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Webinar

Mental Health and Intellectual Disability: An interdisciplinary panel discussion

Tuesday 14th June 2011

“Working together. Working better.”

Supported by The Royal Australian College of General Practitioners, the Australian Psychological Society, the Australian College of Mental Health Nurses and The Royal Australian and New Zealand College of Psychiatrists

This webinar is hosted by



- A Commonwealth funded project supporting the development of sustainable interdisciplinary collaboration in the local primary mental health sector across Australia
- Currently supporting approx. 500 local interdisciplinary mental health networks
- For more information or to join a local network visit www.mhpn.org.au

This webinar is presented by



Panel

- Christine Regan
- Prof Nick Lennox
- Assoc Prof Keith McVilly
- Assoc Prof Julian Trollor

Facilitator

- Dr Michael Murray

Learning Objectives



At the end of the session participants will:

- *Recognise the key principles for effective diagnosis and management of mental health issues for people with intellectual disability*
- *Recognise the challenges and opportunities of interdisciplinary collaboration in the provision of mental health services for people with intellectual disability*

To find out more about your discipline's CPD recognition visit www.mhpn.org.au

Session outline



The webinar is comprised of two parts:

- Facilitated interdisciplinary panel discussion
- Question and answers fielded from the audience

Session ground rules

- The facilitator will moderate the panel discussion and field questions from the audience
- Submit your question/s for the panel by typing them in the message box to right hand side of your screen
- If your specific question/s is not addressed or if you want to continue the discussion, feel free to participate in a post-webinar online forum on MHPN Online
- Ensure sound is on and volume turned up on your computer
- Webinar recording and PowerPoint slides will be posted on MHPN's website within 24 hours of the live activity
- For further technical support call **1800 733 416**



Paul Hodges *Not titled (ship and coastline)*, 2010 ink on paper 35 x 50cm
Courtesy of the artist and Arts Project Australia

Consumer/ carer perspective



Christine Regan

Poor awareness:

- There is very poor understanding about mental illness amongst people with intellectual disability and their families and loved ones. Often disability support workers do not recognise or acknowledge mental illness in service users with intellectual disability.

Significant existing issues:

- Carers and families will be worried that yet another issue has arisen for their person with intellectual disability and that this may result in a loss of supports now and into the future.

No or little support:

- Almost one third of people with disability do not have the support of significant others / carers / loved ones and this proportion is growing.

Consumer/ carer perspective



Christine Regan

Impact of multiple systems (disability, medical health, mental health)

- and consequent issues with trying to seek diagnosis and treatment

Mental Health Professionals can assist by:

- raising awareness: reaching out to local carer networks and disability services, explaining about mental health issues and how to engage with the local system
- accessing the system by a carer or worker: providing welcoming environment, affirming the inquiry, explaining the steps, understanding the person's existing non-health challenges and concerns
- being flexible in treatment options to coordinate with essential non-health supports to the person

GP perspective



Prof Nick Lennox

Cheryl

1. Her mental health
2. Her grief & future concerns
3. Advocacy

GP perspective



Prof Nick Lennox

Kyle

1. Context is all
2. Mental health
3. Physical health

GP perspective



Prof Nick Lennox

The systems

1. Need an advocate/key person & collaboration with others in addition to the family improve mental health & disability care
2. Need clear potential diagnosis and understanding of interaction with environmental factors



Assoc Prof Keith McVilly

Psychologist perspective

Contemporary Frameworks to Inform Assessment and Intervention

- The social model understanding of “disability”
- World Health Organisation – ICF
- Bio-Psycho-Social Model
- American Association on Intellectual & Developmental Disability (AAIDD) Model
- Person-centered approaches
(vs Practitioner driven approaches)

Psychologist perspective



Assoc Prof Keith McVilly

What does the research tell us about intervention approaches that work?

- Multi-element systemic intervention
(e.g., Person Centred Planning; Positive Behaviour Support; Active Support)
- Counter-intuitive Strategies
(e.g. high density, non-contingent reinforcement; avoid natural consequences; do not ignore behaviour; remove punishment; & use 'strategic capitulation')
- Sensory, alternative environments and activity based interventions
- Low arousal (demand reduction) techniques
- Cognitive Behavioural Therapy
- Mindfulness techniques
- Intensive Interaction & psycho-social developmental techniques

Psychologist perspective

Assessment, Formulation and Intervention Planning



Assoc Prof Keith McVilly

- Ethical considerations, including consent (working with the person, families, advocates & Guardians)
- Intellectual ability, Adaptive behaviour, Maladaptive behaviour, personality, self-concept (working with psychologists)
- Mental health (working with Psychiatrists)
- Physical health (working with GPs, Nurses, Physios and Dieticians)
- Communication (working with Speech Pathologists)
- Sensory & Access considerations (Working with OTs)
- Social & Interpersonal issues (working with Social Workers)
- Organisational issues (working with direct support workers, managers, case managers and policy makers)



Assoc Prof Keith McVilly

Psychologist perspective

Intervention & Evaluation

- SMART Goals
- Recording systems
- Written Plans
- Education & Training
- Modelling
- Mentorship & Coaching
- Capacity building
- Reflective Practice & Revision

Psychiatrist perspective



Assoc Prof Julian Trollor

Making sense of the presenting symptoms

- Clarifying symptoms
- Considering symptoms in context
- Prioritising 'investigations'

Psychiatrist perspective



Assoc Prof Julian Trollor

Specific Issues

- Interaction between environment, behaviour and mental health
- Life stage
- Tolerating ambiguity

Psychiatrist perspective



Assoc Prof Julian Trollor

Broader Issues

- Engaging mental health services
- Siloing of expertise
- Support for family carers



Dorothy Berry, *Elizabeth Taylor*, 2010 pastel on paper 58 x 47
Courtesy of the artist and Arts Project Australia

Thank you for your participation



- Please complete the exit survey before you log out
- Each participant will be sent a link to online resources associated with this webinar within 24 hours
- To continue the interdisciplinary discussion on mental health and intellectual disability please go to the online forum on MHPN Online
- The next MHPN webinar, Psychosis: Working Together, Working Better, will be held on Tuesday 5th July 2011 at 6.30pm.
- For more information about MHPN networks and online activities visit www.mhpn.org.au

**Thank you for your contribution and
participation**

