. Call our office at 651-917-2370 for more information. Some of the things we can help you with include:

- Employment services
- Housing
- Waivers and other sources of financial support
- Support groups
- Social connections



Online Help

There are a variety of online resources that are available.

- FASD Service Handbook: <http://bit.ly/FASDservicehandbook>
- Resource Directory: <http://bit.ly/ProofRD>
- Disability Benefits 101: <https://mn.db101.org>



Questions?

If you want more information, please contact Proof Alliance at 651-917-2370 or visit our website at www.proofalliance.org.



Sources:

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