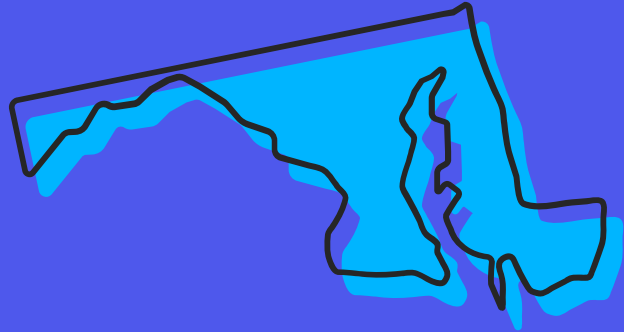


Transitioning Children with FASDs into Adulthood

Resource Toolkit for Marylanders

For people with FASDs, transitioning to adulthood can be challenging – but it doesn't have to be. Maryland families living with FASDs can use the supports and resources in this toolkit to help transition children with FASDs into adulthood. This toolkit includes links to programs, services, and online resources.



Use this table to quickly identify resources that address your specific needs.

	Social and Emotional Support	Information Support	Disability Services	Care Coordination	Education and Employment Support	Medical Care Services
Programs and Services						
American Academy of Pediatrics - Maryland Chapter		X				
The Arc Maryland		X	X		X	
Best Buddies Maryland	X	X	X		X	
Center for Independent Living		X	X		X	X
FASD Collaborative	X	X			X	
FASD United	X	X	X	X	X	
Maryland Dept. of Education - Division of Rehabilitation Services			X	X	X	
Medicaid Waiver Programs	X	X	X	X		X
Parent to Parent Maryland	X	X				
The Tanagram Way	X					
Special Olympics Maryland	X					
Online Resources						
FASD Information		X	X		X	
IEP Transition		X			X	



Programs and Services

[American Academy of Pediatrics – Maryland Chapter](#)

Provides resources for parents and clinicians (e.g., committees, programs, education)

[The Arc Maryland](#)

- 10 local chapters serving 19 counties and Baltimore City
- Provides wide range of human services and other supports to people with intellectual and developmental disabilities (I/DD) and their families: advocacy, residential, educational, vocational, employment, and family supports

★ Check out [Arc Indiana's videos and webinars](#) about transitioning to adulthood, guardianship and alternatives, applying for Social Security benefits, employment, and community living

[Best Buddies Maryland](#)

Offers one-to-one friendship into adulthood, integrated employment, inclusive living, family support, and leadership development programs for individuals with and without I/DD in Maryland

[Center for Independent Living](#)

- Every state has a Center for Independent Living
 - Supports people with disabilities through peer support, independent living skills training, information and referral, individual and systems advocacy, and transition from institutions and secondary education
-

[The FASD Collaborative](#)

- Focuses on supporting the creation of fully inclusive communities addressing the needs of all individuals who are neurodiverse including the FASD community
- Provides virtual and in-person support groups, online webinars, and special interest groups

FASD United

- Serves as the national organization on FASD, supporting people with FASDs and promoting healthy pregnancies
 - [Family Navigator Program](#) provides individuals living with FASDs, their family members, caregivers, supporters and professionals with expert, confidential referrals to resources and services, one-on-one peer support, and information on FASD
 - Find your nearest FASD United Affiliate Network for additional FASD resources:
<https://nofasaffiliatenetwork.org>
-

Maryland State Department of Education - Division of Rehabilitation Services

[Maryland Disability Determination Services](#)

- Evaluates eligibility of those who apply for Social Security disability programs and benefits
- Program now accepts all children with an FASD
- Transition services are provided through Social Security Disability Insurance (SSDI) and include day programs, job training and job linkage, independent and residential living skills, and care coordination

[Pre-Employment Transition Services](#)

Helps students with disabilities identify career interests and enhance awareness of the work world: job exploration counseling, instruction in self-advocacy, counseling on post-secondary education opportunities, workplace readiness training, and work-based learning experiences

Medicaid Waiver Programs

Children and adults with FASDs may qualify for a Medicaid Waiver: Waiver for Fragile Children, Family Supports Waiver, Waiver for Children with Autism Spectrum Disorder, Medical Day Care Services, Community Pathways, and Community Supports Waiver

Parent to Parent Maryland

- Provides one-to-one parent matches to help parents become experts in their child's disability, learn medical and therapeutic terms, and navigate services, therapies, insurance issues, and public systems
 - Connects parents and caregivers of children with I/DD with trained mentors who have experience raising children with I/DD
-

The Tanagram Way

Offers virtual social groups and activities: bingo, book club, music club, afternoon social group, caregiver corner group, pre-recorded art lessons

Special Olympics Maryland

Provides sports and social connections for families with FASDs and other I/DD



Online Resources

FASD Information

- [About Fetal Alcohol Syndrome](#) from Job Accommodation Network
- [Supporting Employment in Individuals with FASD: A Guide for Employment Professionals](#) from the Canada FASD Research Network
- [Supporting Success for Adults with FASD](#) from Community Living British Columbia
- [Towards Healthy Outcomes: A Framework for Integrated Community Intervention](#) from the Canada FASD Research Network
- [Understanding Fetal Alcohol Spectrum Disorder: Information for Parents and Careers](#) from NHS Ayrshire and Arran
- [What Parents and Caregivers Need to Know about Fetal Alcohol Spectrum Disorder](#) from Healthy Child Manitoba

IEP Transition

- [A Family Guide To Secondary Transition Planning in Maryland](#) from Maryland State Department of Education
- [Indiana Secondary Transition Resource Center](#) from Indiana University Bloomington
- [Individualized Transition Plans-Writing Plans that are Effective and Compliant](#) video from Gwen Palafox, PhD
- [What is IEP Transition Planning?](#) from Understood.com
- [What is the Transition Planning Process for Students with Disabilities?](#) from The Iris Center



This program is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$733,750 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.