Meeting the Mental Health Needs of People with Intellectual Disabilities: Training for Mental Health Providers

Presenter:
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Background - Prevalence

• People with ID experience mental illness at an increased rate that is greater than the general population.

• It is estimated that 30-35% of those with ID have a co-occurring mental health disorder compared with 15-19% in the general population.
Background- Barriers to Accessing Services

• Provider capacity and a shortage of professional expertise
  Overshadowing
  Atypical presentation
  Differences in communication styles
• Design and operation of the existing delivery systems and funding
Background

• Origination of The Guidebook concept
  • Collaboration
  • Intention
Background

• Vision: To optimize mental health services for individuals with intellectual disabilities

• Mission: To provide an effective framework for building awareness, developing competencies and facilitating collaboration
Training

• Consistent with Adult Learning Theory and Social Cognitive Learning Theory, a curriculum was developed which includes an interactive training: power point presentation; supporting activities; scenarios and work sheets; and supporting documents including a guidebook.

• The training is intended for mental health providers who serve or would like to serve people who experience ID. It is an in-person, one-time, interactive, 6 hour training with free Continuing Education Units.
Training Objectives

• The Guidebook Project
• Background
• What is Intellectual Disability?
• Mental Health and ID
• Accessing Mental Health Services
Training objectives

• Guiding Principles and Values
• Optimizing Mental Health Services
• Benefits of Mental Health Services

Benefits of MH Service

• Economic
• Decreased problems with daily living
• Increased sense of joy and contentment
• Repaired and enhanced relationships
• Improved functioning at work, often leading to financial stability
• Increased activity, reduced social isolation
• Fewer doctor visits for physical symptoms
• Decreased use of mental health inpatient facilities
• Increased quality of life and overall life satisfaction
Outcomes

<table>
<thead>
<tr>
<th>Anticipated Outcomes</th>
<th>Outcome Indicators</th>
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</thead>
<tbody>
<tr>
<td><strong>Outcome 1</strong>: Increased awareness,</td>
<td>Indicator 1A: MH providers report increased awareness and knowledge regrading the</td>
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<tr>
<td>knowledge and competency of MH</td>
<td>meeting the MH needs of people with ID.</td>
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<tr>
<td>providers regarding meeting the MH</td>
<td>Indicator 1B: MH providers understand barriers to consumers receiving MH services.</td>
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<tr>
<td>needs of people with ID.</td>
<td>Indicator 2A: MH providers are able to meet the needs of diverse populations.</td>
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<tr>
<td><strong>Outcome 2</strong>: Reduced barriers to</td>
<td>Indicator 2B: MH providers report increased competency regarding meeting the MH</td>
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<tr>
<td>received MH services</td>
<td>needs of people with ID.</td>
</tr>
</tbody>
</table>
Outcomes

Evaluation Criteria

Pre test and post test

Survey
Next Steps

- Pursue CEU’s through DSHS
- Finalize plan for launch of training

Wish me luck with implementation!
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(All artwork used with permission/consent)
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• Bouras, N. and G. Holt, Mental Health Services for Adults with Intellectual Disability: Strategies and Solutions. 2010, Taylor and Francis: Hoboken.


References/Resources


• Washington Administrative Code chapter 388-823