



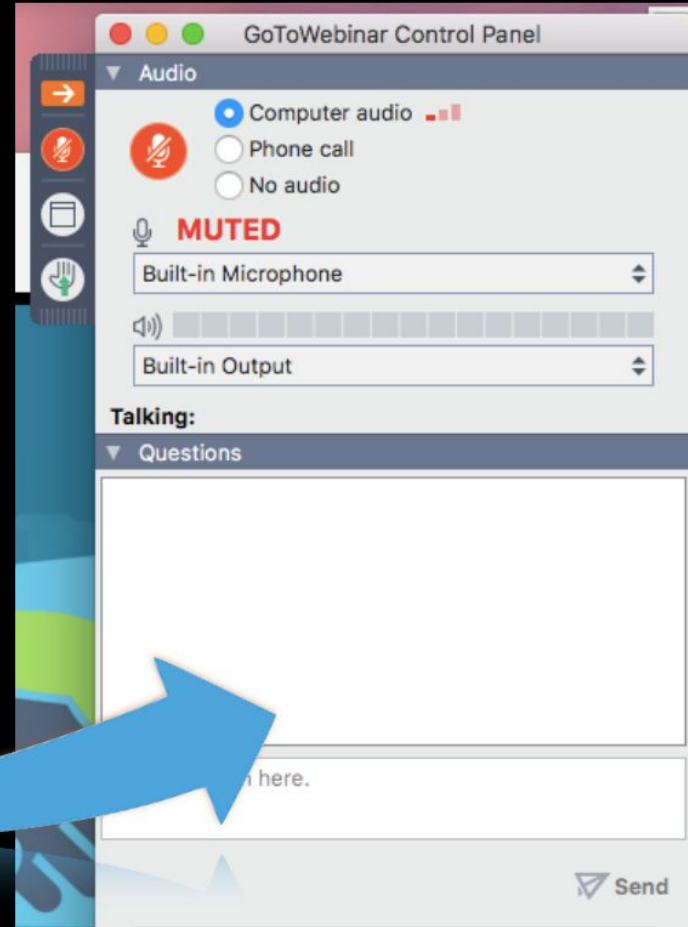
# **I/DD and Mental Illness: What to Look for and How to Get Help**



New Jersey Self-Advocacy Project's Stay Healthy at Home Series

Alison O'Connor, PsyD, BCBA  
May 18, 2021

TYPE YOUR  
QUESTIONS,  
COMMENTS,  
FEEDBACK  
IN THE  
**QUESTIONS**  
**BOX**



# Hello



Dr. Alison O'Connor

- Licensed psychologist
- Board certified behavior analyst
- Specialize in ***dual diagnosis***
- The Arc, Ocean County Chapter
- Rutgers, RWJ Medical School
- Private practice

