



Whitecrow Village

A Whole Circle Model of Wellness

A Little Development History

*Welcome to
Whitecrow Village*





FASD and Mental Health

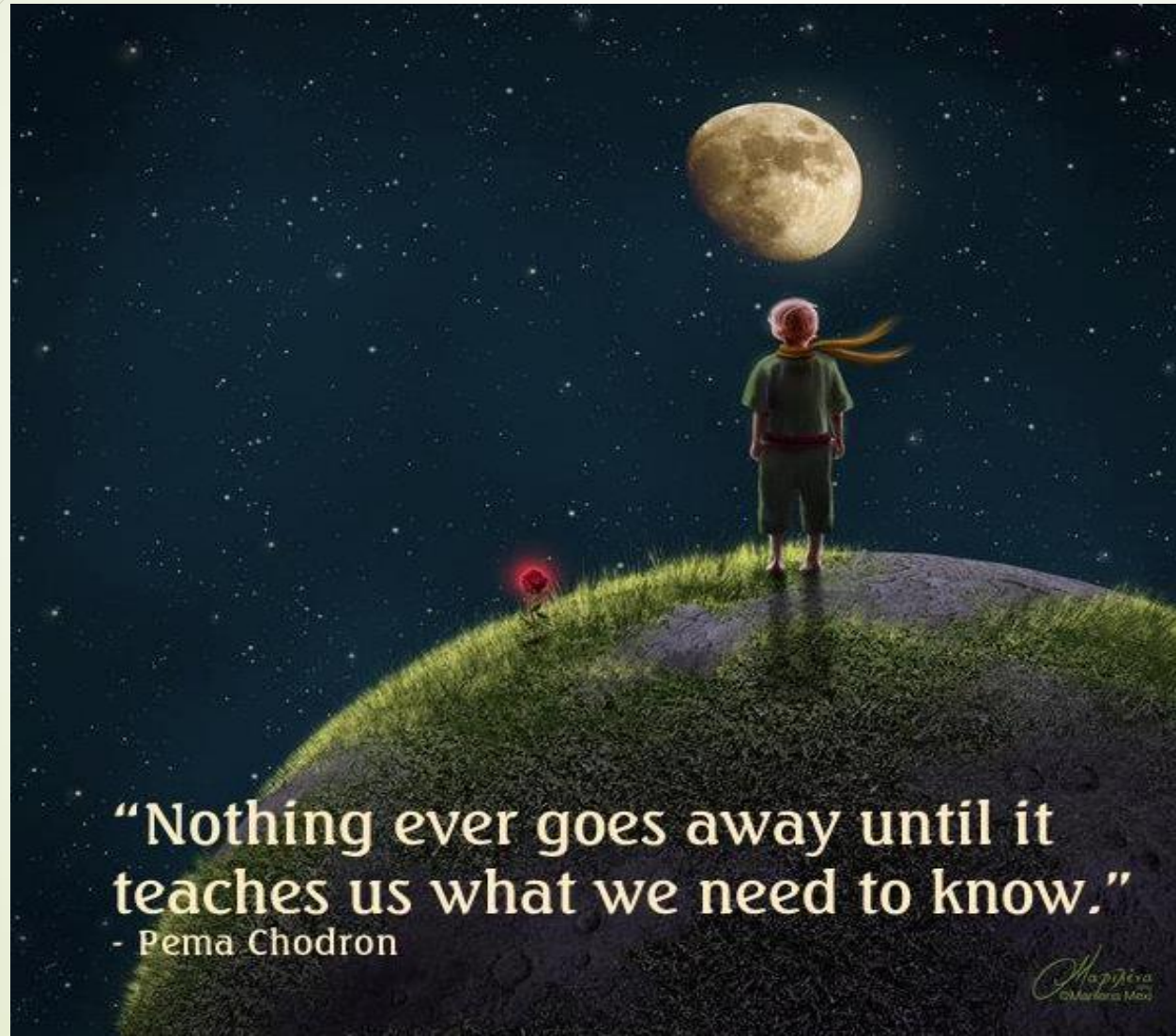
INCIDENCE


FASD occurs wherever people drink alcohol

PREVALENCE

- 3 – 7% of mainstream North American elementary students
- There is no medical MSP coverage for assessment and diagnosis of adults in British Columbia
- 3% of British Columbians is 144,000 people
- At least 85% of adults with FASD have mental health problems

