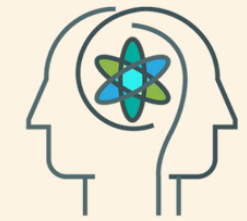


# COLLABORATIVE APPROACHES TO ENHANCING MENTAL HEALTH SERVICES FOR YOUTH WITH FASD

Insights from Alberta's Co-Creation Group

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**ACCERT**  
Alberta Clinical & Community-Based  
Evaluation Research Team



THE **ENHANCE** LAB



# MENTAL HEALTH AND FASD

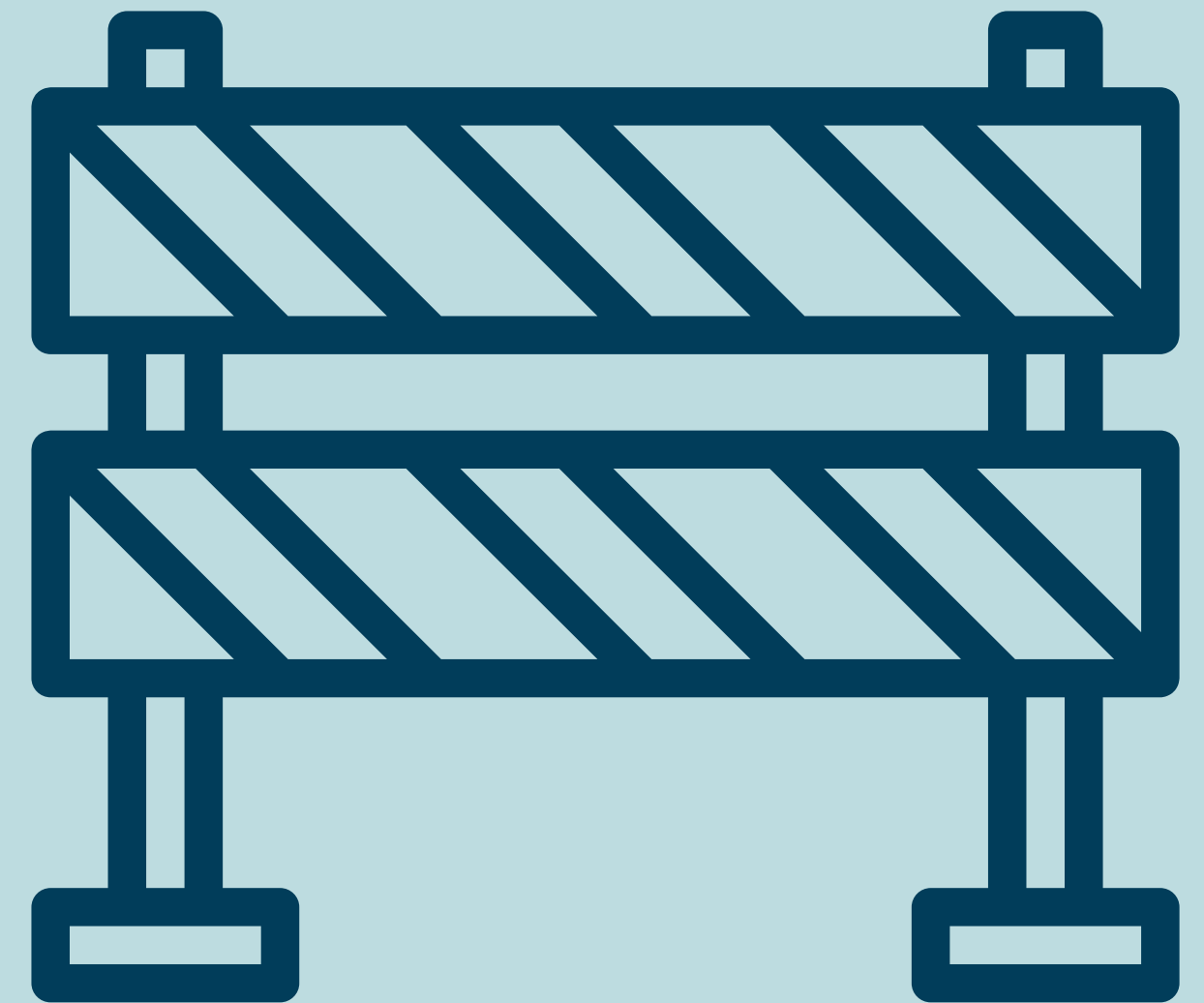
High rates of mental health concerns  
Difficulties in daily functioning  
Adverse outcomes

