

What to do after learning you are at-risk for FASD:

1

GIVE YOURSELF TIME TO PROCESS

- Allow yourself to feel any emotions that come up (both positive, like relief, and negative, like sadness, are valid)
- Take time to adjust



2

LEARN MORE ABOUT FASD

- Know that your developmental age might not match your age in years and that is okay 😊
- Know that there are many different features of FASD & each person with FASD is unique

3

GET EVALUATED FOR FASD

- If you are interested in receiving a formal FASD evaluation, talk to your case worker who can help you get a referral

4

IDENTIFY YOUR STRENGTHS & CHALLENGES

- People with FASD have both strengths and challenges
- Alone or with someone who supports you, list your strengths
- Think about areas of your life where support would be helpful
 - Such as time or money management, impulsivity, communication
- Find a list of resources below



Helpful Resources



Research Opportunities

FASD United

<https://fasdunited.org/research-opportunities/>



UCSD Clinical Trials

<https://clinicaltrials.ucsd.edu/?q=depre>

Mental Health

If you are in crisis, call 911.

If you have a doctor, you can ask them about mental health concerns or diagnostic testing.

Other resources include:

SDSU Psychology Clinic
Mental Health +
Neuropsych Assessment

<https://psychologyclinic.sdsu.edu/>

USD Telehealth Clinic
Mental Health +
Neuropsych Assessment

<https://www.sandiego.edu/telehealth-clinic/>

San Diego Therapy Center

<https://sandiegotherapycenter.org/>



Academic

Learning Disabilities Association

<https://ldaamerica.org/>

McGowan Advocacy Group

<https://www.mcgowanadvocacy.org/>

Rising Scholars

<https://risingscholarsnetwork.org/>

Guardian Scholars

<https://sacd.sdsu.edu/eop/programs/guardian-scholars>



Employment

Second Chance Programs

<https://www.secondchanceprogram.org/youthp>

Dept. of Social Services

<https://www.cdss.ca.gov/inforesources/foster-care/financial-wellness/getting-a-job-and-keeping-it>



Daily Life & Housing

Centers for Independent Living

<https://acl.gov/programs/aging-and-disability-networks/centers-independent-living>

Community Transition Center

<https://www.sandiegocounty.gov/content/sdc/probation/CTC.html>