FASD is a SYMPTOM






FASD: A crucial element of the pipeline to poor mental health outcomes



**Oppression
and
displacement**





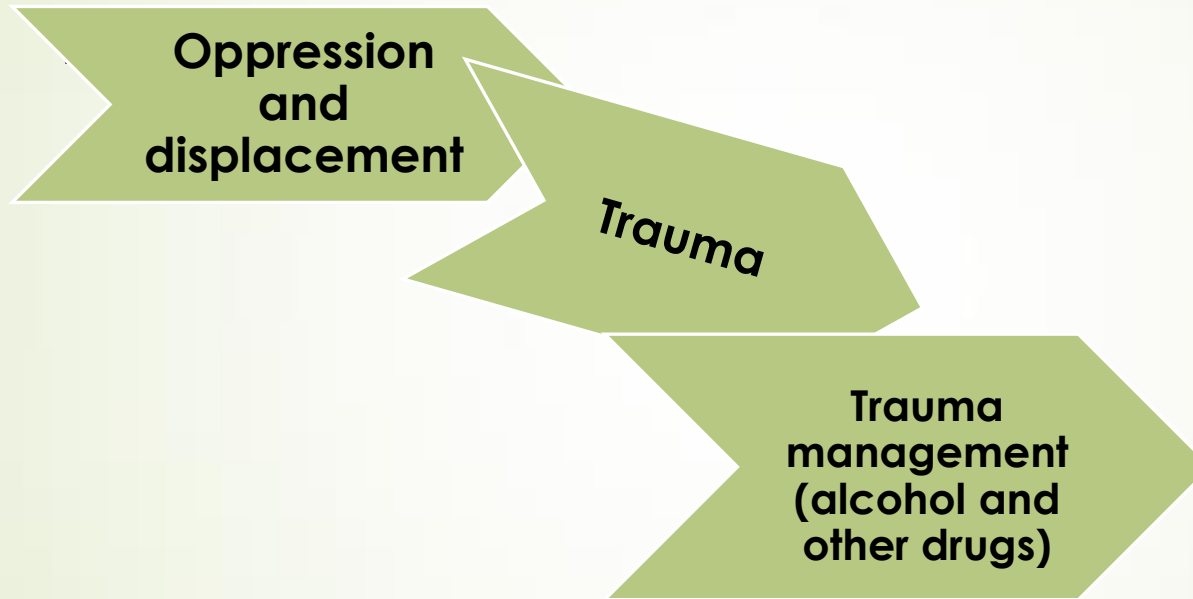
FASD: A crucial element of the pipeline to poor mental health outcomes



