INTELLECTUAL/DEVELOPMENTAL DISABILITY or MENTAL HEALTH CONDITION?

Symptoms related to intellectual/developmental disability and mental health conditions can look very similar. Treatment options for a mental health condition or intellectual/developmental disabilities are different and the services to access treatment are different. This sheet was developed to identify some key characteristics of each to assist with identifying the most effective treatment. Treatments for mental health or intellectual disability/developmental disability should be individualized, trauma-informed and in the least restrictive treatment setting.

INTELLECTUAL DISABILITY

An *intellectual disability* (ID) means that a person has limitations in their ability to learn and function at expected levels. They may have challenges with:

- Learning and remembering
- Problem solving
- Communicating
- Personal care/ activities of daily living (ADLs)
- Motor skills/physical development

An *intellectual disability* can be mild, moderate, or severe and is:

- Present since birth/before adulthood
- A lifelong condition
- Not treated with medication.
  - Medication may be used to help with behavioral concerns related to ID/DD, other medical conditions, or mental health symptoms when a person has both ID/DD and MH or other medical conditions.

With the right support, people with *intellectual disabilities* can learn life skills to assist them with living as independently as possible. They may benefit from:

- Early intervention
- Adaptive equipment
- An IEP or 504 plan in school
- Skills training
- Developmental therapies, education and supports adjusted to their needs

Common *Intellectual and Developmental Disabilities*:

- Autism
- Developmental delay
- Down syndrome
- Fetal alcohol syndrome

MENTAL HEALTH CONDITIONS

A *mental health (MH) condition* means that a person can have difficulty with:

- Irritability/ distress
- Functioning in social situations or activities
- Withdrawal from friends and activities/loss of joy
- Extreme mood changes of highs and/or lows
- Behavior changes, feeling sad, reduced ability to concentrate
- Low energy, disturbed sleep, and/or extreme tiredness

A *mental health condition*:

- Can begin at any age/stage of life
- Can be temporary
- Can affect anyone, regardless of intellectual ability
- Is often treated with medication and therapy

With the right treatment people with **mental health conditions** minimize impact to their daily functioning, feel well and pursue their goals.

- Therapy
- Medication
- Lifestyle changes such as exercise and diet

Common *Mental Health Conditions* for Children:

- Depression
- Anxiety
- Traumatic Stress
- Post-traumatic stress disorder (PTSD)
- Attention deficit hyperactivity disorder (ADHD)
- Conduct disorders
- Obsessive compulsive disorder (OCD)

INTELLECTUAL/ DEVELOPMENTAL DISABILITY or MENTAL HEALTH?

INTELLECTUAL DISABILITY

Treatment Needs for ID/DD/Autism: Children with intellectual disabilities and their caregivers, often need help learning the skills needed to live, play, and interact with the community. Some examples of skills needing support are:

- Communication- expressing needs/wants/feelings
- Social Skills- playing with others, empathy, social judgement, reasoning, social awareness, and safety
- Daily Living Skills- getting dressed, brushing teeth, bathing, learning routines
- Educational Skills- reading, writing memory

Treatment and Support Options:

- 0-5 Child Development Services (CDS)
- 0-8 Help Me Grow
- School Based Rehabilitative and Community Support
- Occupational, Physical, Speech Therapy
- Targeted Case Management
- Behavioral Health Home Services

Children's Behavioral Health Services (CBHS) Services:
CBHS oversees services designed to assist the child and caregiver in developing daily functional skills:

- Rehabilitative and Community Support (RCS)*
- Specialized RCS for youth with Autism and Intellectual Disability with extreme deficits in daily functional skills. *
- Crisis Units

    *Requires a qualifying functional assessment score

MENTAL HEALTH CONDITIONS

Treatment Needs for MH Conditions: Children with mental health conditions and their caregivers, often need help learning skills needed to reduce symptoms and accessing supports that can help them live a healthy and happy life so that they can function well at home, in school, and in their community. Some examples of skills needed are:

Healthy Coping Skills-deep breathing, taking a break

- Communication- expressing needs/wants/feelings
- Expressing Emotions-staying calm, using words
- Anger management
- Improved judgement-making good choices

Treatment and Support Options:

- Youth and/or Family Peer Support
- School-Based Services
- Early Childhood Consultation Partnership
- Outpatient Therapy
- Medication management
- Targeted Case Management
- Behavioral Health Home Services

CBHS Services: CBHS oversees services that are higher in intensity than outpatient services designed to assist children and families who are experiencing moderate to severe mental health symptoms learn to reduce mental health symptoms:

- Assertive Community Treatment Team (ACT)
- Home and Community Treatment (HCT)*
- Multi-Systemic Therapy (MST)*
- MST for Problem Sexual Behavior*
- Functional Family Therapy*
- Mobile Crisis
- Crisis Residential Units
- Children's Residential Care Facility*
    *Requires an eligibility determination. Eligibility is determined based on intensity, frequency, and duration of symptoms.

WHAT IF MY CHILD HAS A MENTAL HEALTH CONDITION AND INTELLECTUAL/ DEVEOPMENTAL DISABILITY?

People can have both an intellectual disability and a mental health condition. This is known as *dual diagnosis*. People with dual diagnosis may or may not need treatment for one or both diagnoses. It is important to work with a child's providers to determine if treatment needs are related to an intellectual/developmental disability or a mental health condition because treatment approaches will be different. If mental health treatment is needed, it should be adapted to meet the functioning level of the child.