

Navigating Young Adulthood with FASD: Goals, Challenges, and Role of Social Support Networks

Emily Speybroeck, Sam Moehlig, Julianne Myers, Christie Petrenko, &
Self-advocate, Supporters, and Providers Working Groups of the Thrive PCP program

Our Team



Christie Petrenko,
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Julianne Myers,
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Ian Lenhardt, MA



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PhD



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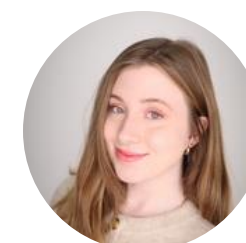
Josef Lenz, BS



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Samantha Morreale,
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Self-Advocates: Brenna French, Gina Schumaker, Justin Shepard, Rebecca Tillou, Sam Moehlig



Supporters: Diana Long, Emily Rusnak, Heather French, Kathie Moehlig, Laura Bousquet, Sue Sydorowicz



Providers: Alison Brooks, PhD, Elizabeth Cleveland, PhD, CCC-SLP, Hope Finklestein, Shannon Iacobacci, MS, Tami Eller, MS, LPC

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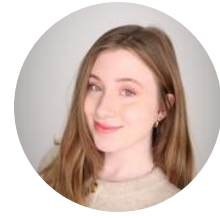
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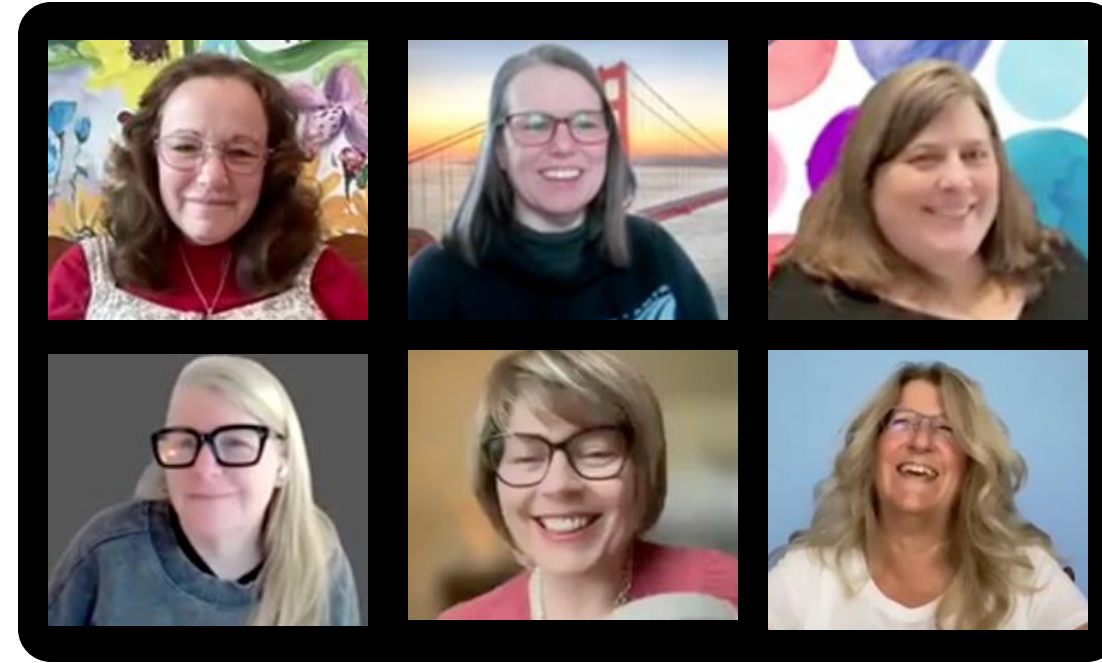


