



Neurodevelopmental Assessment and Diagnostic Centre (NDC)

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## Who we are:

Enviros Neurodevelopmental Assessment and Diagnostic Centre (Enviros NDC) features a multi-disciplinary team that delivers FASD assessment and diagnosis services to our clients across their lifespan. Our aim is to provide a comprehensive assessment report that details strength based strategies and recommendations tailored to the client's individual needs for the purpose of focused supports and interventions. Enviros is partnering with the Calgary Fetal Alcohol Network (CFAN) to provide diagnostic services. Enviros staff commits to demonstrate respect and support the self-esteem, independence, beliefs and cultural practices of each person served.

## What is FASD?

"Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol. FASD is a lifelong disability. Individuals with FASD will experience some degree of challenges in their daily living, and need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills to reach their full potential. Each individual with FASD is unique and has areas of both strengths and challenges." ([https://canfasdblog.com/2019/07/10/policy-action-paper-toward-a-standard-definition-of-fetal-alcohol-spectrum-disorder-in-canada/?fbclid=IwAR3CA3X3PrKxnTV4FW1B9ijdMLgso6ZYut-XfZiuAxe7\\_mUm82XXlgUxuBk](https://canfasdblog.com/2019/07/10/policy-action-paper-toward-a-standard-definition-of-fetal-alcohol-spectrum-disorder-in-canada/?fbclid=IwAR3CA3X3PrKxnTV4FW1B9ijdMLgso6ZYut-XfZiuAxe7_mUm82XXlgUxuBk))

## How is FASD Diagnosed?

Enviros NDC will be using The Canadian Guideline for Fetal Alcohol Spectrum Disorder (Fetal alcohol spectrum disorder: a guideline for diagnosis across the lifespan, 2015). These guidelines are a decision-making tool for multidisciplinary teams to diagnose FASD.

## Who can refer?

- Individuals/ Families/Adoptive parents/Foster parents/Guardians
- Professionals working with the child/adult
- Agencies/Caregivers/Advocates

Prior to making a referral, we recommend that every effort be made to support the individual to achieve stability by addressing some of their immediate challenges by accessing relevant supports for basic needs, addictions and mental health.

A referral package will be sent out once we are contacted. Signed consent from the legal guardian(s) is required at time of referral. Additional consent forms are included in the package.

Please complete the referral forms to the best of your ability. We realize you will not have the answers to all the questions and the clinic coordinator can assist to obtain any unknown information.

### **What is the cost of the assessment?**

Enviros NDC is a private clinic and the cost for the multi-disciplinary team assessment is \$6500.00. A \$500.00 non-refundable deposit is required and due at the time of referral.

The centre does have a limited number of grants each year that can cover some or all of the cost for some of the referred individuals. There is no yearly timeline as to when these grants are awarded and Enviros NDC reserves the right to select the recipients of these grants based on the criteria they have developed.

Enviros NDC assessments are also accepted on a contract basis from other funders and agreements must be in writing. This will be in the form of a directive from post adoption social worker, referral and evaluation form from child services, or section 34 from the courts. The full cost of the assessment is due when the client attends their first assessment appointment.

### **What happens after the referral package is submitted?**

The referral, along with any accompanying documentation is reviewed by the clinic coordinator who will then contact the referral source to discuss the next steps. It is important to keep in mind that referrals received with complete documentation will be processed more rapidly. Wait times will vary.

**\*\*NOTE: NOT all referrals will proceed to the full assessment and diagnosis process.**

### **What happens after the referral is accepted?**

The clinic coordinator will schedule a meet and greet appointment to go over the referral package, explain the process and answer any questions. This appointment can be done in person or over the phone. The signed consents from the referral package will be used to request records and information (such as birth, health, medical, education, adoption, mental health, social service, legal and previous assessments). It can take three months or longer for these records and information to be obtained.

NDC will send out additional consents from the psychologist to the family or go over these at the meet and greet. The family and personnel at the current school (if applicable) will be asked to complete some forms prior to assessment. These are checklists that provide more detailed information to the psychologist.

Once all records and checklists are obtained and the necessary information is gathered, the first assessment date with the psychologist will be scheduled.

## **What happens in the assessment process?**

The assessment team includes a coordinator, psychologist, and physician. In some cases a speech and language pathologist and/or an occupational therapist will be consulted for additional assessments. The team will work with the client, their representative, and any other support persons that they would like to involve.

The assessment process will consist of a minimum of 4 appointments:

- 1) The client, family, referral source and/or any support persons will have a meet and greet appointment with the clinic coordinator to discuss the process and to ask any questions.
- 2) The client will complete assessments with a Psychologist. These may include: cognitive and achievement testing; social emotional and behavioural assessment; and adaptive skill development assessments. Cognitive testing will not necessarily be needed if an assessment has been completed in the past two years. The length of time for these assessments will vary from 2 to 5 hours over 1 or 2 appointments.

Some additional assessment appointments may consist of:

- A) Families may be asked to obtain basic speech and language testing (SLP) and/or occupational therapy (OT) testing through the school and/or Alberta Health Services for the client while waiting for Enviros NDC assessments. If these are recommended, they should be requested through the relevant school division as soon as possible if they have not already been completed.
  - B) The client may receive additional testing through Enviros NDC for speech and language (SLP) and/or occupational therapy (OT). These assessments look at speech, thinking skills and motor skills.
- 3) The Physician will conduct a health screen, medical evaluation and examine facial features. The time for this appointment will vary and may be held at the Physician's office in the city.
  - 4) At the end of the process, a meeting will take place with the entire team where the results of the assessment will be shared with the individual/guardians/caregivers. The client may or may not receive an FASD diagnosis. Recommendations will be discussed in detail to ensure the client and those supporting the client can address current needs and then move forward with a plan that includes accessing the necessary services and supports for the future. The length of time for this meeting will vary from 1-2 hours. The full assessment report will be available two to four weeks after this meeting.

**The power of human relationships invites belonging and inspires growth.**