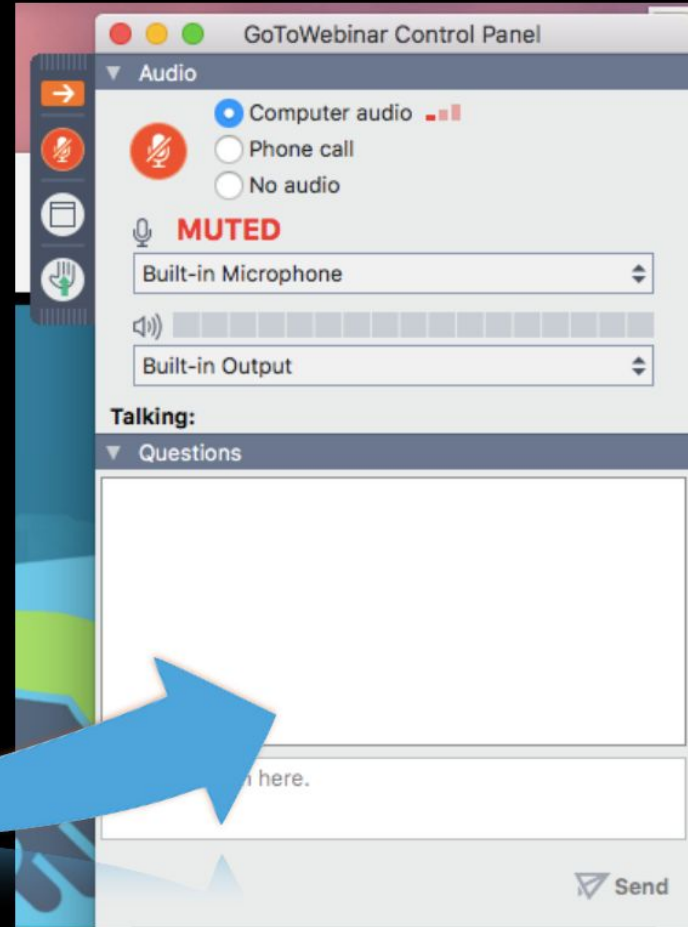
# Outline for Today



- What is mental illness?
- Why does it happen?
- When should I get help?
- What does help look like?
- How do I get help?

**\*\*Warning: We will talk about some hard topics today\*\***  
**\*\*noise\*\***

TYPE YOUR  
QUESTIONS,  
COMMENTS,  
FEEDBACK  
IN THE  
**QUESTIONS**  
**BOX**



# Dual Diagnosis

- When someone with an I/DD also has a **mental illness**
- So... what is mental illness?
- Have you heard of any examples?



# Mental Illness

- Can also be called a psychiatric disorder, mental condition, mental health condition, mental disorder, **have you heard of other names?**
- Mental illnesses can affect our
  - Thoughts
  - Feelings & Sensations
  - Actions & Behaviors
- Mental illnesses **interrupt our lives**



# Mental Illness ... Why?

- Relationships
- Coping styles
- Genetics
- Chemicals in the brain
- Trauma
- Support system
- Life stage
- ?





