

Meadows Mental Health Policy Institute

Additional Resources

Texas Specific Resources

- [Statewide IDD Strategic Plan](#) released in 2022, meant to serve as a roadmap for a statewide and strategic approach for addressing gaps in IDD services and policy in the state of Texas.
- [Mental Health Wellness for Individuals with IDD \(MHW-IDD\)](#), a free training course for direct service workers and healthcare professionals supporting individuals with DD and behavioral health needs.
- [Navigate Life Texas](#), a website developed by parents, for parents. This website is supported by Texas Health and Human Services Commission (HHSC) to inform and empower parents of children with disabilities or special health care needs.
- [Project TEDD: Training Educators in Dual Diagnosis](#), a free train-the-trainer program, created by Texas Tech University, with funding from the Texas Council on Developmental Disabilities (TCDD), designed to increase knowledge and skills of those working with children with combined intellectual and developmental disabilities (I/DD) and mental health needs.
- [The Arc of Texas](#) provides advocacy for individuals with intellectual and developmental disabilities.
- The [Hub Learning Community](#), hosted by the Transition Support Team at Integral Care, serve as a source of education, clinical consultation, and technical assistance for professionals supporting individuals with intellectual developmental disabilities to avoid unnecessary institutionalization. Their [video archive](#) has many training on the interception of DD and mental health.

National or International Resources

- The [Association of University Centers on Disabilities \(AUCD\)](#) has various training programs for professionals supporting individuals with disabilities.
- [The Link Center](#) works to improve supports available to children and adults with intellectual and developmental disabilities (I/DD), brain injuries, and other cognitive disabilities with co-occurring mental health conditions. The Link Center provides training and technical assistance and advances system change that will increase access to effective services and supports for people with co-occurring conditions.
- The [MHDD National Training Center](#) offers training modules for providers and clinicians to enhance skills in working with individuals with disabilities.
- [The National Association for the Dually Diagnosed \(NADD\)](#) is a leader in education, consulting, and training related to IDD and mental health diagnoses. They host

Supporting Youth with Developmental Disabilities and Mental Health Concerns

conferences, run a research journal, and publish the Diagnostic Manual – Intellectual Disability (DM-ID-2), a diagnostic textbook designed to accompany the DSM-5 and help practitioners accurately diagnose mental health conditions in people with IDD.

- The [National Association of State Directors of Developmental Disabilities Services \(NASDDDS\)](#) promotes and assists state agencies in developing effective, efficient service delivery systems that provide high-quality supports to people with intellectual and developmental disabilities.
- The [National Center for START Services](#) has a professional development series that aims to increase the competence and confidence of professionals to provide effective services, support, and treatment to people with IDD-MH and their families through evidence-informed instruction and best practices.
- The [National Child Traumatic Stress Network's \(NCTSN\) Road to Recovery Toolkit](#) integrates trauma-informed care into treatment practices for people with IDD and the toolkit is currently being adapted for use with adults.
- The [National Leadership Consortium on Developmental Disabilities](#) works in partnership with [the major national developmental disability organizations](#) to offer a variety of short-term, intensive leadership development experiences, a resource-rich website, an on-line community of practice, technical assistance, and research on best practices and innovations in disability leadership.
- [Ohio's Mental Illness/Intellectual Disabilities Coordinating Center of Excellence](#) provides support to professionals throughout Ohio looking to learn more about trauma-informed care as it pertains to people with IDD and mental health concerns, as well as access to assessments and recommendations.
- [The Ohio State University Nisonger Center](#) hosts online trainings aimed at combatting disparities that exist for people with disabilities and is also a [Rehabilitation Research and Training Center](#).
- [Open Future Learning](#) is a UK-based learning platform for people with DD, their families, and support staff. Their training modules cover a wide array of topics, including mental health concerns. They are particularly notable for their frank, person-centered approach to difficult topics other training platforms hesitate to address, such as dating and sexuality as well as abuse prevention training.
- [The STRYDD Center](#) (Supporting Trauma Resilience in Youth with Developmental Disabilities) in New York is a leader in efforts to expand provider and family knowledge on how to treat trauma in youth with DD. STRYDD provides advanced training in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for people with DD.
- The [Traumatic Stress Institute](#) (TSI) of Klingberg Family Centers works to promote trauma-informed services and treatment culture nationally and internationally.

Supporting Youth with Developmental Disabilities and Mental Health Concerns

Mental Health Related Assessments Created or Adapted for Youth with DD	
Assessment Name	Description
Social Skills and Behavioral Assessments	
Developmental Behavior Checklist 2	Assesses emotional and behavioral disturbances in children and adolescents (4-18 years) with DD.
Aberrant Behavior Checklist 2	Measures challenging behaviors in children and adults with DD.
Child Behavior Checklist (CBCL preschool and CBCL school-age)	Assesses emotional and behavioral problems in children ages 1.5-18 years through parent and teacher reports.
Behavior Problems Inventory (BPI-01) and BPI-S (short version)	Measures self-injurious, stereotypical, and aggressive behaviors in individuals with DD.
Nisonger Child Behavior Rating Form (available for free)	Assesses adaptive and maladaptive behaviors in children with DD.
Moss Psychiatric Assessment Schedules (Moss-PAS (ID))	Assesses individuals with intellectual disabilities who have limited language or reduced cognitive development for a wide range of mental health concerns.
Strengths and Difficulties Questionnaire (SDQ)	25-item behavioral screening tool for children ages 2-17 years. Parents/caregivers, teachers, and young people can complete.
Mental Health Symptom Assessments	
Anxiety, Depression, and Mood Scale (ADAMS)	Caregiver-reported measure assessing anxiety and mood disorders in people over 10 years of age with an intellectual disability specifically.
Anxiety Disorder Interview Schedule-Child/Parent Autism Spectrum Addendum (ADIS/ASA)	Assesses for anxiety in youth with Autism Spectrum Disorder (ASD). Distinguishes between traditional anxiety disorders and symptoms that may be related to ASD.
Screen for Child Anxiety-Related Emotional Disorders (SCARED) (available for free)	Evaluates anxiety symptoms in children ages 8-18. Used with youth with ASD and those who have lower support needs.
Spence Children's Anxiety Scale (SCAS) – child version and parent version and a brief version of each²⁴ (available for free)	Used to assess the severity of anxiety symptoms in children.
Generalized Anxiety Disorder 7 Item Scale (GAD-7)	Used to screen for Generalized Anxiety Disorder (GAD) and assess for severity in youth ages 11 -17. Relies on self-report and clinicians must consider that anxiety may manifest differently for youth with DD.

