Non-pharmacologic treatment for FASD

Interdisciplinary Assessment and Diagnosis

FASD psychoeducation
Support groups
Financial supports

Disruptive Behaviour
FASD informed
Parent Behaviour Management
Self-regulation
Social Skills Training
Supervision
Medication

Anxiety
Depression
OCD

Cognition
Memory
School problems
Individual Educational Plan
Structured learning
Tutor
Repetition
Direct skills teaching

Motor skills
Physiotherapy
Occupational therapy
Recreational activities

Motor planning
Speech and Language assessment
Individual Educational Plan
Simplify behavioral approach

School problems
Behavior problems

Educational Plan
Simplify behavioral approach

Motor planning
Speech and Language assessment
Individual Educational Plan
Simplify behavioral approach

Participation
Direct teaching
Repetition
Social skills training
Adapted recreation
Peer mentors
Supervision

Attention
Executive function
Affect
Academics
Adaptive behaviour

Language

Neuroanatomy
Neurophysiology

Neuroanatomy
Neurophysiology

Cognition

Adaptive behaviour

Motor skills

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Evidence of effective treatment: individuals with FASD benefit from targeted interventions (Reid et al 2015)

- **Understanding**
  - Significant improvement in behaviour and parent satisfaction
    - Olson et al 2009; Pelech et al 2013; Clark et al 2014; Petenko et al 2014
- **Relationships**
  - Focused intervention to substance-abusing mothers and their young children
    - Koren et al 2014
- **Skills**
  - Math skills
  - Literacy
    - Adnams et al 2007
  - Friendship training
    - O’Connor et al 2006, 2012; Keil et al 2010
  - Self-regulation
    - Williams and Schellenberger 1996; Wells et al 2012; Soh et al 2015; Nash et al 2015
  - Executive function
    - Coles et al 2015

[http://depts.washington.edu/fmffasd](http://depts.washington.edu/fmffasd)

[www3cas.gsu.edu/themile](http://www3cas.gsu.edu/themile)

[www.cdc.gov/ncbddd/fasd/treatments](http://www.cdc.gov/ncbddd/fasd/treatments)