



Intellectual and Developmental Disabilities in the Mental and Behavioral Health Care Setting

Module 03

*Assessing and Treating Mental Health Issue
Individuals with I/DD*

PARTICIPANT'S GUIDE

Assessing and Treating Mental Health Issues in Individuals with I/DD

OUTLINE

1. Introduction
 - a. Dual Diagnosis
 - b. Common Mental Health Diagnosis in I/DD
 - c. Diagnostic overshadowing
2. Biopsychosocial Assessment
 - a. Biological Consideration
 - b. Psychological Considerations
 - c. Social Considerations
3. Tools for Assessment
 - a. Effective Therapy Models



DUAL DIAGNOSIS

Dual Diagnosis simply means that an individual has two (or more) separately diagnosed conditions. In traditional Mental Health settings, this would refer to a Mental Disorder and a Substance Abuse Disorder. In settings working with the I/DD population this often refers to an I/DD diagnosis and a Mental Disorder. Regardless they are two co-occurring conditions that require separate diagnoses and separate treatment plans. Ideally these treatment plans are informed by each other and work together to help the individual.

Introduction

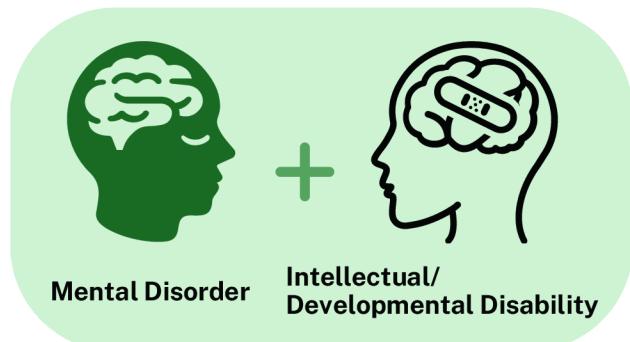
In this training we will consider the Biopsychosocial Model of assessing for working with individuals with I/DD with mental health issues. This is a general assessment model that considers the whole person and the many different influences on a person's mental health. The goal is to establish a baseline picture of behaviors and emotions so it can be determined what has changed from baseline. This model can be particularly helpful for individuals with I/DD because of the complexity of their needs. We will briefly mention other formal assessment tools that might be used, but these are numerous and typically specific to what an agency pays to use.

Assessing and treating individuals with I/DD may feel challenging, but it's important to remember that they have the same needs, hopes, and challenges as anyone else. As a mental health professional, you already have the tools to support their mental health; working with I/DD just requires a slightly modified approach. With practice and time, you will gain the confidence to work with these individuals. Being



willing and able to serve and work with this population helps to bridge the gap that they so often are faced with when trying to find quality care.

The NADD - MI Diagnosis



Individuals with I/DD report

Mental Health Diagnosis



COMMON DIAGNOSES

Mood Disorders such as:

- Bipolar
- Depression

Psychotic Disorders such as:

- Schizophrenia

Anxiety Disorders such as:

- Anxiety
- Obsessive Compulsive Disorder

Due to many different reasons, individuals with I/DD are at significantly higher risk for developing a mental health condition than the normal population. These risks include trauma and abuse, lack of access to adequate care and support, the stress of living with complex medical needs, genetics, and communication difficulties.

Consequently, research shows that people with I/DD are more vulnerable to stress, anxiety, and other mental health problems than people who do not have I/DD.



NCI: At-a-Glance

According to the latest National Core Indicator surveys individuals with I/DD report that
8% have a Psychotic disorder
21% have an Anxiety disorder and
24% have a Mood Disorder

50% report taking at least one medication for MH issues
While these rates have improved over the last 5 years, there is still a long way to go in improving Mental Health Care for Individuals with I/DD. We have included this whole fact sheet in your handout as it gives a succinct picture of the many different aspects of life for individuals with I/DD.

Biopsychosocial Assessment



Looking at the Whole Person, with the help of the Interdisciplinary Team, to establish a complete picture of the individual and their goals and desires, baseline behaviors, and challenges they want to overcome.



Interdisciplinary Team

The Interdisciplinary Team is comprised of both professional clinicians and other individuals who have closer day-to-day contact with the individual. This team may or may not be “formed” and often it is up to you as a therapist to seek out connections with these people, but it can provide invaluable information to give a complete picture of the individual.

Professional Clinicians

-  Primary Care Physician
-  Dentist
-  Occupational, Physical, Speech Therapist
-  Psychiatrist
-  Mental Health Providers
-  Other Social Workers

Support Providers

-  Family
-  Friends
-  Direct Support Professional
-  Teacher
-  Guardian

Reports

These are potential reports that might be helpful to completing an assessment.

