

## **FASD Key Worker & Parent Support Program**

The programs provide information, support, advocacy, one-to-one consultation, counselling and networking opportunities for families to connect with one another. The programs also provide education to families and community partners.

The Key Worker Program is available to all families with children with FASD and similar neurodevelopmental conditions who have been diagnosed or are waiting for a diagnosis.

You can refer yourself to the **FASD Key Worker and Parent Support Program** by contacting the FASD Key Worker directly at **549-1281 ext. 215**, or you can be referred by another **NONA** program or community agency.

**Remember you do not have to figure it out all by yourself.**

NONA Child Development Centre

### **Family Support Program**

2802-34th Street, Vernon BC V1T 5X1

Phone: (250) 549-1281

Fax: (250) 549-3771

E-mail: [family.support@nona-cdc.com](mailto:family.support@nona-cdc.com)

## **Vernon and Area**

# **FASD Key Worker Program**

Services for families  
of children with  
Fetal Alcohol  
Spectrum Disorders  
and Similar  
Neurodevelopmental Conditions  
(birth to 18 years of age)



NONA Child Development Centre  
**Family Support  
Key Worker Program**

# Key Worker and Parent Support Services

## Fetal Alcohol Spectrum Disorder

FASD is an umbrella term covering all diagnoses that refer to the neurological brain damage which is a direct result of the consumption of alcohol during pregnancy. Because brain development happens all during pregnancy, alcohol can make changes during the whole nine months.

Each person is affected in his or her own way - no two people with an FASD are alike; as well, each person can be affected in different ways on different days.

**People with FASD's are not 'broken' and do not need 'fixing'. They require that we accommodate their differences. (Trying Differently)**

## FASD Key Worker Program Philosophy

Children with FASD do best when their individual strengths are recognized and built upon in a supportive environment adapted to meet their needs.

The family has the primary voice in setting goals and planning for services to address the needs of the child.

## FASD Key Worker Program Goals

- ⇒ To maintain and enhance the stability of families with children and youth with FASD and Similar Neurodevelopmental Conditions in order to improve the children's long term outcomes.
- ⇒ To increase the knowledge of parents and professionals about the neurological nature of disabilities such as FASD so that the affected children and youth experience less frustration and more success.
- ⇒ To provide opportunities for parents to connect with each other to share experiences and provide information and support.

## FASD Key Worker Roles

- ⇒ To work with parents, family members, adoptive parents, foster parents, grandparents, caregivers and service providers in identifying ways to adapt the child's needs.
- ⇒ Strive to empower the family to become their own best advocates for their child.
- ⇒ Assist families in understanding FASD by providing education and information specific to the needs of the child and family.
- ⇒ Provide emotional and practical support.
- ⇒ Assist family in accessing resources and services.
- ⇒ Assist families with the assessment process if required.

- ⇒ Assist community partners with information on FASD.

## Parent Support Services

- ⇒ Provides Parent Support groups consisting of both structured and unstructured formats depending on group preferences.
- ⇒ Groups will offer the opportunity to talk with other parents/caregivers about challenges they are facing and receive support and ideas around parenting their child.
- ⇒ This is a unique form of support that only another parent/caregiver with similar experiences can provide.

## FASD Assessment

- ⇒ The Interior Health Children's Assessment Network (IHCAN) provides multi-disciplinary assessment services for children with complex developmental conditions.
- ⇒ Please ask your family physician to refer you to a pediatrician.
- ⇒ The pediatrician will assess the child and make a referral to IHCAN for an FASD Assessment.
- ⇒ IHCAN is attempting to provide assessments in a timely manner.