

# Mental Health Considerations in Individuals with IDD/ASD

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Today's speaker has no financial relationships with an ineligible company relevant to this presentation to disclose.

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# Objectives

- Understand the prevalence of MH conditions in this group of individuals
- Presentation of common mental health diagnosis
- Understand how mental health and other vulnerabilities contribute to the crisis.

# Prevalence of MH Conditions and IDD

- People with IDD experience a higher rate of mental health conditions than the general population
  - 30-40% have a psychiatric disorder compared to 27% of the general population
  - 10-20% have challenging behavior (self-injury, aggression, destructive behavior), severe enough to impair daily life
- But **why**? Some **risk** factors:
  - Biological
  - Psychological
  - Psychosocial/developmental

# Biological Factors

- Genetic syndromes, etc.
- Medical conditions
- Executive functioning levels
- Sensory variabilities

# Psychological Factors

- IQ level
- Mental Health factors

# Two Specialized Diagnostic Guides for ID

- 📖 Diagnostic Criteria-Learning Disability DC-LD in 2001 by the Royal College of Psychiatrists
- 📖 Diagnostic Manual-Intellectual Disability DM-ID – 2 (Fletcher, Barnhill, Cooper, eds.) in 2016 by the National Association for the Dually Diagnosed and American Psychiatric Association

# Social / Developmental Factors

- The presence of an IDD or physical disability can make learning and making sense of the world more complex
- Communication
- Limited behavioral repertoire
- Lack of engagement and PERMA
- Limited choices



# FAMILY FEUD

Developmental  
Considerations

Adjustment reaction to stress  
or changes

Medical including medication  
side effects

Anxiety

Trauma related  
response

Caregiver burnout

Depression

Mania

Psychosis

X

X

X

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X

X

X

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# References

## Family Feud

Created originally by Kerry Rasmussen.

Re-created by Lora O'Neill 4/28/2008.

email: [themathelk@hotmail.com](mailto:themathelk@hotmail.com)

Original sound and graphic files from original file.

[www.be-a-gameshow-host.wikispaces.com](http://www.be-a-gameshow-host.wikispaces.com)

# Questions

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**THANK YOU!**

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