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- Sue



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Why this is important



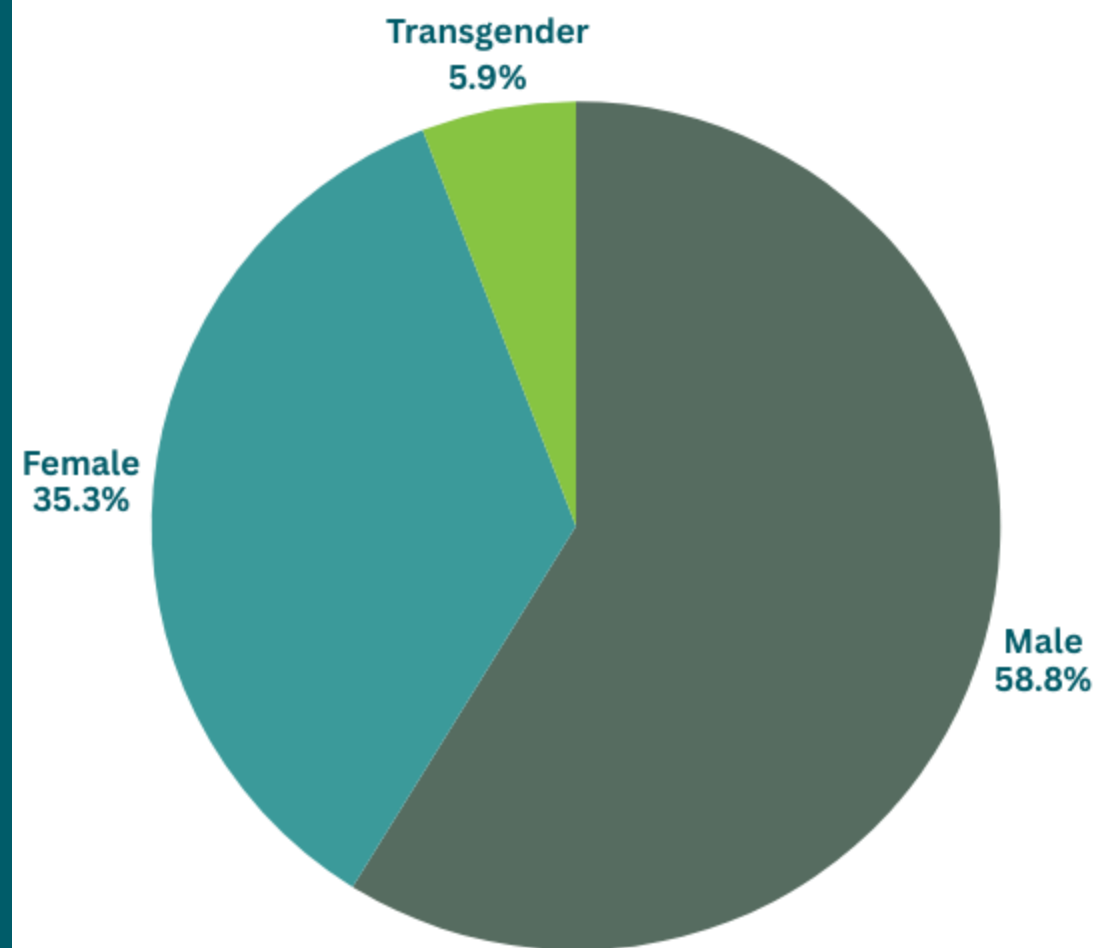




What we did