Supporting Youth with Developmental Disabilities and Mental Health Concerns

Pediatric Symptom Checklist (PSC) <i>(available for free)</i>	Questionnaire to screen for issues like anxiety, depression, and ADHD for children ages 4 – 18 years. Has long and short versions and self-report version.
Trauma Screener	
Trauma Symptom Checklist for Young Children	Measures trauma symptoms in children 3-12.
Child and Adolescent Trauma Screen (CATS) <i>(available for free)</i>	Caregiver-reported and self-report to screen for trauma with children ages 3-17 years old.
Child Stress Disorders Checklist – Short Form (CSDC – Short Form) <i>(available for free from gleen.saxe@nyumc.org)</i>	Helpful brief screener using parent report. Not specifically developed for youth with DD.
Lancaster and Northgate Trauma Scale (LANTS) <i>(available for free)</i>	Includes self-report and informant version. Assesses for adverse life events and trauma for people with mild to moderate intellectual disabilities specifically.
Young Child PTSD Screen (YCPS) <i>(available for free)</i>	Short parent report screener for children ages 6 and under. For use within 2-4 weeks of a potentially traumatic event.
Trauma and PTSD Assessments	
Impact of Events Scale – Intellectual Disabilities (IES-IDs) <i>(available for free)</i>	Measures PTSD in individuals with intellectual disabilities. Not specifically designed for children.
UCLA PTSD Reaction Index for DSM-5	Assesses PTSD symptoms in children ages 6-18.
Columbia-Suicide Severity Rating Scale (C-SSRS) <i>(available for free)</i>	Assesses suicidal ideation and behaviors, which can be linked to trauma-related distress in youth aged 6-18.
Social Skills/Behaviors Assessments	
Vineland Adaptive Behavior Scales, Third Edition	Assesses adaptive behaviors, daily living skills, communication, and socialization in children with DD. Interview and Parent / Caregiver for use with people of all ages. Teacher Form for people ages 3-21 years old.
Social Responsiveness Scale, Second Edition (SRS-2)	Measures social impairments related to ASD in children 2.5+ years.
Developmental and Social-Emotional Assessments	
Ages and Stages Questionnaires: Social-Emotional, Second Edition (ASQ:SE-2)	Screens for social-emotional challenges in children ages 1 month to 6 years. Use with ASQ-3 for comprehensive assessment of a child's development.
Devereux Early Childhood Assessment (DECA)	Measures social-emotional strengths and behavioral concerns in children ages 2 to age 6.

Supporting Youth with Developmental Disabilities and Mental Health Concerns

Child and Youth Resilience Measure (CYRM) <i>(available for free)</i>	Measures resilience in children and youth by assessing individual, relational, communal, and cultural resources that support coping and well-being.
Adaptive Behavior and Functional Skills Assessments	
Adaptive Behavior Assessment System, Third Edition (ABAS-3)	Measures adaptive functioning and life skills in children and adults with DD.
Historical Experiences and Current Functioning Assessment	
Neurosequential Model (NMT)	A way to organize a child's history and current functioning to determine the primary problems, identify strengths, and determine what type of intervention may be needed.

Supporting Youth with Developmental Disabilities and Mental Health Concerns

Evidence-Based Mental Health Interventions for Youth with DD		
Intervention	Focus Area	Description
Facing Your Fears Program IDD (FYF IDD)	Anxiety management	Based in Cognitive Behavioral Therapy (CBT), FYF is an intervention for youth with intellectual disabilities and autism spectrum disorders who experience anxiety. This program uses visuals, modeling, and personalized adjustments to meet the cognitive and communication needs of children.
Parent-Child Interaction Therapy (PCIT) for Children with Autism	Behavior challenges, parent-child relationship	This intervention improves parent-child interactions and reduces challenging behaviors. It uses structured routines, special interests, visual supports, simplified language, and sensory supports. It includes modified discipline strategies, interactive play, parent training, and coordination with other services such as speech and occupational therapy.
The National Center for START Services	Complex mental health needs, crisis prevention	Premier hub for the exchange of innovative best practices in IDD-mental health (MH) grounded in the philosophy and principles of the START model (including assessment, treatment, and crisis prevention and intervention services). START brings together professionals and providers, researchers, policy makers, people with lived experience of IDD-MH, and family members. START offers a variety of training courses on different interventions including Applied Positive Psychology .
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for Children with IDD	Trauma	TF-CBT is an evidence-based treatment for children and adolescents impacted by trauma and their parents or caregivers. This intervention has been successfully adapted for use with children and caregivers with limitations in cognitive, language and other executive functions.
Cognitive Behavioral Therapy (CBT)	Wide variety of mental health conditions	The National Association of State Directors of Developmental Disabilities Services offers helpful information on adaptive strategies for the common interventions - CBT and DBT.
Dialectical Behavior Therapy (DBT)	Wide variety of mental health conditions, common for people with borderline personality disorder	