- Developmental and Neurological Evaluations
- Developmental Disability Diagnosis
- Individual Education Plan (IEP) or 504 Accommodation
- Environmental or Communication Accommodations
- Medical Treatment Plans & Medications
- Psychological Assessments
- Dental Exams

Additional Notes:

1 Identifying Strengths

2 Be Genuine & Validating Feelings

3 Gathering the perspective of the Individual

4 Completing a Thorough History

5 Assessing any changes in adaptive functioning

6 Be Trauma Informed



BIO**BIOPSYCHOSOCIAL
ASSESSMENT**

The biological portion of the biopsychosocial assessment looks at the individual's general physical health, physical disabilities, and genetics. When it comes to the individual with I/DD, this is a very important side of the assessment due to the fact that they typically have complex medical needs, and often are unable to communicate changes in health as effectively as the general population.

Medical Issues

Brain Function

Medication

PSYCHO**BIOPSYCHOSOCIAL
ASSESSMENT**

The psychological portion of the biopsychosocial assessment looks at their behaviors, personality, self-esteem and impulsivity, as well as at their intellectual functioning and cognitive well-being. This is where having a full picture of their I/DD diagnosis can be helpful to understand their level of intellectual functioning, and adaptive functioning.

Personality, Self-Esteem

Intellectual and Adaptive Function

Behaviors



The social portion of the biopsychosocial assessment considers all of the different social determinants of health and the effects they have on an individual's well-being. For individuals with I/DD these determinates contribute significantly to their disparities in health and well-being.

Trauma

Substance Abuse

Community Integration

Life Circumstances

Tools for Assessment

Behavior Assessment Tools

- Aberrant Behavior Checklist (ABC-2)
- Motivation Assessment Scale (MAS)
- Functional Assessment Screening Tool (FAST)

Adaptive Functioning Assessment Tools

- Adaptive Behavior Assessment System (ABAS)
- Vineland Adaptive Behavior Scales

Crisis Prevention or Safety Plan

- Individual might already have one
- Various online plans that can be downloaded

Effective Therapy Models



Cognitive Behavioral Therapy



Dialectical Behavior Therapy



Mindfulness



Applied Behavioral Analysis



Positive Behavioral Intervention and Supports



The National Association of State Directors of Developmental Disabilities Services Strategies and resources for adapting varies therapies for individuals with I/DD.

Scaffolding for Success

As you think about treatment plans, remember that it can often take a lot longer for individuals with I/DD to reach the same goals as another individual. You should plan on it taking at least double the amount of time. The sessions themselves will progress slower due to communication differences. The goals will need to be broken down into much smaller steps than for other individuals.

SETTING GOALS

Make them BASIC:

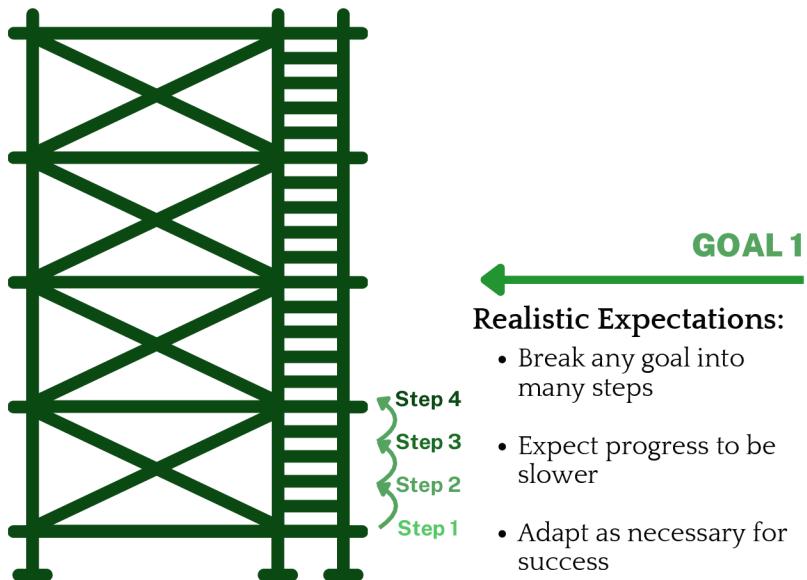
- Making eye contact
- Delaying gratification

Make them TARGETED:

- What is negatively affecting them right now?

Make an IMPACT:

- Work to increase their skills



Notes:

Additional Resources:



The NADD

The NADD is an association on dual diagnosis in individuals with I/DD. They provide training and certifications.



MHDD Webinar



MHDD Biopsychosocial Course

Two resources on the Biopsychosocial Model in diagnosing individuals with I/DD from the Mental Health and Developmental Disabilities National Training Center.

Reflection and Notes:

Something you want to remember...

Something you want to share...

Something that surprised you...

References Module 03

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