

Co-occurring Mental Health and Developmental Disabilities Training Project

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UAA Center for
Human Development
UNIVERSITY of ALASKA ANCHORAGE



5 Year Grant Goal

To improve services and supports for people with co-occurring IDD and mental health concerns that are consistent with the Alaska DD vision.

DD shared vision statement = <https://dhss.alaska.gov/gcdse/Documents/ddsharedvision/statement.pdf>

Why This is Important

- Approximately 40% of those with ID/DD have co-occurring mental ill-health and 30% have persistent mental ill-health (Munir, 2016).
- However, clinical training programs across the US rarely include therapeutic treatment modifications for this population (Summers, Fletcher, and Bradley, 2017).

Munir, K. M. (2016). The co-occurrence of mental disorders in children and adolescents with intellectual disability/intellectual developmental disorder. *Current Opinion in Psychiatry*, 29(2), 95-102. <https://doi.org/10.1097/YCO.0000000000000236>

Summers, J., Fletcher, R., and Bradley, E. (2017). People with intellectual and developmental disabilities and mental health needs. In Wehmeyer, M. L., Brown, I., Percy, M., Shogren, K. A., Fung, W. L. A. (eds.) *A comprehensive guide to intellectual and developmental disabilities*, 2nd ed. (pp. 679 – 694). Baltimore: Paul H. Brooks

Main Activities Completed Year 1 & 2

Main Activities Year 1

1. Establish Mental Health/Developmental Disabilities Council to advise on project activities
 - *Patrick Reinhart is the GCDSE representative*
2. Complete a landscape analysis
3. Hold stakeholder summit
4. Create Training Action Plan

Recommendations from Landscape Analysis and Summit

Priority training needed for:

1. Mental health providers
 - *dual diagnosis presentation, communication strategies, adapting therapies*
2. Direct Support Professionals (DSP)
 - *supporting someone with co-occurring mental health disorders*

Main Activities Year 2

- Trained Alaskan mental health clinicians, DSPs, and other supports
 - ❖ Total:
 - 44 hours of training
 - 1,592 session attendees (604 unique attendees)
 - Incentives
 - 976 hours' worth of attendance certificates
 - 338 National Association of Social Workers-Alaska Chapter (NASW-AK) contact hrs
- Pilot program
- Began speaking with university faculty about adding to psychology & social work courses

Main Activities Year 3

Mental Health & Developmental Disabilities (MHDD) ECHO

Ran from February to May, 2024

Multidisciplinary audience

686 attendees (285 unique attendees) excluding the May 30th session

Certification & Credits

- This series offered credits or contact hours for attending live sessions in:
 - American Psychological Association-APA Contact Hour
 - Nursing-ANCC Contact Hour
 - Association of Social Work Boards-ASWB Contact Hour

MHDD ECHO sessions

- *February 8th - The Importance of Person First Language*
- *February 22nd - Diagnostic Considerations*
- *March 7th - Complex & Challenging Behaviors*
- *March 21st - Resource Accessibility*
- *April 4th - Biological Considerations*
- *April 18th - Trauma Responsiveness*
- *May 2nd - Cognitive Considerations*
- *May 16th - Managing Grief & Crisis Intervention*
- *May 30th - Putting it all together - What's next - How do we facilitate change*