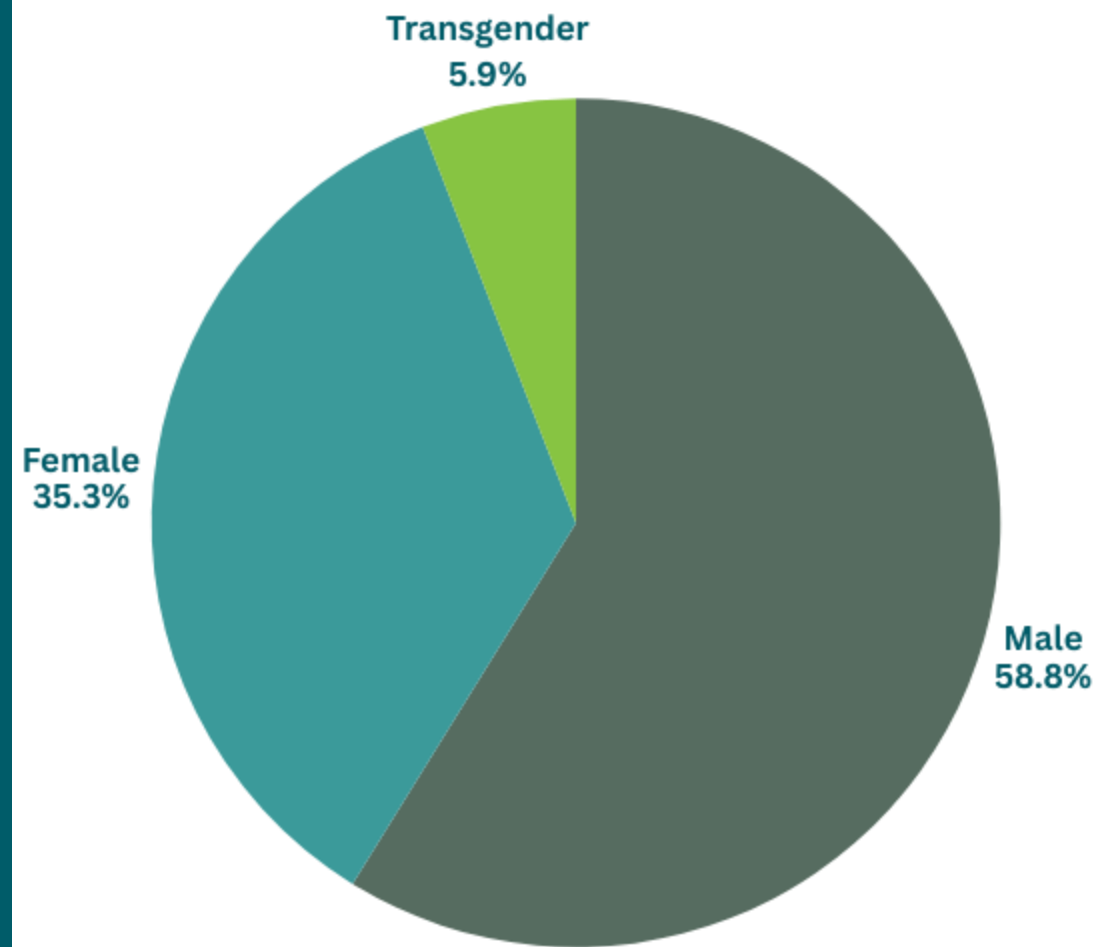
Participants: 17 young adults with FASD

Gender

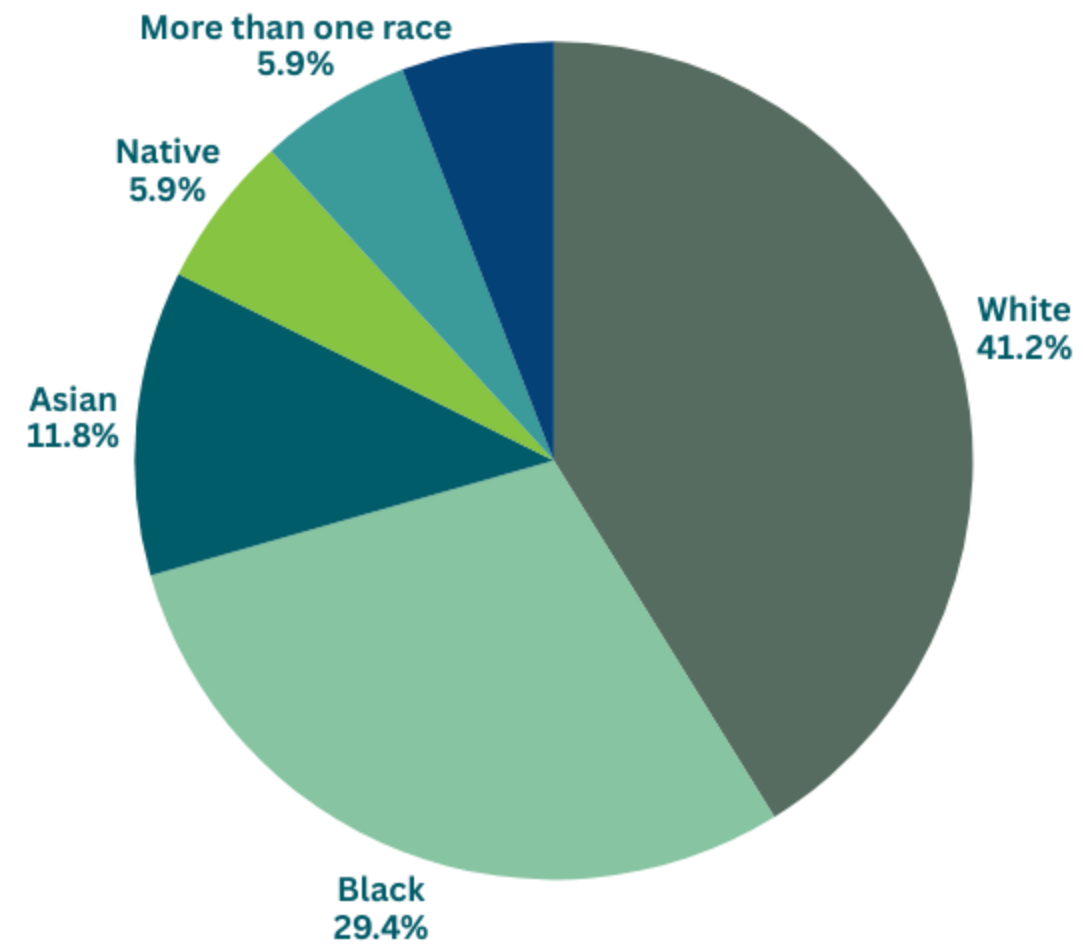


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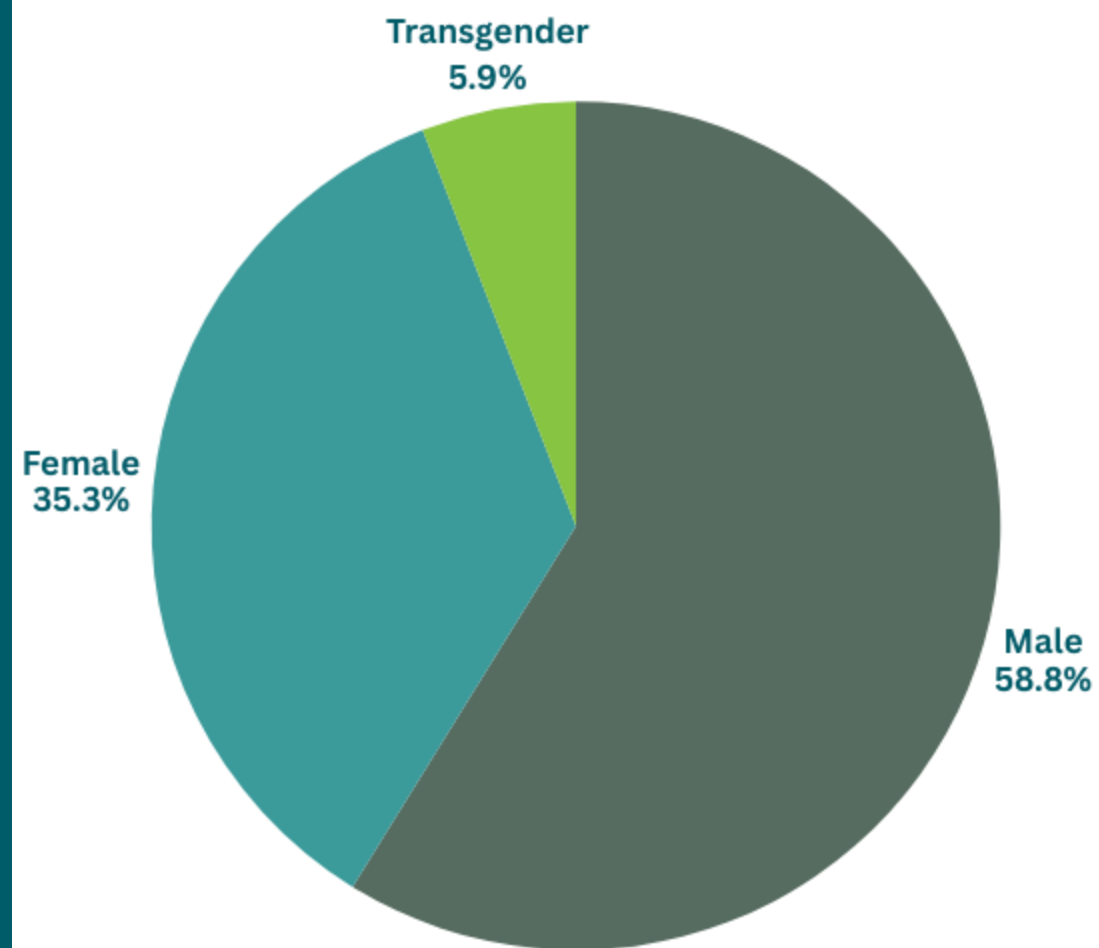