# Thoughts

I can't do it

I give up

I failed

This isn't real

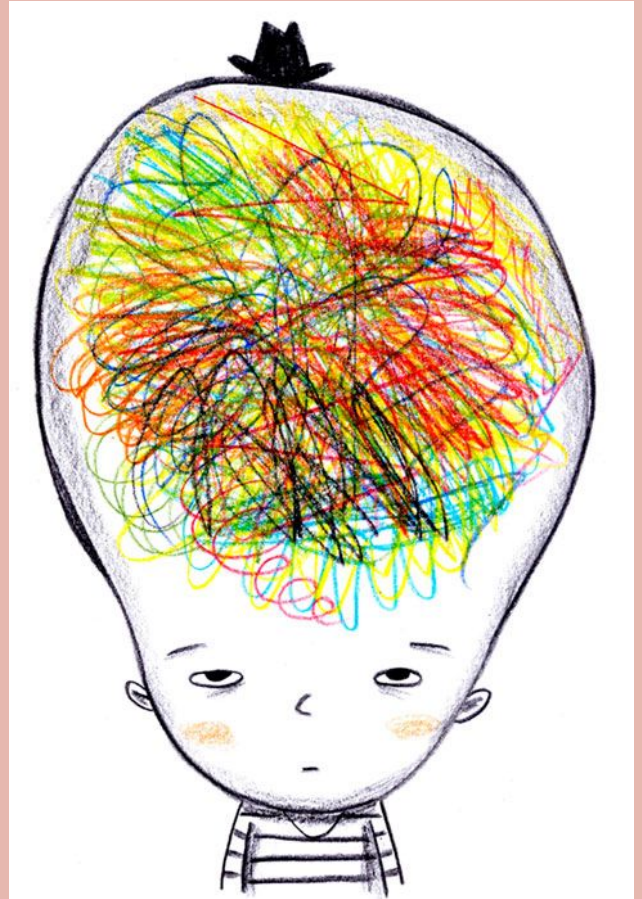
I hate my body

No one likes me

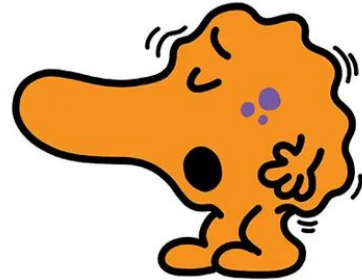
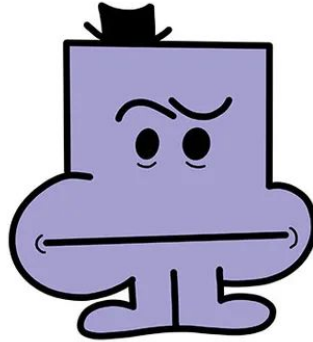
I have to leave

I'm in danger

I can't stop

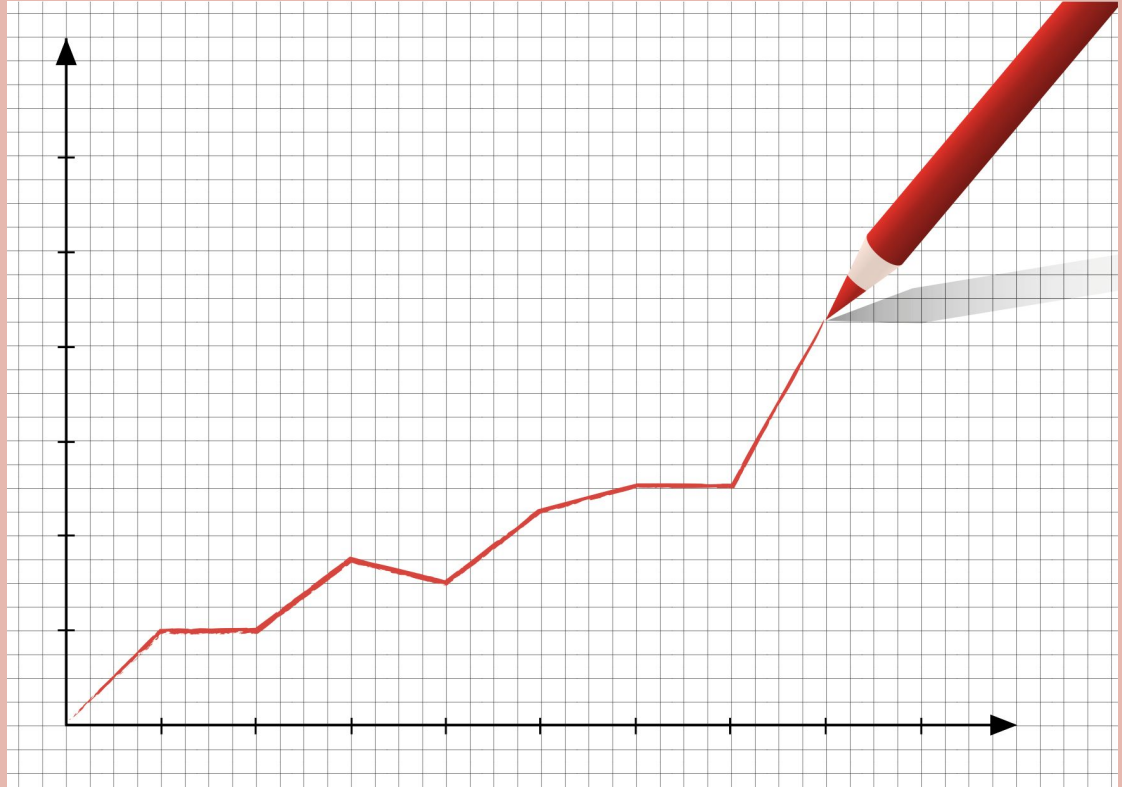


# Feelings & Sensations



# Behavior

- Eating
- Sleeping
- Talking
- Moving
- ?
- ?
- ?
- 



# Getting Help Can Be Hard!

- Lack of resources, awareness, \$
- Other-referred, visible behaviors
- *Diagnostic Overshadowing*
- Clinician preparation



# What Can Help Look Like?



# Intake Interview



- You should feel safe and respected
- Confidentiality, guardianship, informed consent
- What is therapy?
- Explain how you see “the problem,” how your support person sees it
- Therapist will investigate symptoms *and* coping skills and how you see yourself
- You can ask any questions you have
- Therapist will propose initial treatment plan

# Treatment Plan

- Therapeutic Need?
- Other needs? Referrals...
  - Medication, medical concerns
  - Environment
  - Social system
  - Work, day program
  - Post-HS vulnerability!



