

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

*Module 01*

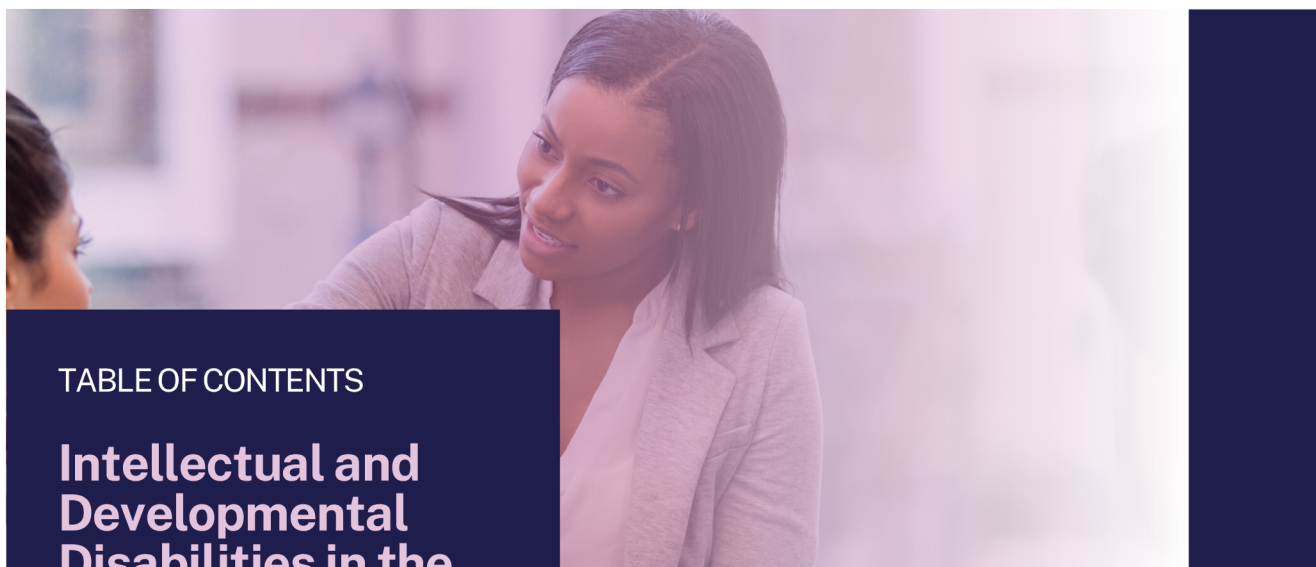
*Introduction to Intellectual and Developmental Disabilities*

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## **PARTICIPANT'S GUIDE**

# PARTICIPANT RESOURCES

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



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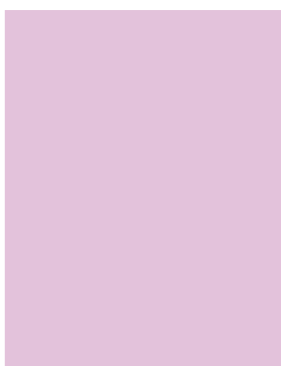
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Woods System  
of Care

QR codes are included throughout the handout to connect you to external resources or videos referenced in the training sessions. If you're using a digital version, simply click on the QR code to access the corresponding link.

### INTRODUCTION



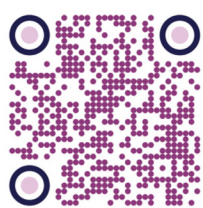
The training is broken into 5 modules. Module 1 is an introduction to IDD. Module 2 focuses on Trauma Informed Care. Module 3 focuses on assessing and treating individuals with IDD, and Module 4 focuses on adaptations that can be made to the appointments. Finally Module 4 covers crises and de-escalation of challenging behaviors.

The participant guide will contain the main points and references used throughout the training.

# Introduction to Intellectual and Developmental Disabilities

## OUTLINE

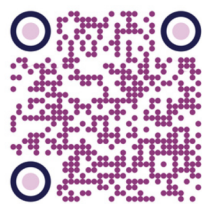
1. Introduction
  - a. Definition and characteristics of ID & DD
  - b. Statistics
  - c. Common Diagnoses



NICHD I/DD landing page



## What is I/DD?



I/DD stands for Intellectual and Developmental Disabilities or I/DD for short. Developmental Disability is a larger umbrella group that Intellectual Disabilities falls under. To be considered an I/DD diagnosis, the assessment and

**video: What is IDD?** diagnosis must be made before the age of 22, during the developmental period. Developmental Disabilities encompass all childhood disabilities including, blindness, deafness, and other disabilities that affect only adaptive functioning and not cognitive functioning. Intellectual Disabilities specifically affect cognitive functioning as well as adaptive functioning.

