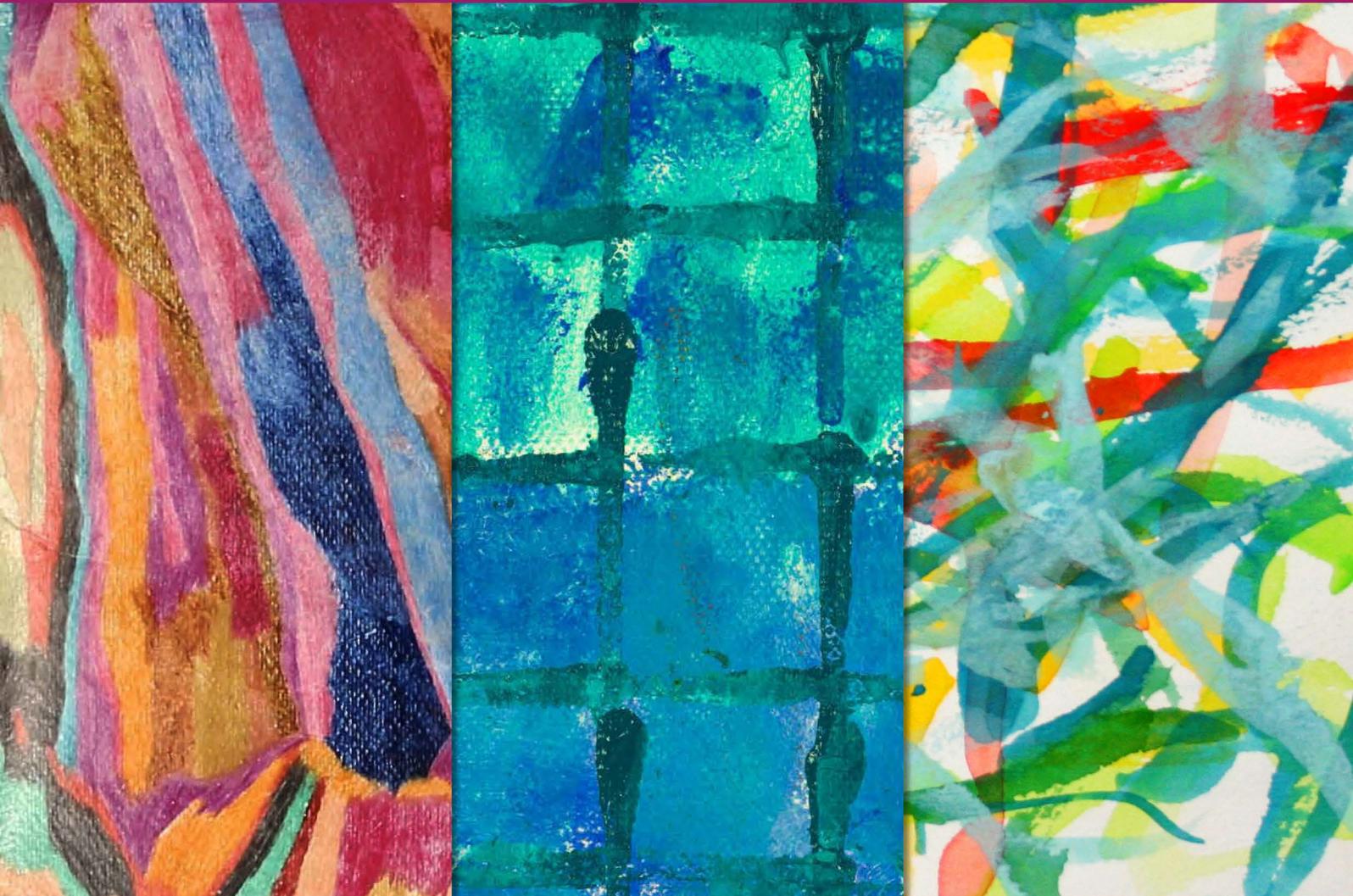

THE DEPARTMENT OF DEVELOPMENTAL DISABILITY NEUROPSYCHIATRY

A GUIDE TO RESOURCES



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The Department of Developmental Disability Neuropsychiatry: A Guide to Resources