# Psychotherapy

“Expressing emotion in therapy involves not venting but rather engaging the body in enactments that promote the internal sensing of one’s own action and a form of symbolizing in action ... Putting one’s body where one’s mouth is helps overcome avoidance of experience, undoes muscular constriction, and generates neurochemical changes, and all of these change self-regulation and interactions.” - Greenberg, 2012





# Psychotherapy

Is...

Isn't...

# Psychotherapy

## Is...

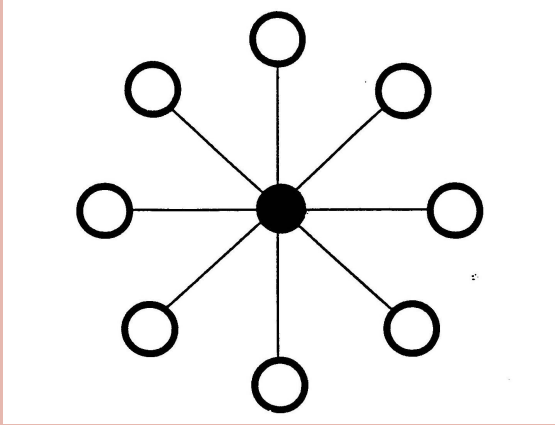
- **One tool**
- **Sometimes hard or painful**
- **A collaboration**
- **A kind of practice**
- **A safe place to be accepted**
- **Non-judgmental**

## Isn't...

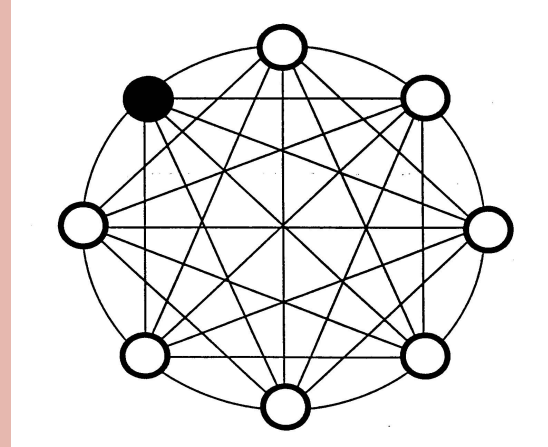
- **A quick fix**
- **Easy**
- **Giving someone rules**
- **Giving someone advice**
- **A punishment**

# Group Therapy

## Social Skills Training Model



## Group Therapy Model



“By the crowd they have been broken,  
by the crowd they shall be healed.”

- Cody Marsh

# Group Therapy

- Can teach us
  - Acceptance
  - Hope
  - Universality
  - Self-understanding
  - Modeling
  - Guidance
  - Altruism



# What Makes a Good Therapist?



# What Makes a Good Therapist?

- Form relationships with range of clients, help them accept help (Wampold, 2013)
- Warm
- Accepting
- Empathetic
  - What are you feeling?
  - What are you processing?