1

### Limitation in Intellectual Functioning

IQ score 2 standard deviations below the mean

2

### Limitation in Adaptive Behavior

2 standard deviations below the mean in one or more of the following:

- Conceptual Skills
- Social Skills
- Practical Skills

3

### Age of Presentation

Both limitations present before the age of 22

## DEVELOPMENTAL DISABILITIES

A DD diagnosis can effect a person's ability to learn, speak, move, ability to live independently, and help themselves. This is due to the diagnosis effect on their physical abilities as well as their cognitive abilities. They may need a text to speech device, but it doesn't mean that their cognitive abilities are at all affected by their condition.

learn



learn

language



communicate



reason

self help



socialize

independent living



care for themselves

move



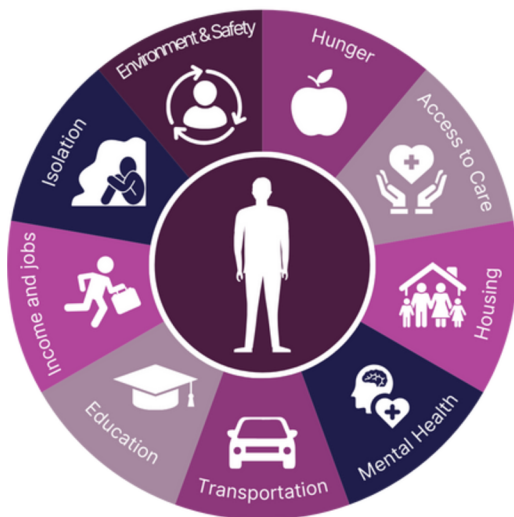
## INTELLECTUAL DISABILITIES

On the other hand an ID diagnosis always means that there is decreased cognitive functioning. Physically they might be unaffected, but cognitively are unable to care for themselves. They might not be able to communicate or understand at their chronological age.

## Additional Notes:

### Social Determinates of Health

*Contribute to health disparities in the I/DD population*



  
**Behavioral reactions  
to physical ailments**

  
**Polypharmacy**

  
**abuse**

  
**trauma**

  
**lack of timely care**

  
**isolation**

  
**other factors**

  
**fragmented  
health care**

**Increased Risks for I/DD Population**



## Overview

Autism is a neurodevelopmental disorder characterized by impairments in social interaction and communication, along with repetitive or stereotyped patterns of behaviors and often restricted interests.

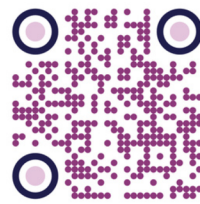
In 2013, DSM-5 introduced the term Autism Spectrum Disorder, and other sub-categories were eliminated.

### Potential Challenges in the Clinical Setting

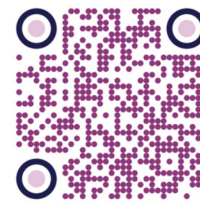
- Upwards of 30% are non-speaking
- Difficulty in understanding feelings
- Difficulty in expressing needs
- Acutely aware of surrounds (ie in an office, sounds, smells, tactile etc.)
- Often have a co-diagnosis of ADHD
- Anxiety and Depression can be common
- Have to be mindful of reactions and sensitivities to medicines



## Autism



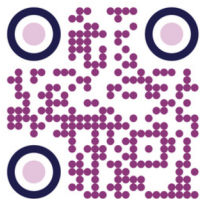
Autism Society



National Autism Association



Autism Speaks



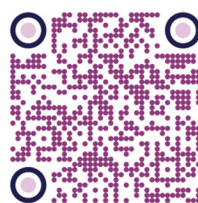
National Down Syndrome Society



## Down Syndrome

Down Syndrome is the result of an extra copy or a part of an extra copy of chromosome 21. It is diagnosed either through prenatal testing or physical symptoms at birth.

Individuals with Down Syndrome usually have a mild or moderate Intellectual Disability. They can typically reach milestones, but later than other children and often with intervention. They have an increased risk for heart and vision issues and for developing Alzheimer's. With support and treatment, they lead happy and productive lives. Some of the cognitive and behavioral presentations might be a short attention span, poor judgement, impulsive behavior, slow learning, and delayed language and speech development.