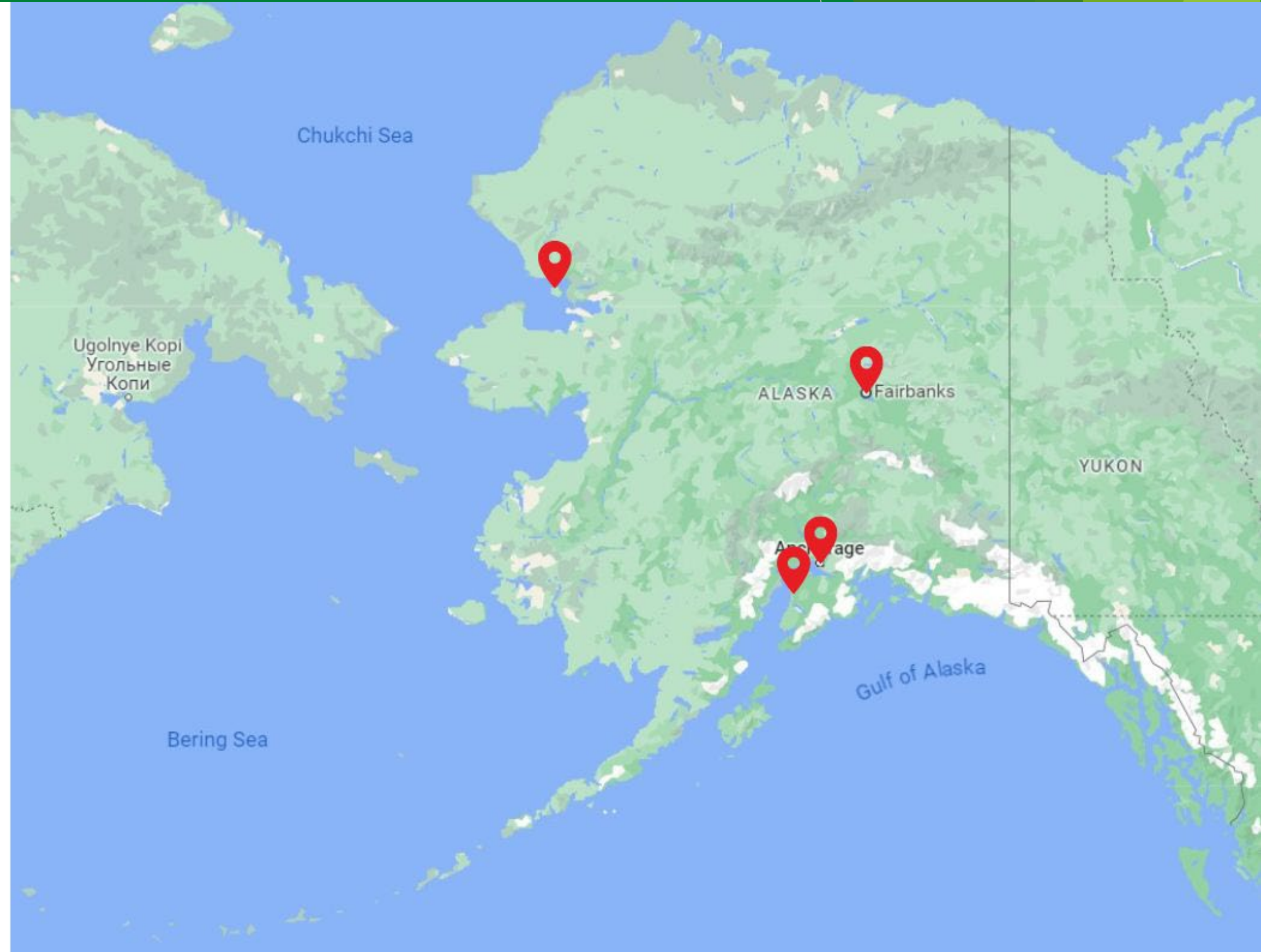
Register to watch recordings:

<https://iecho.org/public/program/PRGM1696635377192WWEUOHVQ74>

Trauma Informed Support & Positive Identity Development for Individuals with IDD

New version

- Brief summary of previous t
 - Including methods to sup
 - when a staff member
 - when bullying occurs
- Practicing positive developr
 - [My book about making a](#)
 - [Happiness assessment](#)
 - Case scenarios for the [As](#) and [Plan for Behavioral I](#)



Trauma informed support & positive identity development training continued

This ***FREE*** in-person training will be held:

- July 22nd in Anchorage
- July 24th in Kotzebue
- July 26th in Kenai/Soldotna
- July 29th in Fairbanks



For more information go to https://uaa.co1.qualtrics.com/jfe/form/SV_ddssVQ21dio6Mo6

Mental Health Provider Training

3 upcoming training sessions

All include free CEs

Tentative dates

All online

Mental Health Provider Training on 8 / 8

Dr. Marti Romero, Licensed Psychologist, Director of Behavioral Health Services, Assets Inc. and:

- Chris Sturm, Board Certified Behavior Analyst (BCBA), Effective Behavior Interventions Clinical Director
 - Trauma responsive therapy in and out of session
 - Tailoring environments for non-verbal individuals with I/DD and trauma

Mental Health Provider Training on 8 / 15

Dr. Marti Romero and:

- Susan Fawcett, PhD, RSLP, Director of Therapy, Behavior & Family Support
 - Working with very low functioning individuals
 - Adapting therapy & using multiple modalities (e.g., visual materials)
 - Therapy/Counseling Adaptation & Planning Strategy (TCAPS) with different popular modalities (e.g., with CBT, DBT)

Dr. Marti Romero and:

- Stephanie Shaw, advocate for better services for individuals with co-occurring diagnoses
 - How to make mental health therapy effective for people with ID/DD
 - More modifying therapy

To hear about future training please scan the QR code or use this link:

https://uaa.co1.qualtrics.com/jfe/form/SV_1CiM0NPryRiLWmi

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