

Improving Mental Health Care Access: Successfully Including Patients with Intellectual and Developmental Disabilities (I/DD)

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Defining Disability: Social Model

Disability is the inability to participate in activities fully due to the barriers posed by society's ableist environment.



Disability Prevalence

Intellectual and Developmental
Disabilities

1 ~ 3 %

Population Research is
Lacking



Disability and Mental Health

National Level

Lack of systematic effort being made to improve access to and quality of mental health care

(e.g., National Council on Disability, 2022)



Patients delay getting care, or never pursue care

(e.g., Kaye, 2019; OSAC, 2022)



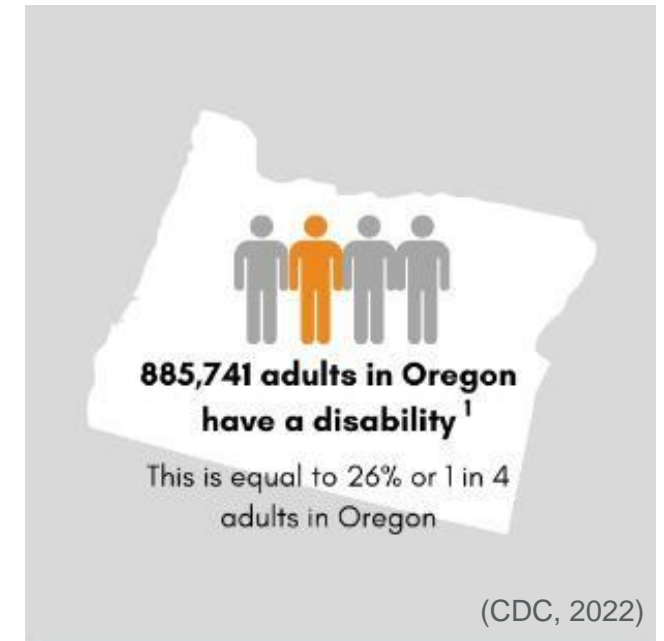
Common mental health challenges are missed

(e.g., Krahn et al., 2015)



47% of those living with a disability have depression

Oregon Spotlight



Access and Care Barriers

People with I/DD

- Don't feel heard (OSAC, 2022)
- Hard to navigate the healthcare system (e.g., Whittle, Fisher, Reppermund, & Trollor, 2019)
- Fight to overcome assumptions (OSAC, 2022)



Mental Health Providers

- Feelings of abandonment (e.g., Chemerynska et al., 2022)
- Lack of help with the healthcare system (e.g., Ee, Rose, & Stenfert Kroese, 2022)
- Hard to advocate for help (e.g., Chemerynska et al., 2022)



Training Goals



Improve access through increasing provider confidence

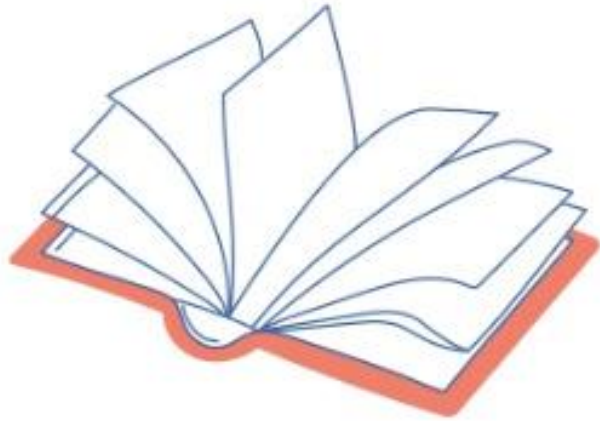


Increase commitment that all mental health care professionals should serve people with I/DD



Provide resources, tools, and additional training opportunities to participants

Research Integration



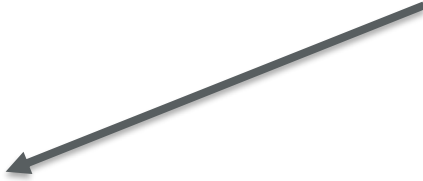
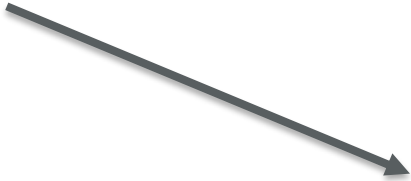
Input from People with I/DD



Input from Mental Health Professionals

Literature Review

Training



Input from People with I/DD



OSAC: “We are humans, just like you. We might just do things differently. Learn about communicating. Clarify, clarify, clarify.”