Mental Health & Down Syndrome

### Potential Challenges in the Clinical Setting

- Communication challenges
- Hearing and sight difficulties are common
- Physical issues and illnesses must be ruled in conjunction with PCP

## Overview

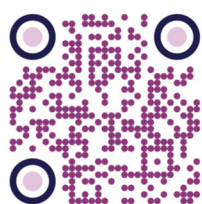


## Cerebral Palsy

### Overview

Cerebral Palsy is a group of brain disorders that primarily affect body movement and muscle coordination. It's caused by damage to the part of the brain responsible for controlling these functions. Importantly, Cerebral Palsy is not a progressive condition; it doesn't worsen over time, but it is permanent and lasts throughout the individual's life.

Cerebral Palsy is usually diagnosed in infancy or early childhood, often during routine well-baby or well-child visits. If a healthcare provider suspects Cerebral Palsy, a brain scan can confirm the diagnosis. Early diagnosis is crucial for managing the symptoms and planning for the necessary interventions.



Cerebral Palsy  
Foundation

### Potential Challenges in the Clinical Setting

- Increased risk for anxiety and depression
- Speech difficulties might mean they need to use a communication device

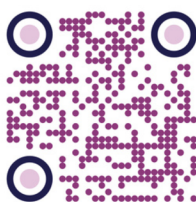
### Overview

Fetal Alcohol Spectrum Disorder, or FASD, is a serious condition that results from alcohol exposure during pregnancy. This exposure interferes with the development of the brain and other critical organs in the fetus. FASD is often underdiagnosed or misdiagnosed because its symptoms can resemble those of other developmental disorders.

There's also a specific neurobehavioral disorder associated with prenatal alcohol exposure, known as ND-PAE, which is recognized in the DSM-5. Children with ND-PAE may struggle with memory, behavior, and day-to-day living tasks. It's important to note that for a diagnosis of ND-PAE, there must be a history of significant alcohol consumption by the mother during pregnancy.

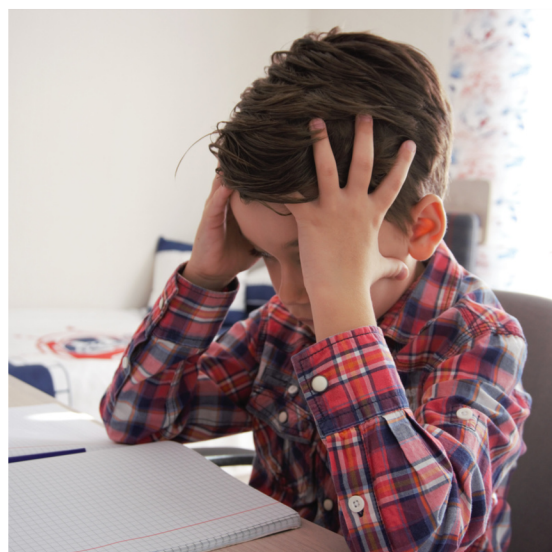
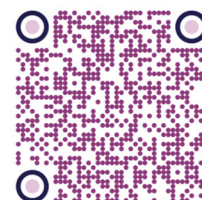
### Potential Challenges in the Clinical Setting

- Increased risk for anxiety and depression
- Suicidal ideation
- Impulse control issues
- High risk for substance abuse



FASD United

National  
Institute of  
Alcohol  
Abuse and  
Alcoholism



## FASD

Fetal Alcohol Spectrum Disorder



# Tourette Syndrome & Neurodivergence

Tourette Syndrome is a part of the broader concept of neurodivergent. Neurodivergence refers to a range of neurodevelopmental disorders that typically become apparent in childhood, and Tourette Syndrome is one of these conditions. Individuals with ADHD and Autism also often refer to themselves as neuro-divergent. Tourette's is part of the spectrum of tic disorders, mainly vocal and motor tics, which can sometimes be transient.

## Potential Challenges in the Clinical Setting

- Increased risk for ADHD and OCD
- Behavior and conduct issues such as rage, aggression, OD, or socially inappropriate behaviors
- High risk for anxiety
- Sensory processing and sleep disorders



## Tourette Syndrome

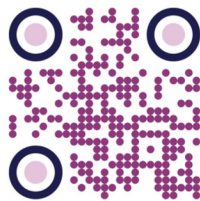
Tourette  
Association  
of America



Prader Willi



Fragile X  
Syndrome



## Other Diagnoses

Some other common diagnoses of I/DD are Fragile X, Prader Willi, and Traumatic Brain Injuries. These diagnoses are less prevalent in the population and can often involve significant challenges and limitations for the individual.

### Notes:



## Overview

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## **Reflection and Notes:**

*Something you want to remember...*

*Something you want to share...*

*Something that surprised you...*



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