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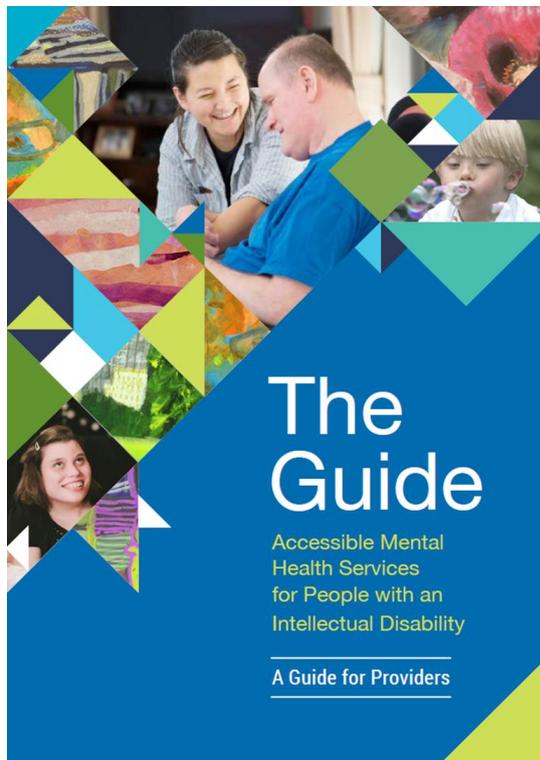


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The Guide



Who is it for?

Mental health professionals and organisations that provide mental health services.

Aims

To assist health services in providing equitable access, a skilled workforce and appropriate treatment to people with an intellectual disability and a mental disorder.

Where to find it:

<https://3dn.unsw.edu.au/the-guide>

Hard copies of The Guide are available for purchase for \$15 (including GST) per copy, which covers the cost of printing. To order and purchase hard copies of The Guide, contact Rachel Roth rachel.roth@unsw.edu.au.

Contents

The Guide provides an overview of intellectual disability mental health and the importance of accessible services, including information on the mental health needs of people with intellectual disability and the barriers to accessing appropriate mental health services.

It highlights the principles that should guide service delivery, practical strategies for inclusive and accessible services and the implications for the service system. This includes suggestions of reasonable adjustments for mental health services to meet the mental health needs of people with intellectual disability.

The Guide also includes a comprehensive reference list of tools for inclusive practice.



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Intellectual Disability Mental Health Core Competency Framework: A Manual for Mental Health Professionals

Who is it for?

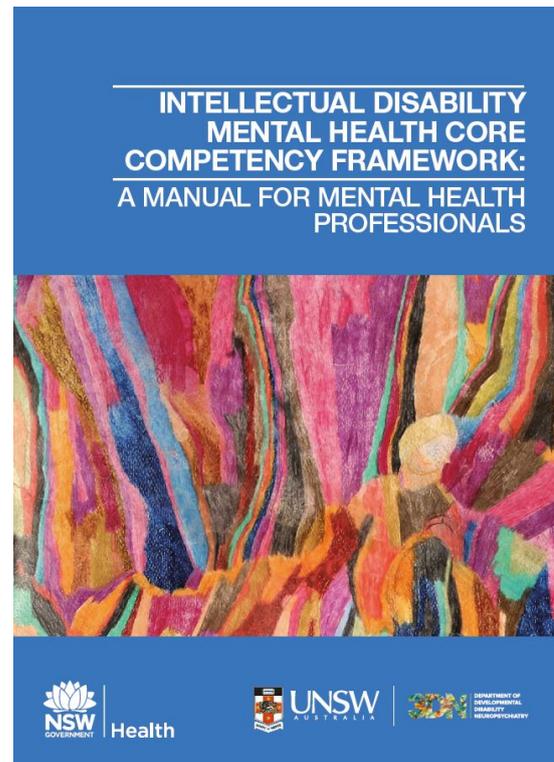
Mental health professionals (including clinicians, managers and educators) from a range of professional backgrounds.

Aims

- To describe the core attributes required of the mental health workforce to deliver quality services to people with an intellectual disability.
- To inform readers of reasonable adjustments to clinical practice that should be made when working with people with an intellectual disability.

Where to find it:

<https://3dn.unsw.edu.au/idmh-core-competency-framework>



Contents

The Core Competency Framework provides background information on intellectual disability and mental health and describes the specific knowledge, skills and attitudes (arranged over 11 domains) that mental health professionals require to provide quality mental health services to people with an intellectual disability.

The resource also includes:

- A self-assessment tool for professionals to determine which core competencies they already meet, and which they will work towards
- A detailed list of resources that support professional development in intellectual disability mental health.