Race

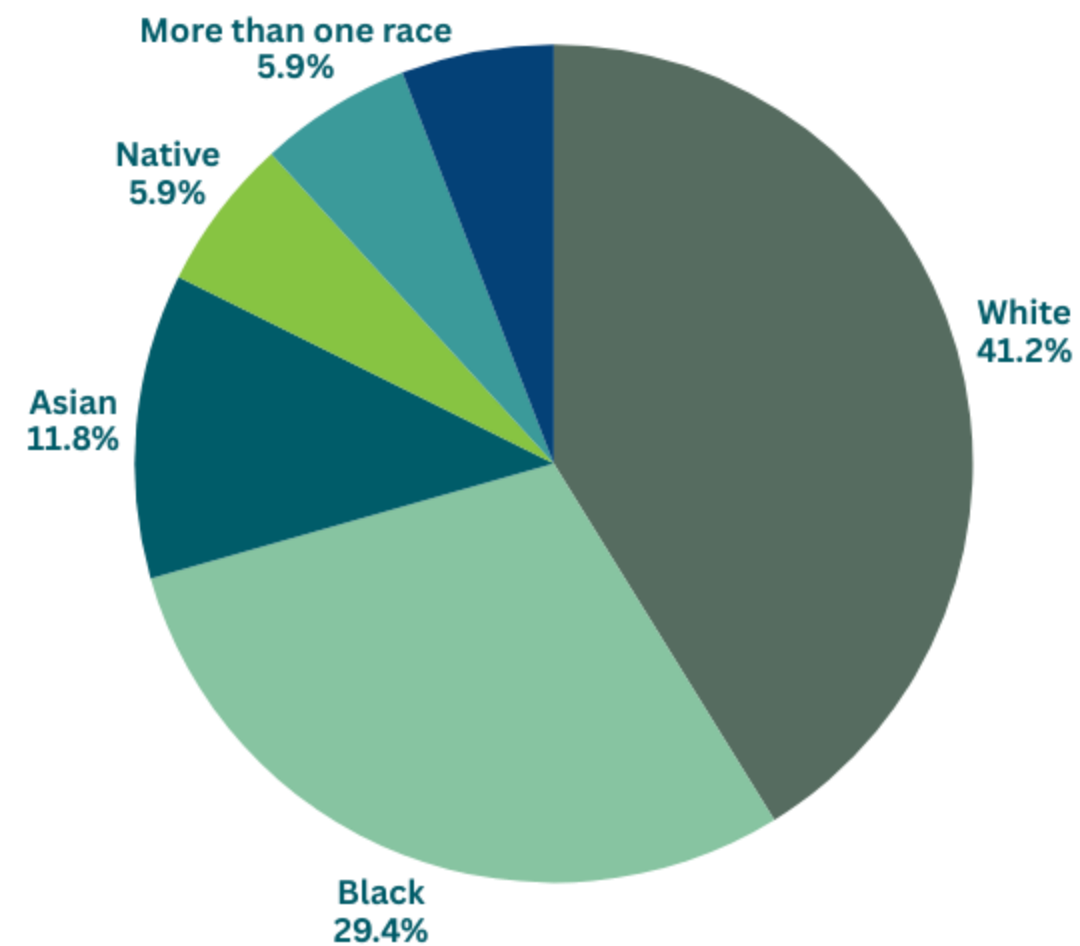


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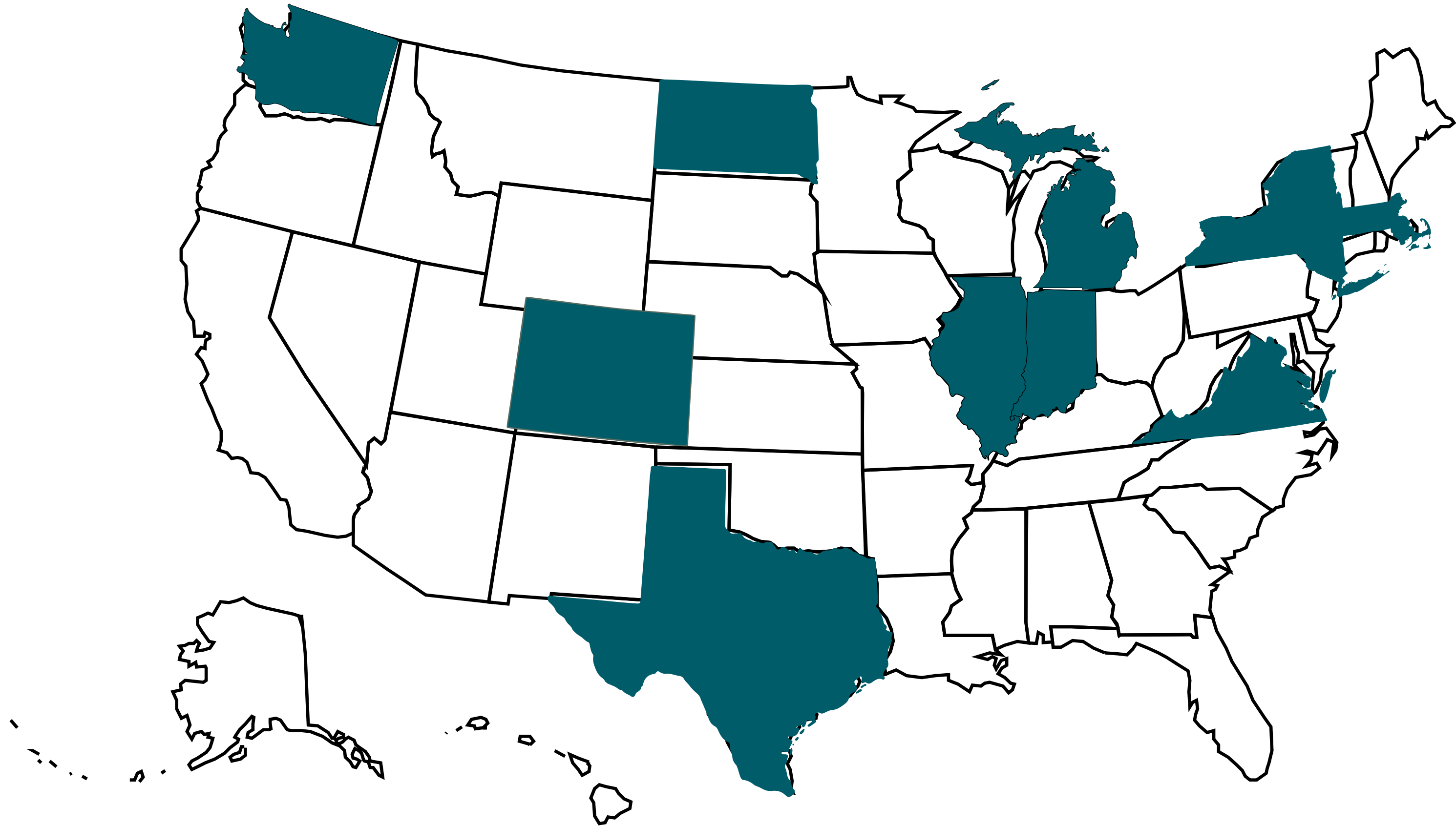
Race