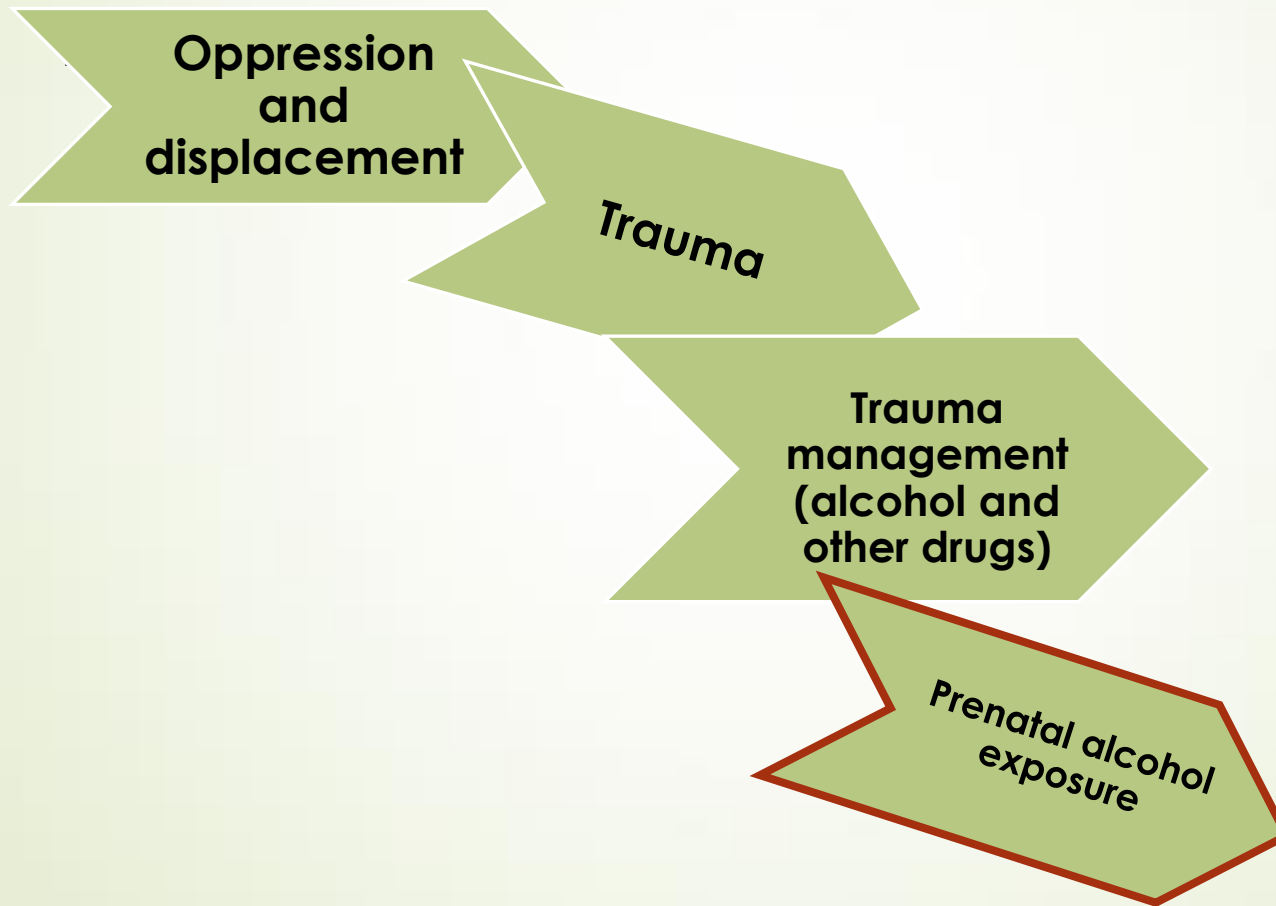
**Oppression
and
displacement**

Trauma

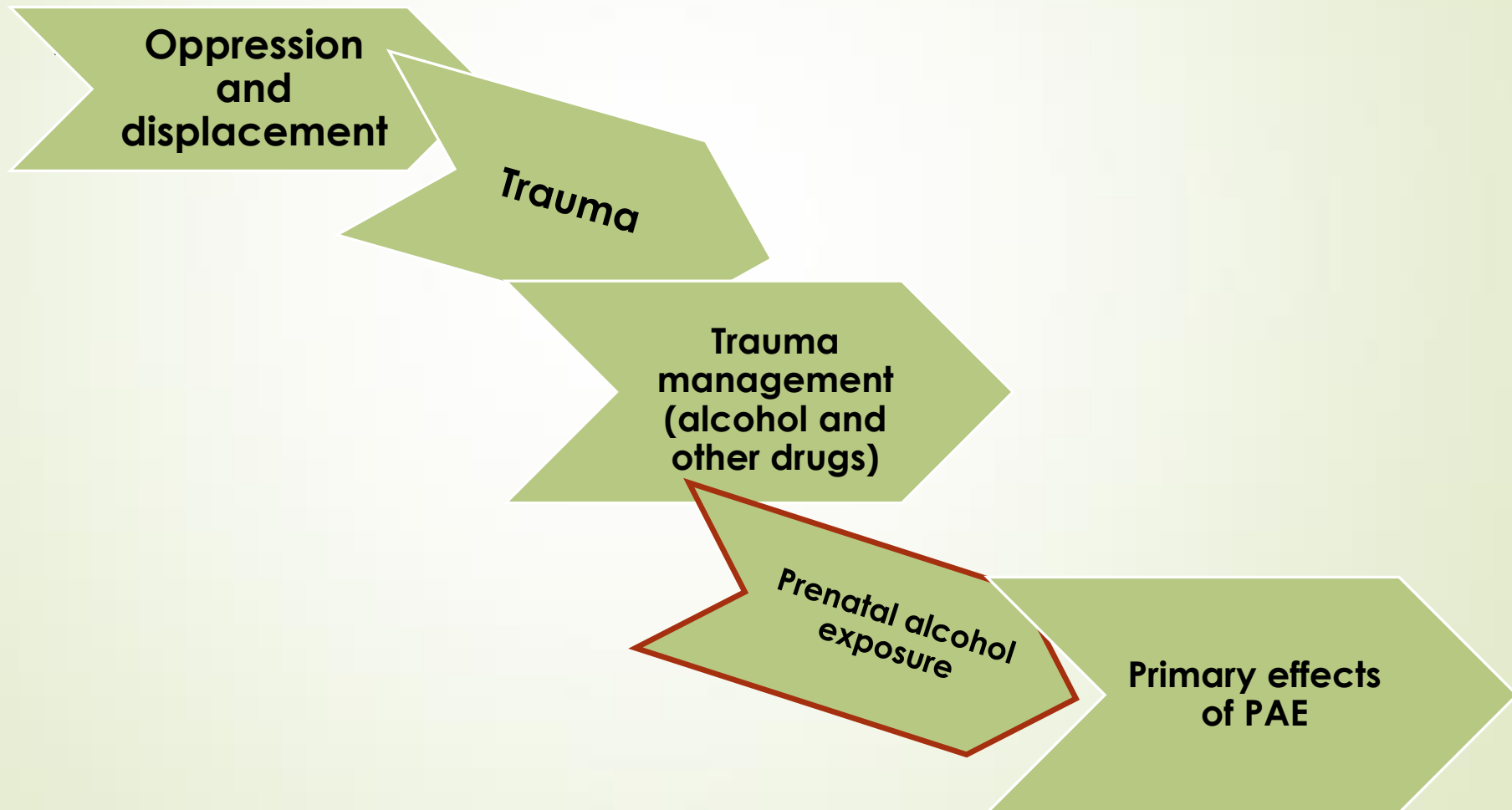
FASD: A crucial element of the pipeline to poor mental health outcomes



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FASD: A crucial element of the pipeline to poor mental health outcomes





Characteristics of FASD

These affect each individual differently!