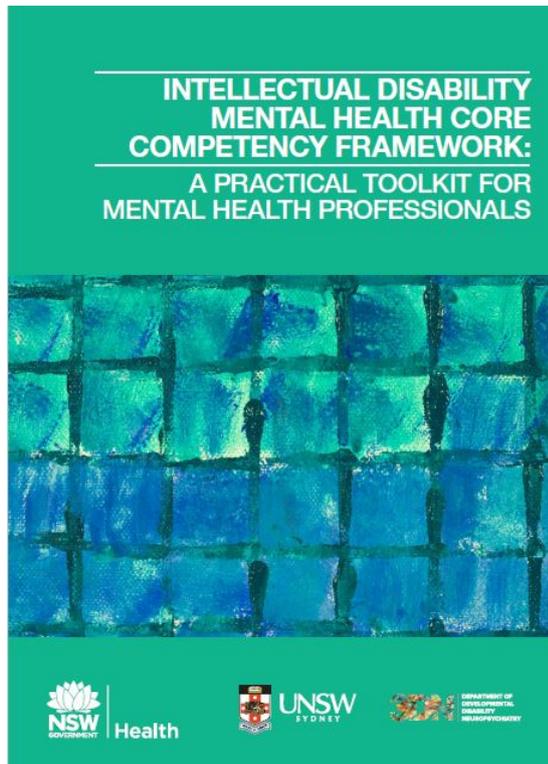


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Intellectual Disability Mental Health Core Competency Framework: A Practical Toolkit for Mental Health Professionals



Who is it for?

Mental health professionals (including clinicians, managers and educators) from a range of professional backgrounds.

Aims

Designed as a companion document to the *IDMH Core Competency Framework Manual*, the Toolkit has been developed to provide applied guidance as to *how* mental health professionals in mainstream services can develop the core competencies outlined in the Framework Manual.

Where to find it:

<https://3dn.unsw.edu.au/idmh-core-competency-framework>

Contents

The main section of the Toolkit covers considerations for each stage of the treatment pathway – i) Intake, ii) Engagement, iii) Assessment, iv) Treatment, and v) Transition.

The Toolkit also contains:

- a section with information for service managers
- a summary of assessment tools that are suitable to use when assessing people with an intellectual disability (e.g. psychopathology, behaviour and emotion, and support needs)
- links to resources including training and education opportunities, guides, reports and discussion papers, relevant policy documents, and resources that can be provided to people with an intellectual disability, their family and support networks.



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Positive Cardiometabolic Health for People with an Intellectual Disability

Who is it for?

Health and mental health professionals.

Aims

The early intervention framework aims to support health professionals to screen for cardiometabolic risk factors in people with an intellectual disability and provide targeted intervention strategies. The suite of resources also educates professionals, and empowers people with an intellectual disability and carers to ask their doctors to monitor cardiometabolic health.

Where to find it:

Early Intervention Framework, postcards and online resources:

<https://3dn.unsw.edu.au/positive-cardiometabolic-health-ID>

e-Learning modules:

<http://www.idhealtheducation.edu.au/>

POSITIVE CARDIOMETABOLIC HEALTH FOR ADOLESCENTS WITH AN INTELLECTUAL DISABILITY: an early intervention framework

ADAPT YOUR PRACTICE while addressing **STANDARD TARGETS***
Plan for: communication adjustments; engagement with support networks; extra time; consent; teamwork.

Activity	Diet, lifestyle weight/waist	Socioeconomic resources	Blood pressure	Glucose regulation	Fasting blood lipids	Psychotropic prescription
<ul style="list-style-type: none"> Physical activity: e.g. >60 mins per day Screen-based activities: <2 hrs per day 	<ul style="list-style-type: none"> Non-smoker, balanced diet, no alcohol or other drug use BMI†: <85th centile Waist: height ratio: <0.5 	<ul style="list-style-type: none"> Socioeconomic status is associated with cardiometabolic health Ensure adequate access to housing, healthcare, transportation, education and employment opportunities 	<ul style="list-style-type: none"> <90th centile Use appropriate cuff size for arm circumference 	<ul style="list-style-type: none"> For most: FPG <5.5 mmol/L; HbA1c <42 mmol/mol (6.0%) For people with diabetes: HbA1c <38 mmol/mol (7.5%) For insulin to vesperture see over 	<ul style="list-style-type: none"> Total Cholesterol <4.4 mmol/L LDL <2.85 mmol/L HDL >1.56 mmol/L Trig <1.02 mmol/L 	<ul style="list-style-type: none"> Evidence based prescription to treat symptoms of defined mental illness and/or when challenging behaviours are severe and non-responsive to other interventions Minimum effective dose and length of treatment‡