# Help



# Help

- **The Arc, Ocean County Chapter**  
732-363-3335 x157
- **The Arc of Monmouth**  
732-493-1919 x888
- The Arc of NJ -- **SELF-ADVOCACY PROJECT!**
- **CPC Behavioral Health** [www.cpcbehavioral.org](http://www.cpcbehavioral.org)
- Your primary care **doctor**
- Your **support coordinator**





# Help

National Association for the Dually Diagnosed

[www.thenadd.org](http://www.thenadd.org)

[pid.thenadd.org](http://pid.thenadd.org)



Trinitas Regional Medical Center  
Dual Diagnosis Inpatient Unit  
Integrative Service Delivery Team



CARES (Crisis Assessment Response & Enhanced Services)

1-888-393-3007

A close-up photograph of a pink lotus flower in full bloom. The petals are layered and have a soft, delicate texture. The center of the flower is a pale yellow. The background is a blurred, muted green. The text "Thank You" is centered over the flower in a bold, white, sans-serif font.

**Thank You**

# References

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5<sup>th</sup> ed.). Arlington, VA: American Psychiatric Publishing.

Bertelli, M. O., Salvador-Carulla, L., Scuticchio, D., Varruciu, N., Martinez-Leal, R., Cooper, S., ... Walsh, C. (2014). Moving beyond intelligence in the revision of ICD-10: specific cognitive functions in intellectual developmental disorders [Letter to the editor]. *World Psychiatry, 13*, 93-94.

Bethay, J. S., Wilson, K. G., Schnetzer, L. W., Nassar, S. L., & Bordieri, M. J. (2013). A controlled pilot evaluation of acceptance and commitment training for intellectual disability staff. *Mindfulness, 4*(2), 113-121.

Bhaumik, S., Tyrer, F. C., McGrother, C., & Ganghadaran, S. K. (2008). Psychiatric service use and psychiatric disorders in adults with intellectual disability. *Journal of Intellectual Disability Research, 52*, 986-995.

Buntinx, W. H. E. & Schalock, R. L. (2010). Models of disability, quality of life, and individualized supports: implications for professional practice in intellectual disability. *Journal of Policy and Practice in Intellectual Disabilities, 7*, 283-294.

Cooper, J. O., Heron, T. E., & Heward, W.L. (2007). *Applied Behavior Analysis*. Upper Saddle River, N.J.: Pearson/Merrill Prentice Hall.

Creswell, D. J., Pacilio, L. E., Lindsay, E. K., & Brown, K. W. (2014). Brief mindfulness meditation training alters psychological and neuroendocrine responses to social evaluative stress. *Psychoneuroendocrinology, 44*, 1-12.

Dane, E. & Brummel, B. J. (2014). Examining workplace mindfulness and its relations to job performance and turnover intention. *Human Relations, 67*, 105-128.

Davis, D. M. & Hayes, J. A. (2011). What are the benefits of mindfulness? A practice review of psychotherapy-related research. *Psychotherapy, 48*, 198-208.

# References

- Dekker, M. C. & Koot, H. M. (2003). DSM-IV disorders in children with borderline to moderate intellectual disability: prevalence and impact. *Journal of the American Academy of Child and Adolescent Psychiatry*, 42, 915-922.
- de Ruiter, K. P., Dekker, M. C., Verhulst, F. C., & Koot, H. M. (2007). Developmental course of psychopathology in youths with and without intellectual disabilities. *Journal of Child Psychology and Psychiatry*, 48, 498-507.
- Eisenhower, A. S., Baker, B. L., & Blacher, J. (2005). Preschool children with intellectual disability: syndrome specificity, behaviour problems, and maternal well-being. *Journal of Intellectual Disability Research*, 49, 657-671.
- Emerson, E. (2003). Prevalence of psychiatric disorders in children and adolescents with and without intellectual disability. *Journal of Intellectual Disability Research*, 47, 51-58.
- Fletcher, R. E., Barnhill, J. & Cooper, S. (Eds.). (2018). *Diagnostic manual- intellectual disability: A textbook of diagnoses of mental disorders in persons with intellectual disabilities*. National Association for the Dually Diagnosed.
- Grabovac, A. D., Lau, M. A., & Willett, B. R. (2011). Mechanisms of mindfulness: A Buddhist psychological model. *Mindfulness*, 2, 154-166.
- Harper, S. K., Webb, T. L., & Rayner, K. (2013). The effectiveness of mindfulness-based interventions for supporting people with intellectual disabilities: A narrative review. *Behavior Modification*, 37, 431-453.
- Hurley, A. D., Folstein, M. F., & Lam, N. (2003). Patients with and without intellectual disability seeking outpatient psychiatric services: Diagnoses and prescribing patterns. *Journal of Intellectual Disability Research*, 47, 39-50.
- Khoury, B., Sharma, M., Rush, S. E., & Fournier, C. (2015). A mindfulness-based stress reduction for healthy individuals: A metaanalysis. *Journal of Psychosomatic Research*, 78, 519-528.

