

FASD Resources

FOR CHILDREN / YOUTH



Asante Centre - <https://www.asantecentre.org/fasd-resources-for-individuals> Note: they also have a mentoring program – I am unsure whether it is in person in Surrey or if they are still doing that online. There is an email that you can send info to – if anyone happens to find out, please let me know!

CANFASD – particularly the page on resources for the individual with FASD <https://canfasd.ca/caregivers/information-for-individuals-with-fasd/>

KNOW FASD <https://knowfasd.ca/> - this website is great for what to expect at different ages and stages and is good for caregivers and older youth.

POPFASD - there are some inspirational videos there such as Shining Through that youth may be inspired by.

<https://www.fasdoutreach.ca/resources/all/s/shining-through>

Myles Himmelreich Check out Youtube as there are some great videos that youth can watch! This one is older, but it is good. <https://www.youtube.com/watch?v=B81BNRyrHCg>

You have been Diagnosed with FASD, Now What? This book can be difficult to find so I have added it as an attachment. (Please note that it is older so will not be up-to-date about what we know now. However, it is a good conversation starter.)

FOR CAREGIVERS

CANFASD Website <https://canfasd.ca/>

CANFASD course: Foundations in FASD *This course costs \$25* but is well worth the money in my opinion. You get numerous handouts and resources.

“Foundations in FASD is a basic training course intended for everyone that will come into contact with individuals with FASD including all sectors of work, families, individuals with FASD, spouses, and the general public. This foundational level training program provides the perspective of individuals who have FASD, is evidence-based, employs a culturally sensitive approach, and is presented in a way that is responsive to the learners needs. This online basic training course will take on average two hours to complete. Level 1 training will provide knowledge and understanding of:

- an overview of FASD assessment and diagnosis in Canada
- an introduction to FASD interventions and promising approaches
- the effects of prenatal alcohol exposure on the fetus
- the impact of alcohol on brain development
- issues related to stigma and FASD
- strategies for prevention and support
- barriers to prevention and support
- the signs and symptoms of FASD across the lifespan

A certificate will be provided to each participant upon completion.”

POPFASD - <https://www.fasdoutreach.ca/>

“The Provincial Outreach Program for Fetal Alcohol Spectrum Disorder (POPFASD) is funded by the British Columbia Ministry of Education and has been in existence since 2006. We are located in Prince George, British Columbia and hosted by School District No. 57. A multi-district Steering Committee offers advice, direction and feedback. The mandate of our program is to increase educators’ capacity to meet the learning needs of students with Fetal Alcohol Spectrum Disorder. We share current research, ideas, strategies, training and resources in order to build capacity in school districts for students with FASD and their teachers. We also liaise with designated POPFASD District Partners from each district; this allows us to communicate through one key individual from each district regarding in-service and support need.”

My Booklet BC – this is not FASD unique but it is a great booklet for explaining your kiddo without having to reiterate everything each time. It is a great booklet to give to elementary teachers (high school teachers too – but most will not read it) before you have an IEP meeting. “MyBooklet BC is A FREE online tool that families and people with disabilities can use to create a beautiful and personalized information booklet for a loved one or for themselves. Are you tired of constantly repeating your “story” to doctors, teachers, therapists, friends and family? Do you wish all your important information was in one document? Do you wish you could share more than just the medical and diagnostic facts? If you answered yes to any of these questions, you’ll want YOUR OWN myBooklet now!” <https://mybookletbc.com/>

Myles Himmelreich – his website is no longer active but he does have a Facebook account <https://www.facebook.com/mylestshimmelreich/> and he has some videos on Youtube. There are numerous articles, etc. that are also worth reading if you google him.

Jeff Noble FASD Success <https://www.fasdsuccess.com/about> - you will find the link to the Facebook page on his site. NOTE: do not purchase the book as I believe you can get a free e-copy by joining his Facebook page. Additionally, if you like podcasts, his are informative and some are great for youth to listen to - if they can / want to listen to podcasts!

<https://www.facebook.com/groups/FASDFOREVER> (*FASD Caregiver Success Facebook group that Ruth mentioned*)

Speaking FASD Facebook Group (Ruth and Shel are both part of this group that originates in the Cariboo)

<https://www.facebook.com/groups/137281336331739>

FASD Dictionary <https://fasddictionary.ywcavan.org/>

BOOKS

Books	Author	Website	Info
★ The Connected Child ★ The Connected Parent	Karyn Purvis Institute of Child Development TBRI – Trust Based Relational Intervention	https://child.tcu.edu/ You can purchase tip sheets, Digital Video or DVD from this website Her books are available through Amazon	TBRI® is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. While the intervention is based on years of attachment, sensory processing, and neuroscience research, the heartbeat of TBRI® is connection
★ Late, Lost and Unprepared: A Parent's Guide to Helping Children with Executive Functioning	Joyce Cooper-Kahn and Laurie C Dietzel	Book available through Amazon	
★ FASD Relationships: What I Have Learned From About Fetal Alcohol Spectrum Disorder	Rod Densmore	Book available through Amazon	
★ Raising A Sensory Smart Child ★ Sensory Smart Processing Challenges: Effective Clinical Work with Kids and Teens	Lindsey Biel and Nancy Peske Lindsey Biel	https://www.sensorysmarts.com/	
★ Fetal Alcohol Spectrum Disorder and Complex Trauma: A Resource for Educators	Marninwarntikura Women's Resource Centre (Australia)	https://static.fasdoutreach.ca/resources/f/fetal-alcohol-spectrum-disorder-fasd-and-complex-trauma-a-resource-for-educators/FASD-and-Complex-Trauma-Resource-for-Educators.pdf	This resource is online and free of charge. It is a revised edition of Understanding and addressing the needs of children and young people living with fetal alcohol spectrum disorders (FASD): A resource for teachers, 2014.
★ The Explosive Child ★ Lost at School ★ Lost & Found ★ Raising Human Beings	Dr. Ross Greene	https://www.livesinthebalance.org Books available through Amazon	