Any values outside of target range: DON'T JUST SCREEN – INTERVENE
Tailored intervention brochures can be downloaded from <https://3dn.unsw.edu.au/positive-cardiometabolic-health-ID>

Using a person-centred approach **PROVIDE TAILORED LIFESTYLE & NUTRITIONAL INTERVENTIONS:**
If arranging multidisciplinary follow-up falls outside your practice scope make appropriate referrals to the person's GP and ensure proactive follow-up.
For physical health interventions create a **GP Management Plan** (MBS Item: 721) and a **Treat, Call, Go – optimisation Plan** (MBS Item: 723).
For Mental Health interventions consider using a **Mental Health Treatment Plan** (MBS Items: 2700, 2701, 2715 or 2717) and referral to a psychiatrist and/or psychologist.

<ul style="list-style-type: none"> sedentaryness; screen time; physical activity. Account for any co-existing physical impairments* Consider referral to exercise physiologist (MBS Item: 10953) or physiotherapist (MBS Item: 10960) 	<ul style="list-style-type: none"> energy intake; salt intake/liquorice; vegetables and fibre Consider referral to dietitian (MBS Item: 10964) or exercise physiologist (MBS Item: 10953); physiotherapist (MBS Item: 10960); occupational therapist (MBS Item: 10958)† Referral to smoking or DSA cessation program 	<ul style="list-style-type: none"> Include social worker in multidisciplinary case conference (MBS Items: 735–758). If the person has a diagnosed mental illness they can also receive individual social, welfare assistance (MBS Item: 60150) Referral to disability support services 	<ul style="list-style-type: none"> Consider antihypertensive therapy if lifestyle intervention alone is insufficient* Limit salt in diet Education about blood pressure management 	<ul style="list-style-type: none"> Diabetes educator (MBS Item: 10951) AT RISK: FPG 5.6 – 6.9 mmol/L; HbA1c 42 – 47 mmol/mol (6.1 – 6.4%); OGTT if abnormal refer to specialist. Consider referral if lifestyle intervention insufficient. DIABETES FPG >7.0 mmol/L, FPG >11.1 mmol/L, HbA1c >48 mmol/mol (indocrine review) 	<ul style="list-style-type: none"> Referral to paediatrician to consider Statin if lifestyle intervention alone is insufficient* Fibrate for triglycerides 	<ul style="list-style-type: none"> Consider switching, decreasing or discontinuing if metabolic side effects emerge; rationalise any polypharmacy; where possible avoid high metabolic liability medication as first line treatment† (MBS Item: 10928); provide psychotropic education
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*Certain causes of intellectual disability may alter baseline cardiometabolic risk. †BMI may be inaccurate if person has muscle wasting caused by physical disability or an inability to stand upright. ‡BMI is >30, assume at risk waist circumference. †Weight gain in first 3 months should be <5 kg or <7% from baseline. †In people with dietary insufficiencies consider checking folate and Vit B12. †Consider referral to specialist if additional input required.

Contents

The resources on Positive Cardiometabolic Health for People with an Intellectual Disability includes an early intervention framework.

Resources also include:

- Postcards for people with an intellectual disability and carers to take to the doctor. The front side provides information on cardiometabolic health for people with an intellectual disability or carers; the back side informs the doctor about the Early Intervention Framework.
- e-Learning modules for health professionals on Cardiometabolic Health in People with an Intellectual Disability. These modules will enhance professional knowledge and skills in the assessment and treatment of cardiometabolic ill health in people with an intellectual disability.
- Podcasts on prescribing psychotropic medications (next page).



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Responsible Psychotropic Prescribing to People with an Intellectual Disability Podcasts



Contents

Responsible psychotropic prescribing to adults with an intellectual disability:

Episode 1: Recognising symptoms of mental illness in adults with an intellectual disability

Episode 2: Deciding if, when and what to prescribe

Episode 3: Instituting, monitoring and discontinuing psychotropic treatment

Episode 4: Consumer perspectives

Responsible psychotropic prescribing to children and adolescents with an intellectual disability:

Episode 1: Recognising symptoms of mental illness in children and adolescents with an intellectual disability

Episode 2: Deciding if, when and what to prescribe

Episode 3: Instituting, monitoring and discontinuing psychotropic treatment

Episode 4: Carer perspectives

Who is it for?

Medical and mental health professionals.

Aims

To educate professionals on safe and effective prescribing practices for the treatment of mental health disorders in people with an intellectual disability.

