National Research Consortium Presents:

The Mental Health in Developmental Disabilities Community of Practice Workshops

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The importance of accurate assessment in Mental Health treatment

Mental health care for people with I/DD

- Higher rates: 39-54% of people with IDD (1-2 million people!) have co-occurring psychiatric diagnoses – Likely an underestimate
- Extra barriers
- Need adapted care

Common barriers to care:

- **Exclusionary Criteria**
- **Provider Shortages and Training Gaps**
- **Access and Systemic Hurdles**

Core Principals of Care:

- **Adapted Psychotherapy**
- **Involving Caregivers and Support Networks**
- **Differentiating Disability from Psychiatric Illness**
- **Specialized Assessment Tools**

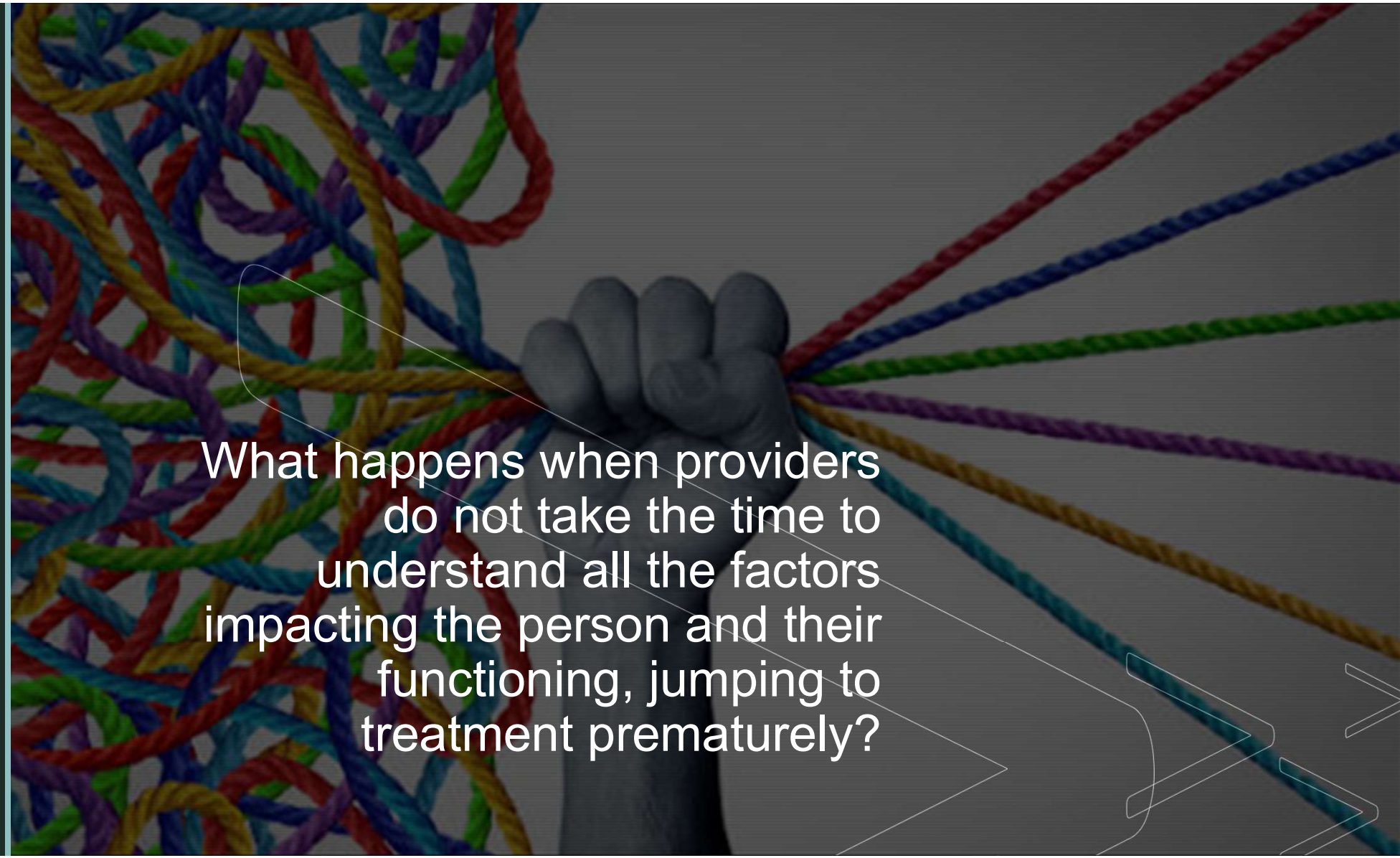
Key resources, according to AI!

- **IDD Toolkit:** Practical guidance and resources for healthcare providers and families supporting adults with IDD.
- **NADD:** An association dedicated to advancing mental health and wellness for individuals with IDD.
- National Center for START Services**:** Community-based crisis prevention and intervention services for people with IDD and behavioral health needs.
- **SAMHSA Helpline:** The National Treatment Referral Helpline (800-662-4357 or findtreatment.samhsa.gov) can help locate local public or low-cost behavioral health clinics. [1, 2]

Underlying (but common?) barrier

- Misdiagnosis!




What happens when providers do not take the time to understand all the factors impacting the person and their functioning, jumping to treatment prematurely?

What are the risks of inaccurate diagnosis?

- Inappropriate interventions
- Lack of interventions for the real issue
- Dangers of being prescribed wrong medication

Diagnostic Overshadowing

- Occurs when someone with two or more diagnosis and symptoms of one condition are mistaken for symptoms of another
- Example- manic symptoms of bipolar being mistaken for hyperactivity in ADHD
- Can cause improper treatment

At the core, we need

- Cultural Competence: the ability to understand, communicate, and effectively interact with people from diverse backgrounds

Cultural Competence includes

- Self-awareness
- Cultural knowledge
- Active listening & empathy
- Adaptability
- Understanding of how disability impacts presentation of mental health conditions
- Developing a partnership

Spend the majority of your time listening



What are you experiencing? Right now? The last 6 months? Course of presentation



When were you doing your best? What did that look like? Do not assume who & what you see today is baseline! Need a clear picture of who this person is when doing well



What have you tried that helped and did not help? Do not assume who & what you see today is baseline! Need a clear picture of who this person is when doing well

Understanding identity

- Now that you've learned about the course and history of the presenting problem and treatments, you must strive to understand the person's identity

Upbringing, genetic, cultural context →

values, experiences →

Current roles

Next steps

First offering

One simple strategy to increase wellbeing and offer hope. Use tools and screeners as needed.

Develop & share your hypothesis

What do you think is going on for this person? Propose your reasoning and ask if that resonates. Obtain feedback.

Ongoing

Have patient test your hypotheses by using strategies. Measure outcomes and impacts. Adjust as supported or not supported.

How has the cultural competence of your care providers impacted your treatment?



References & Resources

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Thank you!