Age

- Range: 18-25
- Average: 20.8 years old

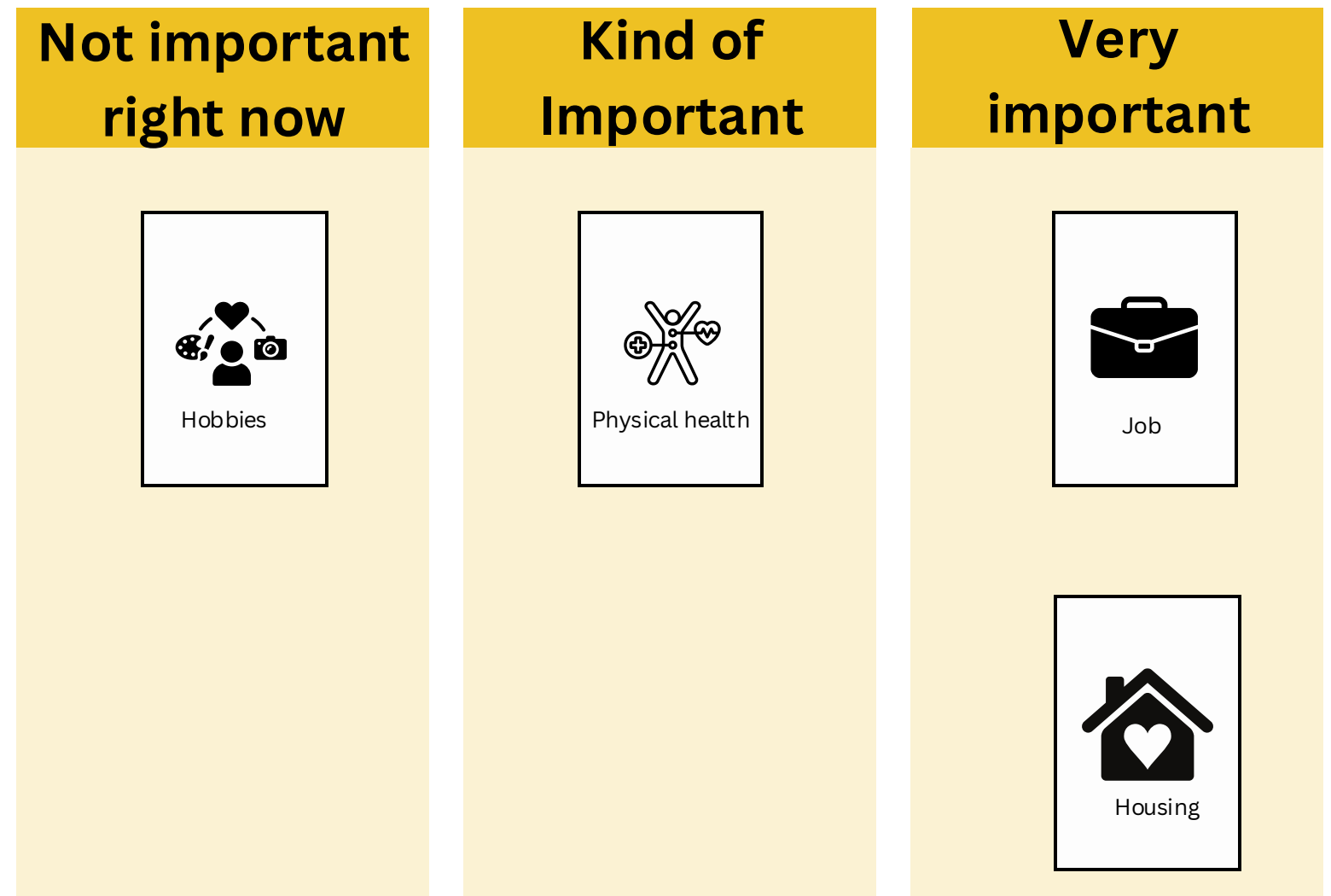
Participants: 17 young adults with FASD



Interview 1



Understand lifestyle



Assess goals

Interview 2



Identify network

Data Analysis

Rapid and rigorous qualitative data analysis

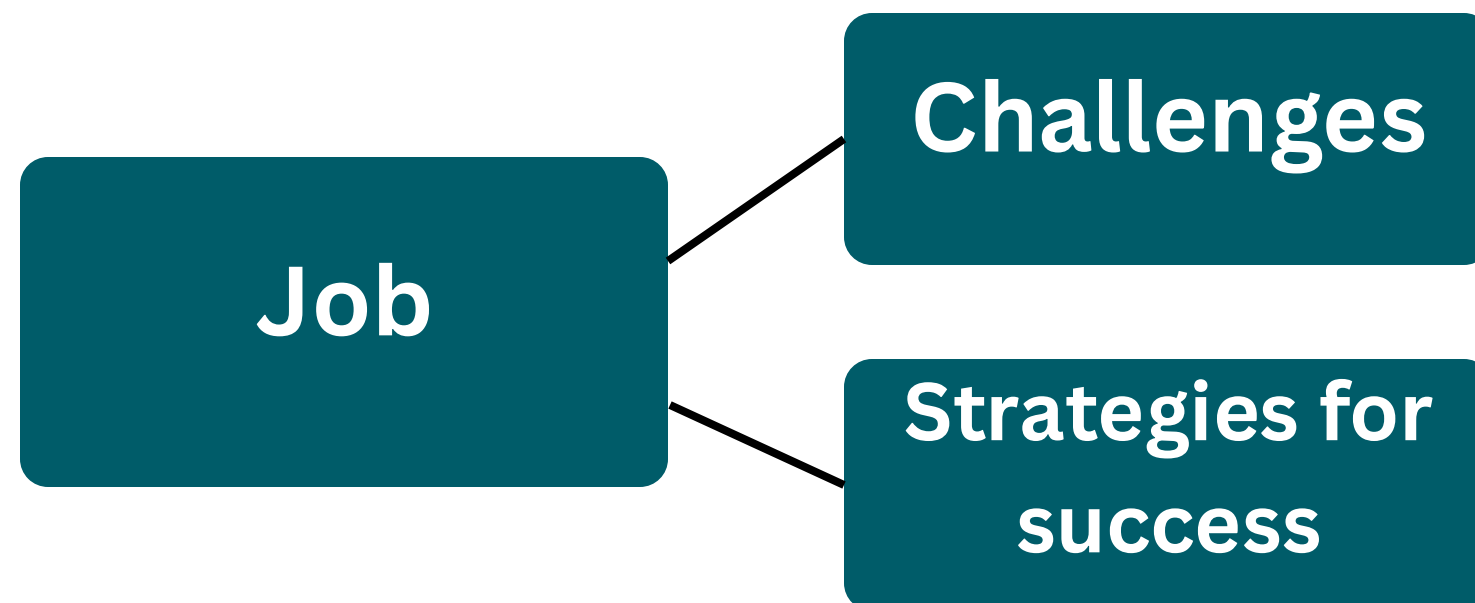
Question	Response	Code
Do you have a job?	<ul style="list-style-type: none">• Summer camp• Five years• I work with kindergarteners• It's definitely a lot• We have 36 kids this week	<ul style="list-style-type: none">• Job: summer camp