# References

- Maulik, P. K., Mascarenhas, M. N., Mathers, C. D., Dua, T., & Saxena, S. (2011). Prevalence of intellectual disability: a meta-analysis of population-based studies. *Research in Developmental Disabilities, 32*, 419-436.
- Minor, H. G., Carlson, L. E., Mackenzie, M. J., Zernicke, K., & Jones, L. (2006). Evaluation of a mindfulness-based stress reduction (MBSR) program for caregivers of children with chronic conditions. *Social Work in Health Care, 43*, 91-109.
- Razza, N. J., Schwartz Dayan, L., Tomasulo, D. J. & Ballan, M. S. (2014). Intellectual disability and mental health: Is psychology prepared?. *Advances in Mental Health and Intellectual Disabilities, 8*, 381-389.
- Razza, N. J. & Tomasulo, D. J. (2005). *Healing trauma: The power of group treatment for people with intellectual disabilities*. Washington, DC: American Psychological Association.
- Salvador-Carulla, L., Reed, G. M., Vaez-Azizi, L. M., Cooper, S., Martinez-Leal, R., Bertelli, M., ... Saxena, S. (2011). Intellectual developmental disorders: towards a new name, definition and framework for “mental retardation/intellectual disability” in ICD-11 [Special article]. *World Psychiatry, 10*, 175-180.
- Schalock, R. L., Borthwick-Duffy, S. A., Bradley, V. J., Buntix, W. H., Coulter, D. L., Craig, E. M., ... & Shogren, K. A. (2010). *Intellectual disability: Definition, classification, and systems of supports*. Washington, DC: American Association on Intellectual and Developmental Disabilities.
- Singh, N. N., Wahler, R. G., Adkins, A. D., Myers, R. E., & Mindfulness Research Group. (2003). Soles of the feet: A mindfulness-based self-control intervention for aggression by an individual with mild mental retardation and mental illness. *Research in Developmental Disabilities, 24*(3), 158-169.
- Singh, N. N., Lancioni, G. E., Winton, A. S. W., Curtis, W. J., Wahler, R. G., Sabaawi, M., ... McAleavey, M. (2006a). Mindful staff increase learning and reduce aggression in adults with developmental disabilities. *Research in Developmental Disabilities, 27*, 545-558.

