

Title: Don't forget FASD: Recognising fetal alcohol spectrum disorder in the adolescent

Presenter information

Presenter 1

Name: Professor Elizabeth Elliott

Organization: FASD NSW Assessment Service SCHN & USYD

Position: Director & Paediatrician

Biography: Elizabeth is Professor of Paediatrics, University of Sydney and Director, FASD NSW Assessment Service, Sydney Children's Hospital Network. She developed the Australian Guide to FASD Diagnosis, leads FASD Hub and FASD Register, contributed to NHMRC/WHO guidelines on alcohol use in pregnancy, and played a key role in the National FASD Action Plan.

Presenter 2

Name: Dr Suzy Byrnes

Organization: FASD NSW Assessment Service SCHN

Position: Staff Specialist Developmental Paediatrician

Biography: Suzy is a developmental paediatrician with expertise in the diagnostic assessment of neurodevelopmental conditions including FASD. She currently works as a Staff Specialist in FASD NSW Assessment Service at Sydney Children's Hospital Network and is an experienced medical educator and clinical researcher.

Presenter 3

Name: Dr Kelsee Shepherd

Organization: FASD NSW Assessment Service SCHN & USYD

Position: Research Officer and Registered Nurse

Biography: Kelsee is a Research Officer and Registered Nurse at the FASD NSW Assessment Service. With a PhD in neonatal physiology, she supports multidisciplinary FASD assessments, rural outreach, and research focused on service innovation for young people and adolescents with FASD.

Presenter 4

Name: Emma Dillon

Organization: FASD NSW Assessment Service SCHN & USYD

Position: Clinic Coordinator in the NSW CICADA FASD Assessment Service

Biography: Emma is a Clinical Nurse Consultant (CNC) with a Master of Nursing in Clinical Leadership. She is currently working as the CNC/Clinic Coordinator in the FASD NSW Assessment Service and in the Adolescent ward in The Children's Hospital at Westmead.

Presenter 5

Name: Chenlu (Chloe) Cai

Organization: FASD NSW Assessment Service SCHN

Position: Clinical Neuropsychologist in the NSW CICADA FASD Assessment Service

Biography: As a Clinical Neuropsychology Registrar at the FASD NSW Assessment Service SCHN, she brings expertise in paediatric neuropsychology and neurodevelopmental conditions. Her role includes conducting cognitive and behavioural assessments, contributing to diagnostic formulation, and supporting

families through school advocacy and NDIS navigation within a multidisciplinary team.

Background/ Overview of Workshop:

Fetal Alcohol Spectrum Disorder (FASD) affects an estimated 3.6% of the Australian population, equivalent to at least one child in every classroom. FASD is a lifelong neurodevelopmental condition that can present with a wide range of cognitive, behavioural, emotional, and physical challenges. Early identification and intervention are critical to improving outcomes for affected young people. However, diagnosing FASD is complex and requires a multidisciplinary approach to assess prenatal alcohol exposure, neurodevelopmental functioning, physical features, and psychosocial context. Genetic testing is also conducted to rule out alternative explanations for the presentation.

This workshop will be facilitated by experts from the NSW FASD Assessment Service. Drawing on the 2024 Australian Guide to the Diagnosis of FASD, we will work interactively with workshop participants to: increase awareness of FASD as a possible diagnosis for various adolescent presentations; build skills in screening for FASD; discuss communication techniques for supporting adolescents and their families throughout an assessment of FASD and post-diagnosis; and, increase knowledge of available supports in schools and communities. The workshop supports the theme of 'Intergenerational Equity' by translating world-leading evidence about FASD into effective clinical practice to improve health and wellbeing outcomes for young people and their families.

The target audience is clinicians working with adolescents, especially outside substance-use clinics where FASD awareness may be limited.

Target Audience:

Please select from the following:

- Community / youth workers
- Health professionals
- Researchers

Learning Objectives:

- Understanding the Australian Guide to the Diagnosis of FASD 2024
- Recognition of tell-tale signs indicating the need to screen for FASD
- Considerations for working sensitively with young people and families including: cultural safety; puberty; drugs & alcohol; mental health; education; justice involvement.
- Collaborate with schools and community services, emphasising FASD is a spectrum and the need for tailored interventions.

Duration of workshop:

- 60 minutes (90 if that is an option)

Will this workshop be co-presented with young people?

- No

Disclosure of Interest Statement:

The FASD NSW Assessment Service is co-funded by the Department of Health and Ageing and the NSW Ministry of Health.