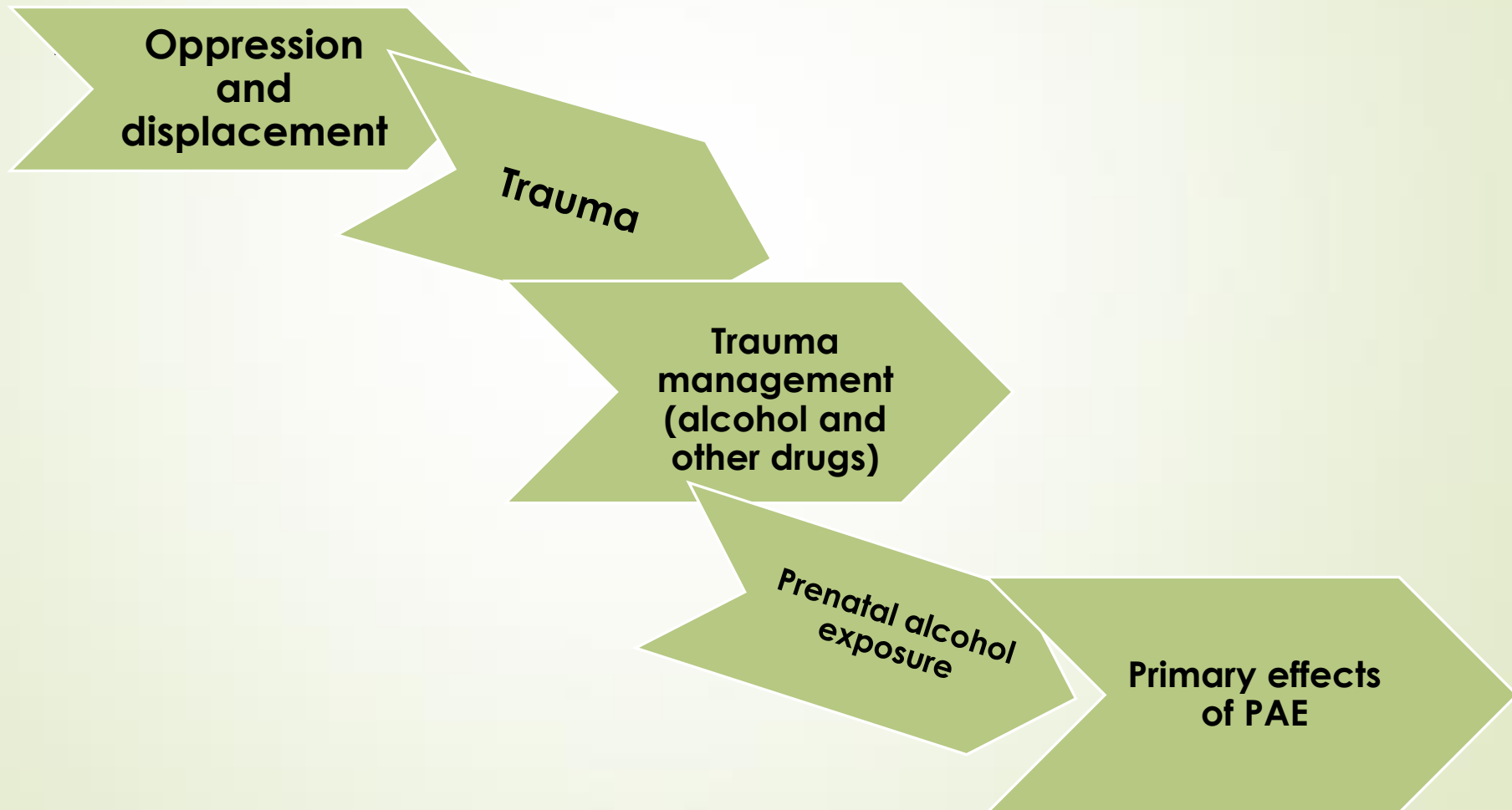
Primary – brain based

- Impulsivity
- Memory failure
- Anxiety/depression
- Concrete thinking
- Sensory disorders
- Time management
- Dysmaturity

Secondary – trauma based

- Social isolation
- School/employment breakdown
- Alcohol/other drug misuse
- Family breakdown
- Homelessness
- Trouble with the law

FASD: A crucial element of the pipeline to poor mental health outcomes



**Primary
effects of
PAE**

IMPULSIVITY

**FAMILY
BREAKDOWN**

**POOR
DECISION
ABILITY**

What happens without societal
understanding and support,
especially from 'systems,' such as
health care and education

**HOMELESSNESS. HOPELESSNESS. SENSE OF FAILURE
REJECTION SELF-MEDICATION
OPIOID AND OTHER DRUG USE
EARLY DEATH**

**Primary
effects of
PAE**

STRUCTURE

**FAMILY
GUIDANCE**

**SUPPORT
FOR
BRAIN
INJURY**

**What can happen with societal
understanding and support,
especially from 'systems,' such as
health care and education**

**CONTRIBUTION TO COMMUNITY AND FAMILY
GAINFUL EMPLOYMENT PRIDE AND BELONGING
RECOGNITION OF SKILLS AND ABILITIES**



FASD, Mental Health and Whitecrow Village

Is it possible to have FASD and to have good mental health?

- **Brain-based barriers**
 - **Anxiety and depression**
- **Environmental barriers**
 - **Misunderstanding by others**
 - **Misunderstanding of self**

The obstacle of insistence on evidence-based practice

- **Using insight based and cognitive based therapies is counter-productive with FASD**



