

What are benefits of an assessment?

Receiving an assessment can help determine an accurate medical history and connect you with the supports needed to help your child reach their full potential. An assessment can help your family create an effective plan for services and support. It can provide greater understanding and acceptance, and it can contribute to more positive long-term outcomes.

Where can I get an assessment?

To find the clinic nearest to you that provides FASD assessments, visit our online Resource Directory at proofalliance.org



Proof Alliance Clinic

The Proof Alliance Clinic is located at 1876 Minnehaha Ave. W., St. Paul, MN 55104. Appointments are available for children up to 18 years of age. We accept most forms of insurance. To start the assessment process, please contact the clinic coordinator at 651-917-2370.

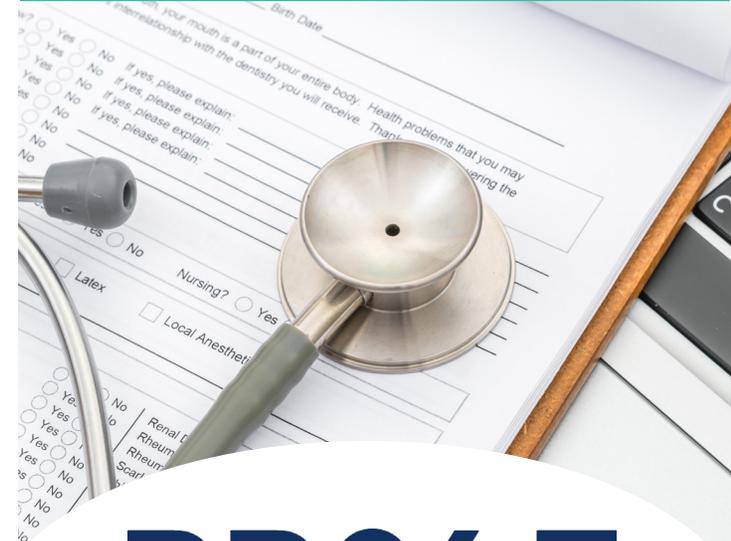
Contact Us

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Evaluation for Fetal Alcohol Spectrum Disorders (FASD)



PR%F Alliance

Preventing fetal alcohol spectrum disorders and supporting all impacted



What is FASD?

Prenatal alcohol exposure (or drinking alcohol during pregnancy) can cause fetal alcohol spectrum disorders (FASD). FASD is not a diagnosis but rather an umbrella term describing the range of birth defects caused by prenatal alcohol exposure. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications.

What are some characteristics of FASD?

The effects of prenatal alcohol exposure can impact each person differently. Some of the signs to look for that may indicate the need for an FASD assessment include:

- Hearing or vision problems
- Difficulty in school
- Poor coordination
- Sensitivity to light, touch, or sound
- Hyperactive behavior
- Difficulty paying attention
- Memory issues
- Poor social skills
- Impulsivity
- Poor reasoning and judgment skills

What does the assessment process include?

Unfortunately, there is not a simple medical test (such as a blood test) that can be used to confirm a diagnosis under the FASD umbrella. Instead, FASD is diagnosed by a team of professionals assessing 4 specific areas:

- Prenatal alcohol history
- Brain function and structure
- Facial features
- Growth issues

You may be asked about or asked to provide the following for an FASD assessment:

- History of prenatal alcohol exposure
- Medical history of birth family
- History of complications during pregnancy
- Birth or adoption records
- Medical records
- Records from mental health, neurological and behavioral development assessments
- School records that document academic progress and issues, including Individual Education Plans (IEPs) if appropriate
- Social Services records if available
- Results of occupational, physical, and speech/language therapy
- Records documenting any adverse childhood events

The assessment process can take up to 8 hours and may include:

1. History: A comprehensive history of the child's development and behavior and any evidence of prenatal alcohol exposure is discussed.
2. Physical exam: Measurements of the head and face are taken, and the child is given a complete physical exam.
3. Neurodevelopmental assessment: Comprehensive testing is done to evaluate 10 different brain functions, including memory, executive functioning, and motor skills.
4. Diagnosis: All assessments are reviewed by the diagnostic team and evaluated to see if they meet the criteria for a diagnosis under the FASD umbrella.
5. Evaluation report: A summary of the findings is prepared along with any specific recommendations for follow-up support and treatment.

Sources:

- Journal of American Medical Association
- Centers for Disease Control and Prevention (CDC)
- Wilder Research