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Content analysis

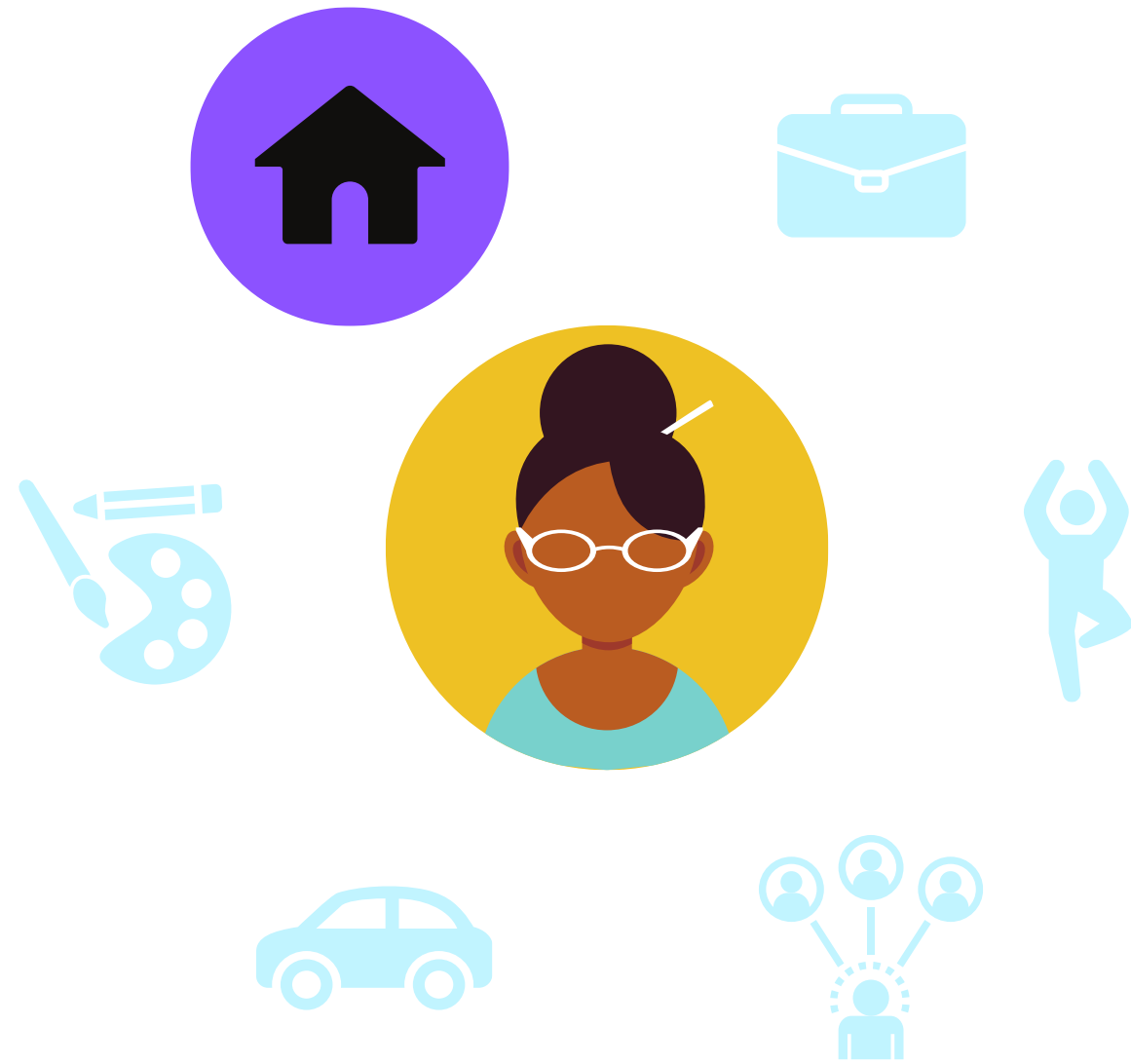


Watkins, 2017

Saldana, 2021

What we found

Living situation



Who do they live with?

- With caregivers
- On their own
- With a romantic partner

Challenges:

- Finding an affordable place to live
- Managing daily task/chores

Strategies for success:

- Caregivers help provide housing and manage daily tasks/chores

Hobbies



What do they do in their free time?