FASD and Mental Health

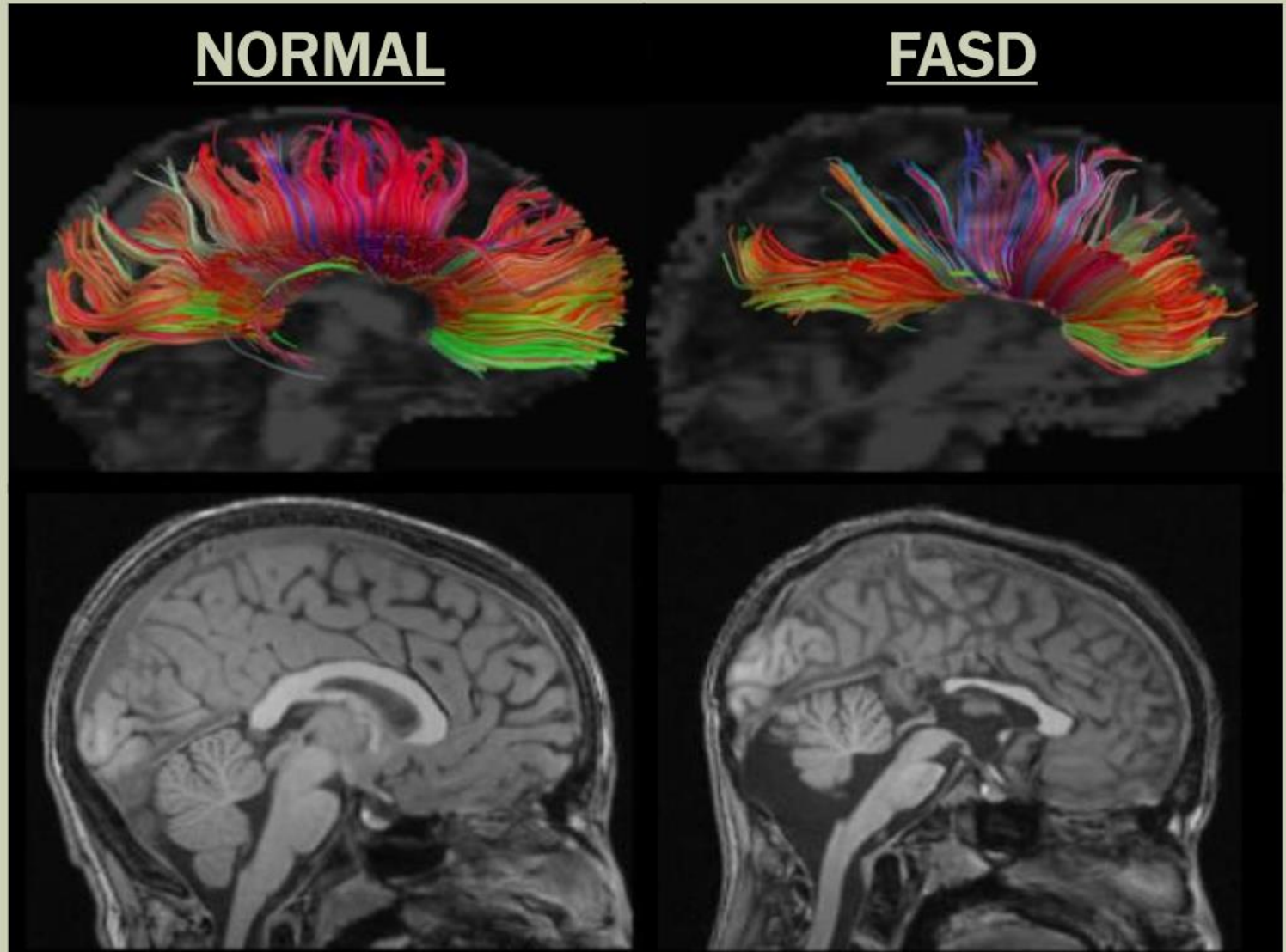
What does prenatal alcohol exposure have to do with mental health?

- **Damage to HPA axis increases likelihood of anxiety**
- **Looks like PTSD from birth onward**
- **Depression**
- **Attention Deficit**
- **Many misdiagnoses:**
 - **Autism, Conduct Disorder, Schizophrenia, Oppositional Defiant Disorder**

- Diffusion Tensor Imaging (DTI)

