

Treatment and Management of Mental Health Conditions in Young People with Intellectual Disability

The links in this factsheet are based on the treatment and management podcast episode.

Treatment Programs

Stepping Stones Triple P

A popular parent training program in Australia is the Stepping Stones. Stepping Stones is part of the Triple P – Positive Parenting Program but is specifically designed for parents of children with disability.

Circle of Security (CoS) - Australian Institute of Family Studies

Circle of Security is a program designed to enhance attachment relationships between parents/carers and their children. It is based on the idea that promotion of secure attachment relationships in childhood leads to better outcomes later in life.

Westmead Feelings Program

The Westmead Feelings program is designed for autistic young people with or without mild intellectual disability. The program teaches young people about emotional understanding and social awareness. The program also includes skills training for parents and teachers.

Secret Agent Society

An evidence-based structured social and emotional learning program for children aged 8-12 years old.

Fearless Me!

Fearless Me! is a CBT based anxiety treatment program designed specifically for children and young people with intellectual disability.

The Alert Program

The Alert Program uses a car engine analogy to help children learn how to recognise their feelings and to teach them strategies to get their alertness back to an optimal state.

Integrative Family Therapy (IFT)

IFT helps understand how people behave by looking at both their own thoughts and feelings and their relationships with others. IFT treats each person as an individual but also considers how they fit into the family.

First 1000 Days Australia

The period from conception to the end of a child's second year is the most rapid period of development in one's life. The first 1000 days movement aims to ensure positive health and wellbeing for young people by improving their environments and experiences during this period.

Assessment Measures

Developmental Behaviour Checklist (DBC; Einfeld & Tonge, 2002)

The DBC consists of separate parent and teacher scales, and is suitable for children and adolescents with intellectual disability aged 4-18.

The McMaster Family Assessment

This scale measures an individual's perceptions of their family and general family dynamics.

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Additional Resources

[CHW School-Link](#) The School-Link website provides valuable information and resources, including articles and webinars, on the mental health of children and young people with intellectual disability.

[Navigating Intellectual Disability Mental Health: Core reading for trainees in intellectual disability psychiatry and other professionals. A curated list for unlocking minds](#)

[Violence in Children and Adolescents with an Intellectual Disability and the Importance of Safety](#)

[Matthew's Story](#) a case study of safety intervention.

[ADHD in Intellectual Disability and Autism](#)

[Some personal guidelines for prescribing for the mental health needs of children](#)

Willis, D., Nicol, A.R., Dossetor, D., Stretch, D.D. (1996) A seven-year follow-up of young people with severe learning disabilities in Leicester. Research Project Report. Greenwood Institute of child Health: Leicester.