Where to find it:

<https://3dn.unsw.edu.au/content/responsible-psychotropic-prescribing-people-intellectual-disability-podcasts>



IDMH e-Learning



Contents

There are currently three portals within the e-Learning site; Professionals; Carers; and Consumers. At present the 'Professionals' and 'Carers' portals are active. Future funding will look to develop e-Learning for consumers.

The 'Professionals' portal is divided into two parts upon registration which directs the user to the appropriate modules based on whether the user works in disability or health/mental health.

Each suite of modules has been designed specifically for the particular audience and are based on peer reviewed literature and consultations with professionals (working in the corresponding areas) and with carers.



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e-Learning for Mental Health Professionals

Who is it for?

Mental Health Professionals (GP's, psychiatrists, psychologists, mental health nurses).

Aims

The modules aim to equip the mental health workforce in responding to the needs of people with intellectual disability and mental illness.

Where to find it:

www.idhealtheducation.edu.au

The modules can also be accessed through My Health Learning on HETI for all NSW Health staff.

www.heti.nsw.gov.au/education-and-training/my-health-learning

Courses

About Intellectual Disability

- Introduction to Intellectual Disability
- Living with an Intellectual Disability
- Intellectual Disability – Changing Perspectives

Fundamental Skills in IDMH

- Communication: The Basics
- Improving your Communication
- Equality in Mental Health Care – A Guide for Clinicians
- Consent, Decision-making & Privacy – A Guide for Clinicians

Clinical Foundations in IDMH

- Mental Disorders in Intellectual Disability
- Assessment of Mental Disorders in Intellectual Disability
- Management of Mental Disorders in Intellectual Disability

Specialist Topics in IDMH

- Challenging Behaviour I – Introduction
- Challenging Behaviour II – Assessment
- Challenging Behaviour III – Management
- Emergency Mental Health Care 1: Understanding Intellectual Disability in the Emergency Department
- Emergency Mental Health Care 2: Journey Through the Emergency Department

Cardiometabolic Health in People with Intellectual Disability

- Understanding Risk
- Screening and Intervention Strategies



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e-Learning for Disability Professionals

Who is it for?

Disability Professionals (e.g. support workers, advocates, supervisors/managers).

Aims

The modules aim to further equip the disability workforce in responding to the needs of people with intellectual disability and mental illness.

Where to find it:

www.idhealtheducation.edu.au

Further modules are planned for release including:

- Identifying and Responding to Abuse and Neglect of People with Intellectual Disability
- Supporting People with Intellectual disability who Come into Contact with the Criminal Justice System

Courses

IDMH Introduction

- Why is it Important to know about Mental Health?
- Introduction to Mental Health
- Mental Illness in Intellectual Disability

IDMH Practical Skills

- A Person-Centred Approach
- Recognising Common Mental Illness
- How to Support a Person with a Possible Mental Illness and Intellectual Disability
- Supporting Behaviours of Concern

IDMH Advanced Topics

- Enhancing Interagency Working with Health Professionals
- Treatments and Supports for Mental Illness
- How to Support a Person in a Mental Health Crisis
- Supporting Carers, Colleagues and Self Care

Specific Disorders in IDMH

- Supporting Mental Health in People with Intellectual Disability and Autism Spectrum Disorder

Psychological Support Through Difficult Situations

- Supporting People with Intellectual Disability at Risk of Self-Harm and Suicide

Supporting Mental Wellbeing

- Supporting Good Mental Health in People with Intellectual Disability

Supporting Mental Health Through The Life Course

- Supporting People with Intellectual Disability to Understand and Cope with Death and Dying
- Engaging People with Intellectual Disability in End-of-Life Discussions and Providing Support at the End of Life
- Providing Mental Health Support to People with Intellectual Disability Through Transitions and Life Events



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e-Learning for Carers

Who is it for?

Carers

Aims

The modules aim to equip carers in recognising and responding to the mental health needs of people with intellectual disability.

Where to find it:

www.idhealtheducation.edu.au

Courses

Foundations

- About Intellectual Disability
- About Mental Health

Mental Health and Illness

- Mental Health and Intellectual Disability
- Detecting changes in Mental Health and Wellbeing

Specific Mental Illnesses

- Signs and Symptoms of Mood Disorders
- Signs and Symptoms of Anxiety Disorders
- Signs and Symptoms of Schizophrenia and Other Psychotic Disorders
- Signs and Symptoms of Dementia

Wellbeing Record

Corresponding to the e-Learning, a downloadable 'wellbeing record' has been developed. This document will support carers to keep a record of the person's wellbeing.

The wellbeing is available at:

<https://3dn.unsw.edu.au/wellbeing-record>



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