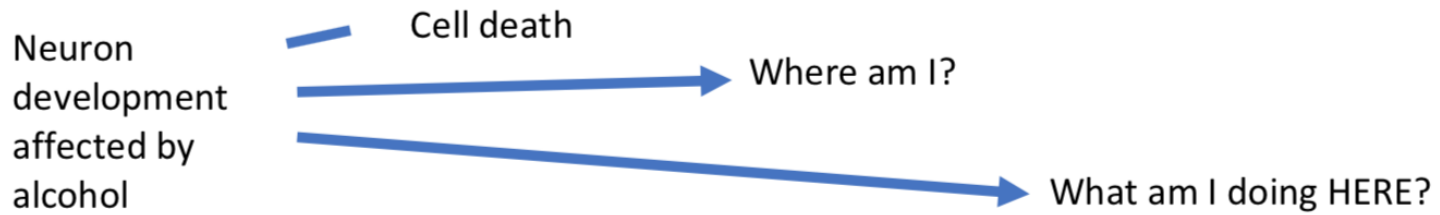
Corpus Callosum

- Decreased integrity of white matter
- Malformed, underdeveloped

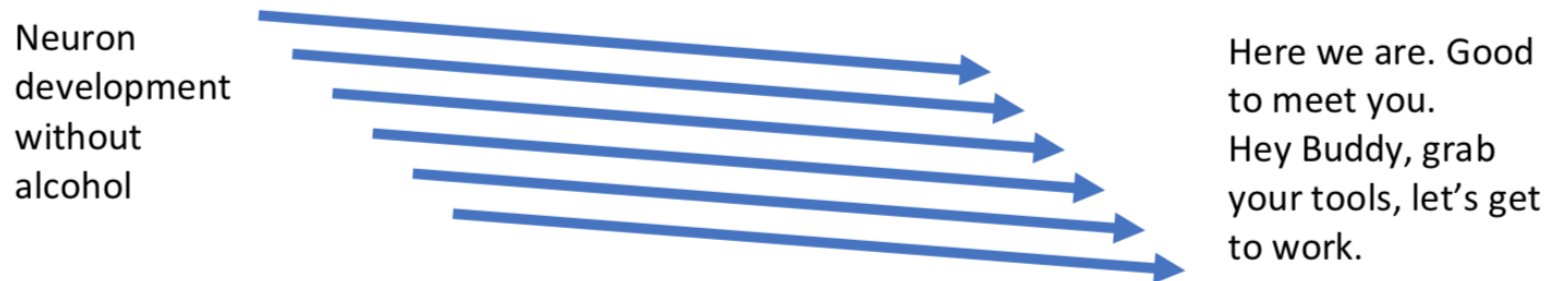


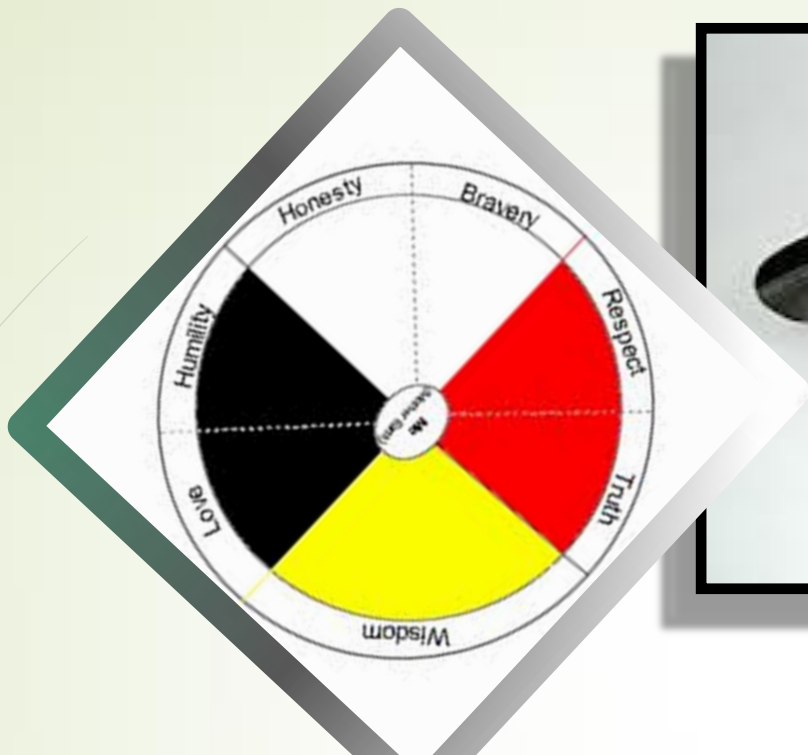
Think Brain

- **Alcohol is a teratogen – it kills brain cells (and other cells)**



Contrast with this simplistic graphic of typical neural development:







12 Step Programs and FASD

Requirement

- Plan, schedule, keep aware of date and time
- Filter smells, emotions, voices
- Stamina
- Control response to triggers