Supportive relationships  
Improve physical well-being  
Positive life outcomes

**Mental health**

# BARRIERS

- System navigation challenges
- Lack of FASD-informed services
- Gaps in lifelong support
- Stigma and misunderstanding



# COMMUNITY-ENGAGED COLLABORATION



# THE COLLABORATIVE APPROACH



# THE COLLABORATIVE APPROACH

## Co-Creation Group

- People with FASD (3)
- Caregivers (2)
- Service providers/clinicians (3)
- Policy makers (2)
- Researchers/professors (3)
- Graduate student (1)

**GOAL: identify and clarify research goals**

**October 30, 2023**

# CORE THEMES

**Support**

**Autonomy**

**Strengths**

**Deficits**

**Fidelity**

**Flexibility**

**Procedures**

**Humans**

**Promotive factors**

**Risk Factors**

# IDENTIFYING PRIORITIES

## Data collection:

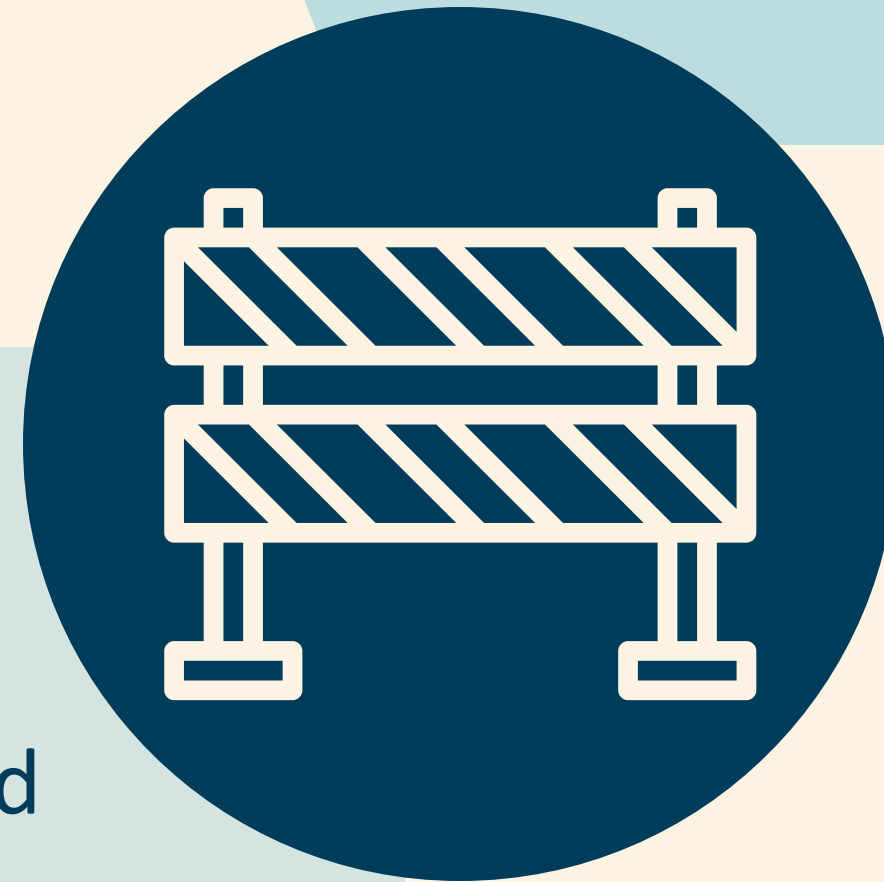
- Identification of barriers
  - Dot-voting for ranking priority of barriers
  - Group discussions for deeper insights



# KEY FINDINGS

## Identified Barriers

- System navigation difficulties
- Disconnection between FASD and mental health services
- Lack of life-long, caregiver-inclusive support



# KEY FINDINGS



## Proposed Solutions

- Increase capacity
  - System navigation
  - FASD-informed services
- Leverage existing networks and systems
- Caregiver and peer support integration
- Provide lifelong, wraparound supports

# KEY TAKEAWAYS

- **Community-engaged collaboration** facilitates impact **in real-time**, allowing us to learn while amplifying the voices of those with living expertise
- The **journey is just as important** as the destination
  - Impacts during the process include:
    - Presentations
    - Organizations interested in piloting
    - Advocacy and communication within community

# KEY TAKEAWAYS

**Impact starts with partnership...**

# INVITED TO THE TABLE



**Are you a youth or adult (12-40 years) with FASD  
who has accessed mental health services?**

**Share your experiences!**

Email: [emakowec@ualberta.ca](mailto:emakowec@ualberta.ca)



# THANK YOU