# References

- Singh, N. N., Lancioni, G. E., Winton, A. S. W., Fisher, B. C., Wahler, R. G., McAleavey, K., ... Sabaawi, M. (2006b). Mindful parenting decreases aggression, noncompliance, and self-injury in children with autism. *Journal of Emotional and Behavioral Disorders, 14*, 169-177.
- Singh, N. N., Lancioni, G. E., Winton, A. S., Adkins, A. D., Wahler, R. G., Sabaawi, M., & Singh, J. (2007a). Individuals with mental illness can control their aggressive behavior through mindfulness training. *Behavior Modification, 31*(3), 313-328.
- Singh, N. N., Lancioni, G. E., Joy, S. D. S., Winton, A. S., Sabaawi, M., Wahler, R. G., & Singh, J. (2007b). Adolescents with conduct disorder can be mindful of their aggressive behavior. *Journal of Emotional and Behavioral Disorders, 15*(1), 56-63.
- Singh, N. N., Lancioni, G. E., Winton, A. S., Singh, A. N., Adkins, A. D., & Singh, J. (2009). Mindful staff can reduce the use of physical restraints when providing care to individuals with intellectual disabilities. *Journal of Applied Research in Intellectual Disabilities, 22*(2), 194-202.
- Singh, N. N., Lancioni, G. E., Winton, A. S. W., Singh, J., Singh, A. N., Adkins, A. D., & Wahler, R. G. (2010). Training in mindful caregiving transfers to parent-child interactions. *Journal of Child and Family Studies, 19*, 167-174.
- Singh, N. N., Lancioni, G. E., Winton, A. S. W., Karazsia, B. T., Singh, J. (2013). Mindfulness training for teachers changes the behavior of their preschool students. *Research in Human Development, 10*, 211-233.
- Sternberg, R. J., Grigorenko, E. L., & Bundy, D. A. (2001). The predictive value of IQ. *Merrill-Palmer Quarterly, 47* (1), 1-41.
- Whitebird, R. R., Kreitzer, M., Crain, A. L., Lewis, B. A., Hanson, L. R., & Enstad, C. J. (2012). Mindfulness-based stress reduction for family caregivers: A randomized controlled trial. *The Gerontologist, 53*, 676-686.
- Williams, M. & Penman, D. (2011). *Mindfulness: An eight-week plan for finding peace in a frantic world*. New York: Rodale.
- Wolf, C., & Serpa, J. G. (2015). *A clinician's guide to teaching mindfulness: The comprehensive session-by-session program for mental health professionals and health care providers*. Oakland, CA: New Harbinger Publication, Inc.

# References

- Baker, D. J., & Blumberg, E. R. (Eds.). (2013). *Mental health and wellness supports for youth with IDD*. Kingston, NY: NADD Press.
- Bouras, N., & Holt, G. (Eds.). (2007). *Psychiatric and behavioural disorders in intellectual and developmental disabilities*. New York: Cambridge University Press.
- Fletcher, R., Loschen, E., Stavrakaki, C., & First, M. (Eds.). (2007). *Diagnostic Manual -- Intellectual Disability (DM-ID): A textbook of diagnosis of mental disorders in persons with intellectual disability*. Kingston, NY: NADD Press.
- Griffiths, D. M., Stavrakaki, C., & Summers, J. (Eds.). (2002). *Dual diagnosis: An introduction to the mental health needs of persons with developmental disabilities*. Ontario, Canada: Habilitative Mental Health Resource Network.
- Mansell, S., & Sobsey, D. (2001). *Counseling people with developmental disabilities who have been sexually abused*. Kingston, NY: NADD Press.
- Matson, J. L., Belva, B. C., Hattier, M. A., & Matson, M. L. (2012). Scaling methods to measure psychopathology in persons with intellectual disabilities. *Research in Developmental Disabilities, 33*(2), 549-562.
- Razza, N. J., Dayan, L. S., Tomasulo, D., & Ballan, M. S. (2014). Intellectual disability and mental health: Is psychology prepared? *Advances in Mental Health and Intellectual Disabilities, 8*, 381-389.
- Razza, N. J., & Tomasulo, D. J. (2005). *Healing trauma: The power of group treatment for people with intellectual disabilities*. Washington, DC: American Psychological Association.
- Razza, N. J., & Sobsey, D. (2013). Children with intellectual and developmental disabilities: Care in the aftermath of trauma. *The Intersection of Child Welfare and Disability: Focus on Children, 22-23*.
- Strohmer, D.C., & Prout, H. T. (Eds.). (1994). *Counseling & psychotherapy with persons with mental retardation and borderline intelligence*. Brandon, VT: Clinical Psychology Publishing Company, Inc.
- Tomasulo, D. J., & Razza, N. J. (2009). Empirical validation of IBT for clients with intellectual disabilities. *Group Therapy & Group Psychotherapy, 19*, 6-8.
- Tomasulo, D. J., & Razza, N. J. (2006). Group psychotherapy for people with intellectual disabilities: The interactive-behavioral model. *Journal of Group Psychotherapy, Psychodrama, and Sociometry, 59*, 85-93.