Ability

- Temporal disability
- Sensory disorder – overwhelm, pain
- Fatigue
- PTSD

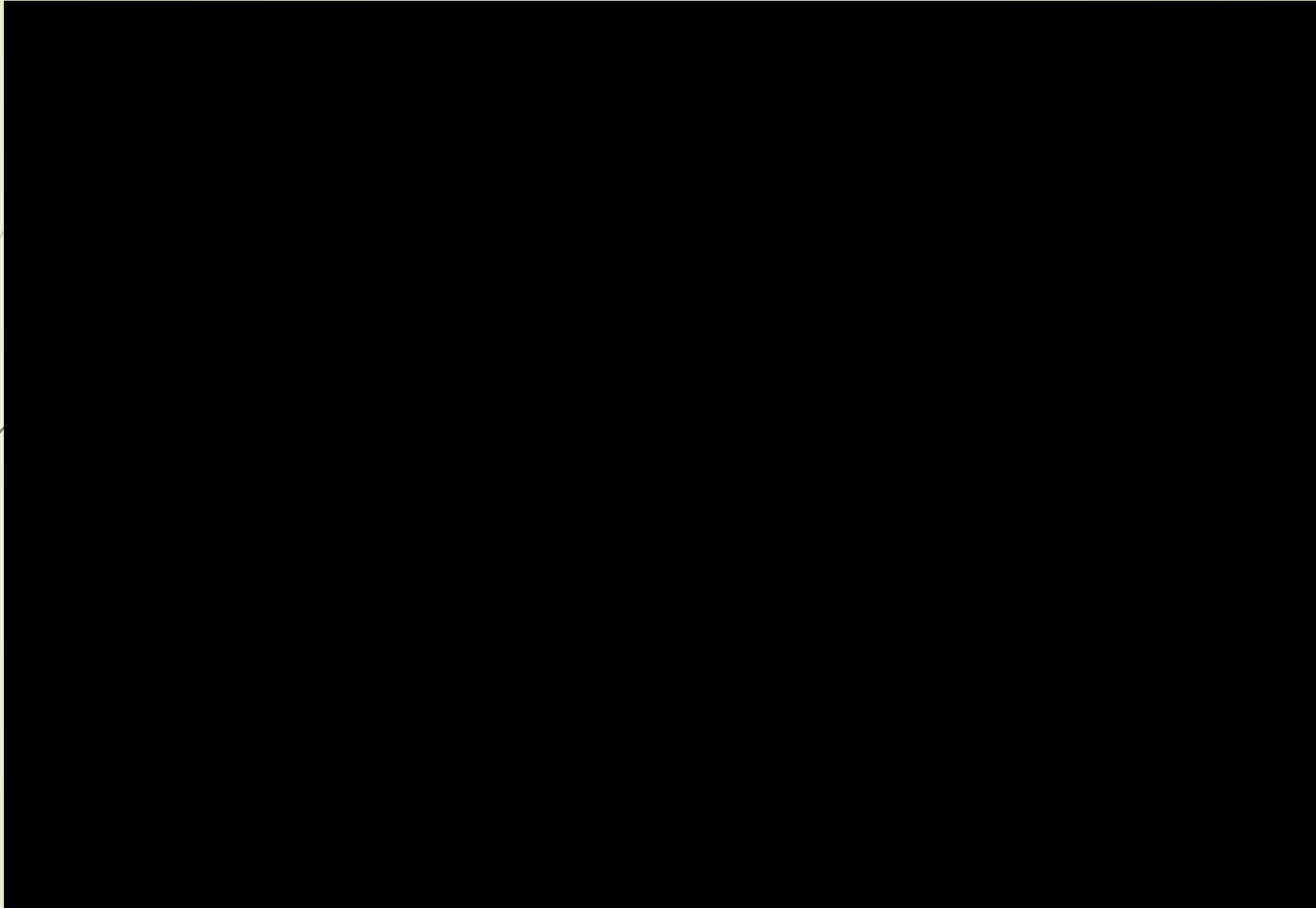


Whitecrow Mental Wellness Day

- **Weekly get together**
 - **Shared project**
 - **An outdoor game**
 - **A meal together**
 - **12 Step coffee and discussion for those who want**

“Whitecrow is my AA”

Who Cares





WHITECROW VILLAGE

www.whitecrowvillage.org