- Spend time outdoors
- Exercise
- Art (e.g., painting, journaling, drawing)
- Entertainment (e.g., movies, video games)
- Spend time with animals

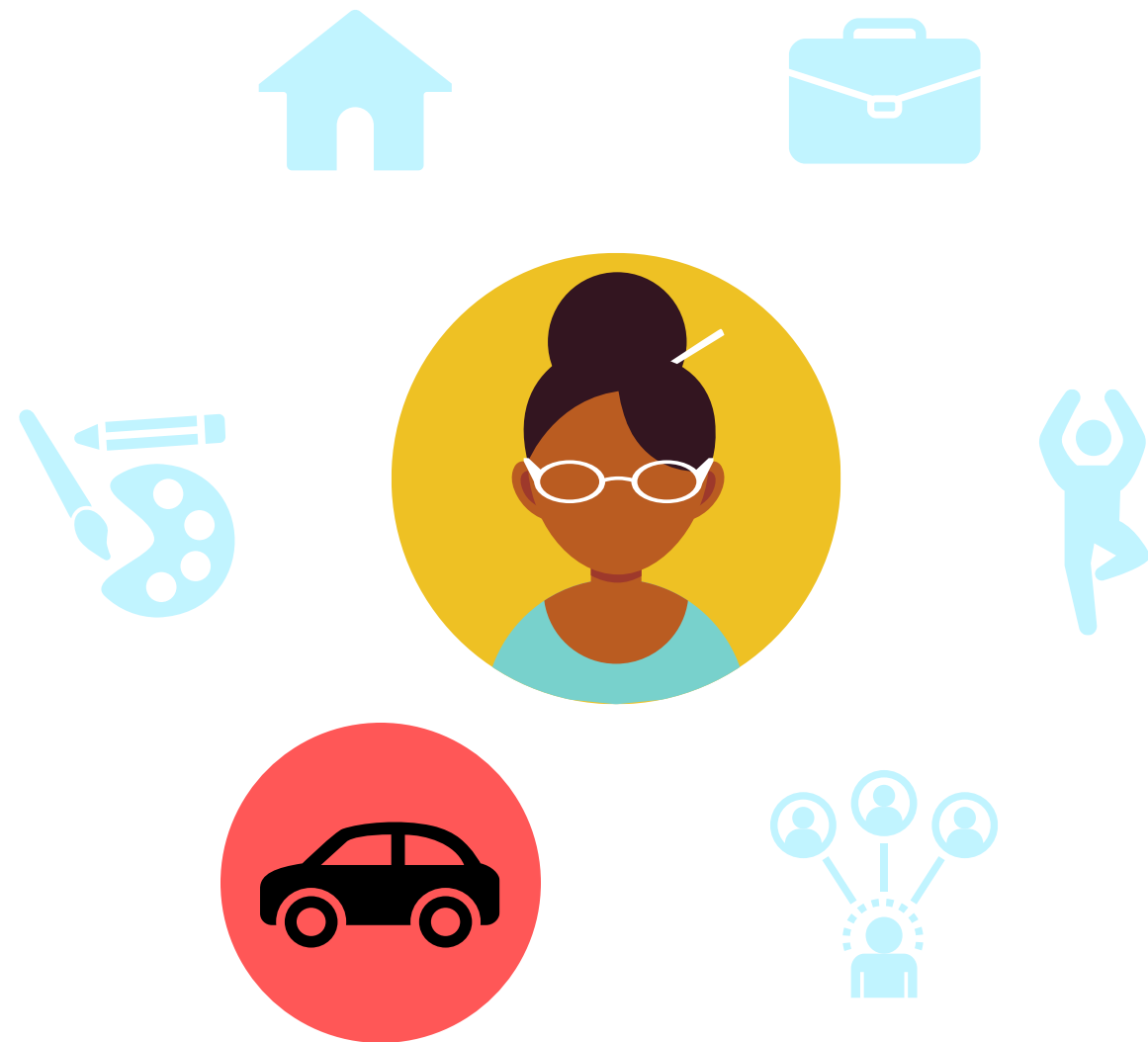
Challenges:

- Money for activities
- Transportation

Strategies for success:

- Community health workers
- Family and friends

Transportation



How do they get to places?

- Caregivers
- Public transportation
- Drive themselves

Challenges:

- Caregiver allowing them to drive
- Money for a car
- Less control over schedule

Strategies for success:

- Working towards getting their drivers license with help from caregivers and community supports

Social



What does their social life look like?

- Small, close group of friends
- Online interactions
- Satisfied with friendships

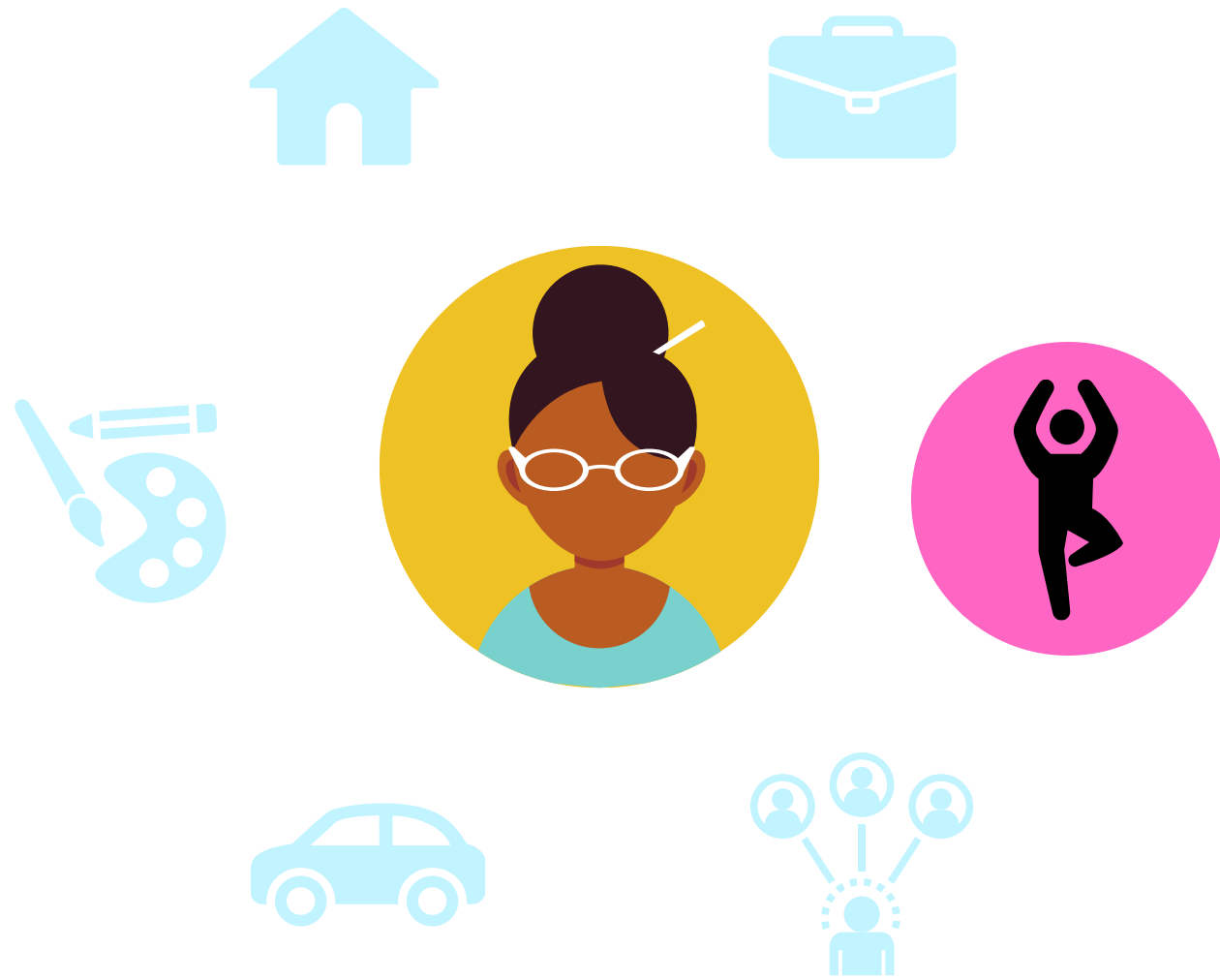
Challenges:

- Making and keeping friends
- People pleasing tendencies
- Feeling others do not understand FASD

Strategies for success:

- Community health workers
- Family member as social support

Health



How do they feel about their health?

- Managing physical and mental health is a challenge

Challenges:

- Self-criticism, comparing self to peers
- Consistently managing daily tasks/schedule

Strategies for success:

- Knowing strengths and weaknesses
- Self-care
- Therapist, community health workers, family members

Employment



What does employment look like?

- Full time, part time, and unemployed
- Restaurants, retail, working with animals

Challenges:

- Knowing acceptable work behavior
- Multi-step instructions
- Interacting with customers

Strategies for success:

- Community health workers and family members
- Breaking down tasks/visual checklists

Education



What does education look like?

- University/college
- High school/GED
- Graduated high school

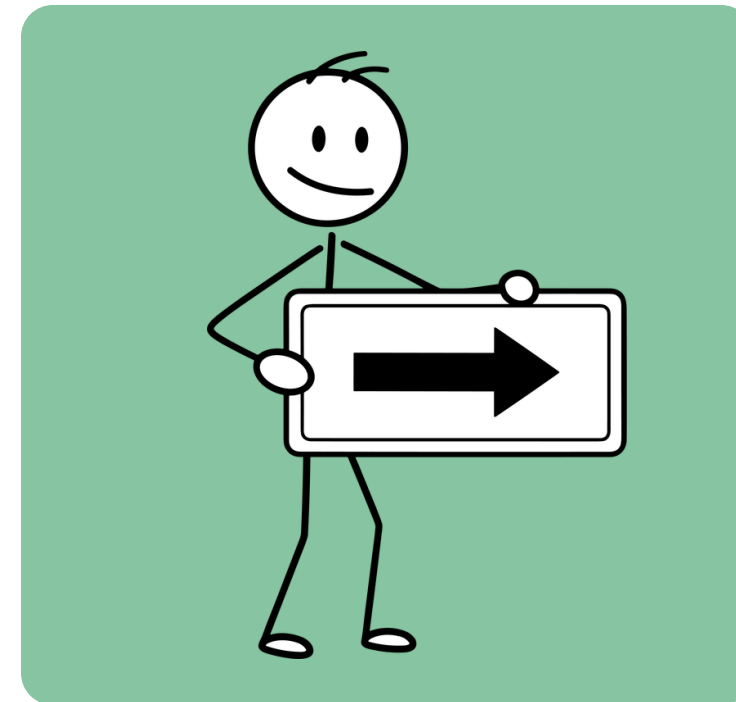
Challenges:

- Social challenges
- Waking up early

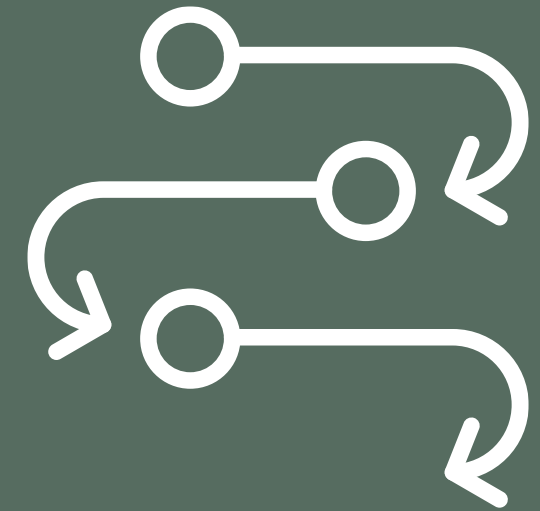
Strategies for success:

- Teachers understanding FASD
- Family members and friends
- Taking one class at a time
- Tutoring

Strengths



Barriers



Goals

Very important



Physical health



Relationships



Employment

Not important right now



Medication management



Housing

Social Support



Who is in their networks?

- Caregivers
- Family members
- Friends
- Co-workers
- Romantic partners
- Pets
- Professional supports

Social Support



How are they supported?

- Emotional
- Advice
- Financial
- Daily tasks

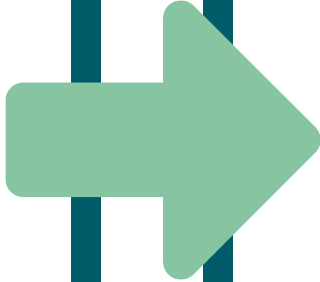
Wants from social supports

- More independence
- Better understanding of FASD
- Increased in-person interactions with friends

What to do with this information

Take Aways

Understand daily lives, strengths, challenges, and goals



Create programs to address barriers while using existing strengths and supports



Support young adults with FASD during transition period