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Mental Health Wellness for Individuals with IDD

The [**Mental Health Wellness for Individuals with Intellectual and Developmental Disabilities \(MHW-IDD\)**](#) e-learning training series teaches about integrated approaches for working with people who have IDD and co-occurring behavioral health needs. Each module outlined below is designed to help learners become skilled in recognizing the “whole person” and to gain a better understanding of different factors influencing the way people with IDD think, feel and behave. Content emphasizes mental wellness, trauma informed care, an interdisciplinary team approach, positive supports, and prevention. By participating in this series, learners will gain a better understanding of biological, psychological, and social factors influencing people with IDD. Using this enhanced understanding, learners will be equipped to have a positive impact on the mental, behavioral, and physical health outcomes for people with IDD.

Modules for Direct Service Workers (DSWs)

This 6-part eLearning series was developed to educate direct service workers (DSW) and others who provide support for individuals with IDD and co-occurring behavioral health conditions. This training explores challenging behavior in a new way and emphasizes the importance of supporting mental wellness in individuals with IDD. Anyone who supports individuals with a co-occurring IDD and behavioral health need can benefit from this course.

Each module is approximately 45 to 50 minutes in length. It is estimated to take 4.5-5 hours to complete the entire 6 modules, although there is no requirement to take the entire training series. You may pause in the middle of a module and return to it later, or you may complete it in one sitting. These modules were designed to be taken in this order to provide you with the best learning experience.

At the end of each module you will be asked to complete a course evaluation. Upon completion of the evaluation, you will receive a certificate as proof that you've completed the course. If you chose the continuing education option, you will also receive a continuing education certificate.

***** The Trauma Informed Care module is required for new employees of Intermediate Care Facilities for Individuals with Intellectual Disabilities (ICF's/IID) and related conditions.***

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Modules for Health Care Professionals (HCP) - Modules 7-9

This 3-part eLearning series was developed to expand the knowledge and skills of healthcare professionals – including physicians, physician assistants, nurse practitioners, and other providers - delivering care for individuals with IDD and co-occurring behavioral health conditions. More specifically, this series discusses evidence-based and effective techniques that can be used to improve the delivery of health care to these individuals, maximize outcomes, and enhance quality of life.

This training contains 3 modules and is estimated to take 1-1.5 hours to complete. Each module is 20-30 minutes in length. You may pause at any time within a module and return to it later, or you may complete it in one sitting.

At the end of each module you will be asked to complete a course evaluation. Upon completion of the evaluation, you will receive a certificate as proof that you've completed the course. If you chose the continuing education option, you will also receive a continuing education certificate. (CEU, CNE & CME available)

DSW MODULE 1

Co-occurring Disorders: Intellectual and Developmental Disabilities (IDD) and Mental Illness [Part 1 of 9]

The Co-occurring Disorders: Intellectual and Developmental Disabilities (IDD) and Mental Illness module teaches DSWs and other caregivers about the mental health needs of individuals with IDD and what it means to have a co-occurring IDD and mental health condition.

People with IDD are much more likely to have a mental health condition than the general population, even though they are less likely to be diagnosed. This module explores how mental health conditions often may be overlooked in people with IDD who have challenging behavior and offers strategies to DSWs who support people with IDD who have co-occurring conditions. Accurate diagnosis and positive supports improves recovery outcomes.

DSW MODULE 2

Trauma-informed Care (TIC) for Individuals with IDD [Part 2 of 9]

The Trauma-informed Care for Individuals with IDD module teaches DSWs and other caregivers about the effect of trauma on people with IDD and how to use a trauma-informed care approach with the people they support. People with IDD who have a history of trauma may have challenging behavior that we do not always recognize as symptoms of their trauma. The trauma-informed care approach looks at challenging behavior in a new way and emphasizes the importance of supporting mental wellness in individuals recovering from trauma.

DSW MODULE 3

Functional Behavior Assessment and Behavior Support [Part 3 of 9]

In the Functional Behavior Assessment and Behavior Support module DSWs and other caregivers will learn about the foundational principals of positive behavior support. All behavior is a form of communication that serves a purpose. This module teaches the concepts of functional behavior assessment, which is a process for gaining an understanding why behavior occurs. Identifying what a person is attempting to communicate through their behavior will help you support that person to meet his or her personal goals. Positive behavior support focuses on increasing an individual's quality of life. When people are happier, they are less likely to have challenging behavior and more likely to achieve mental wellness.

DSW MODULE 4

Overview of Genetic Syndromes Associated with IDD [Part 4 of 9]

In the Overview of Genetic Syndromes Associated with IDD module DSWs and other caregivers learn about different genetic syndromes that are associated with IDD. Knowing about different genetic syndromes and the risks for medical and mental health disorders allows us to provide better, targeted support. Understanding a person's genetic syndrome provides valuable information in helping to establish a foundational relationship with the individual. While the focus of this module is on teaching about genetic syndromes, it underscores the qualities that make each person unique and emphasizes the importance of the relationship between the DSW and the individual they support in achieving mental wellness.

DSW MODULE 5

Overview of Medical Diagnoses Associated with IDD [Part 5 of 9]

In the Overview of Medical Diagnoses Associated with IDD module DSWs and other caregivers learn about common medical conditions that influence people with an IDD and the direct impact these conditions can have on mood and behavior. Often people with an IDD may have underlying medical conditions or problems that influence the way they behave. Challenging behavior usually does not tell us *what* is wrong, just that *something* is wrong. This module explores how behaviors may be an individual's attempt to communicate physical pain or illness. It provides strategies for DSWs to support individuals' physical and mental wellness.

DSW MODULE 6

Putting It All Together: Supports and Strategies for DSWs [Part 6 of 9] is the final module of the series. This module reinforces all of the topics covered in the first 5, and provides practical tools that DSWs and other caregivers can use every day when supporting the mental health needs of people with IDD. A person's behavior is affected by a complex combination of biological, psychological and social influences. DSWs will learn to use specific strategies to prevent and respond when challenging behaviors do occur, in a safe way that will support and promote mental wellness and positive outcomes

HCP MODULE 7

Integrated Healthcare for Individuals with IDD [Part 7 of 9]

Integrated healthcare provides an all-inclusive approach to treating individuals with intellectual and developmental disabilities (IDD). Integrating multiple systems of care for individuals with IDD across the lifespan permits making adjustments to diagnosis and treating physical and behavioral health needs. This module teaches health care practitioners about the benefits of an active interdisciplinary team approach.

HCP MODULE 8

Communicating with people with IDD [Part 8 of 9]

Providing quality healthcare for people with IDD depends on effective communication skills to articulate identify and assess medical issues and healthcare needs. Effective communication goes beyond simply talking with a person and includes understanding an individual's behavior. In this module, practitioners will learn techniques to facilitate improved communication with people with intellectual and developmental disabilities (IDD), including recognizing challenging behavior as a form of communication. As a result of improved communication skills, practitioners will be better equipped to accurately diagnose and develop effective treatment plans.

HCP MODULE 9

Trauma-Informed Care for People with IDD [Part 9 of 9]

Trauma is a major catalyst of mental health needs for individuals with IDD but is often overlooked due to diagnostic overshadowing. This module informs health care practitioners about the incidence of trauma, risk factors for individuals with IDD, and challenges these individuals have with reporting abuse. Participating in this training will help providers more effectively interact with people who have IDD and have experienced trauma. Taking a trauma informed approach should be foundational in providing healthcare to individuals with IDD.