Training Model

Disability Competence

I/DD Perspective Inclusion

Resource Sharing

Training Model: Disability Competence



Accessibility

Inclusivity

Communication

Communication Tips

**“Did I
hear you
correctly
when you
said ___?”**



**“I heard you say _____. Is
that right?”**

Tips for Improving Communication

- Be creative, flexible, and patient when finding a communication method that works
- Repeat information back to patients to confirm you fully understanding of what they're saying

Training Model: I/DD Inclusion

Pre-Training

- Input from OSAC
- Input from partners in the I/DD community
- Co-trainer helped develop training



Kelly McCauley
Self Advocate

During Training

- Co-trainer with I/DD
- Co-trainer that has experience with barriers in mental health care access



Advocate Experience



Kelly: “It’s helpful when providers take the time to ask about what makes a crisis better or worse.”

Training Model: Resources & Tips

Helped providers get connected with resources

Offered tips to help address barriers associated with I/DD



University Center for Excellence in Developmental Disabilities

IMPROVING MENTAL HEALTH CARE ACCESS: TOOLS AND RESOURCES

DISABILITY AND INCLUSION

- *Trainings*
 - [MHDD: Intellectual Disability 101](#)
 - [MHDD: Autism 101](#)
- *Guides, Toolkits, and Fact Sheets*
 - [Disability and Inclusivity Best Practices](#)
 - [Access to Care for Rural People with Disabilities Toolkit](#)



DIAGNOSTIC TOOLS AND CLINICAL RESOURCES

- *Trainings*
 - [MHDD: Adapting Psychotherapy 101](#)
 - [MHDD: Successful Biopsychosocial Assessment](#)
- *Articles*
 - [Co-Occurring Mental Illness and Developmental](#)



Pilot Evaluation Data

134 individuals attended the training



92 completed the online evaluation



87 requested CME or a Certificate of Completion

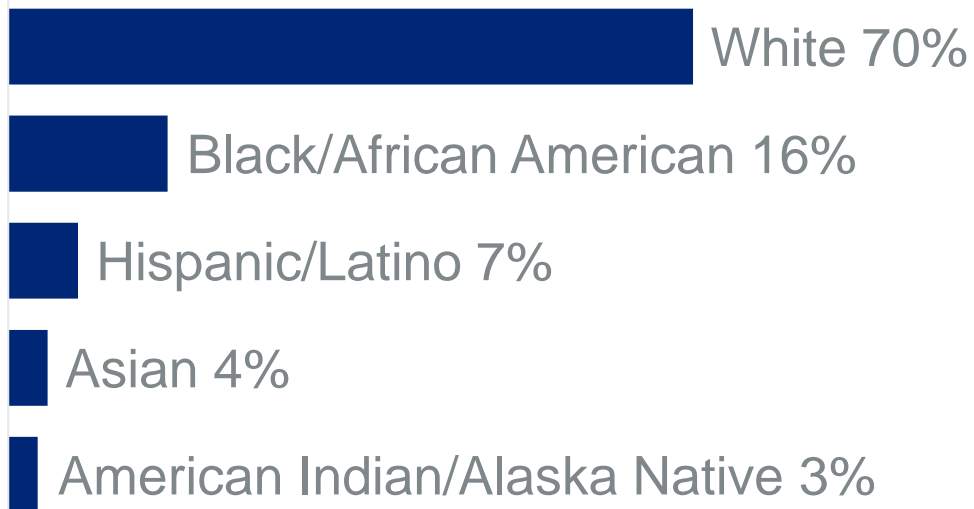


Participant Demographics

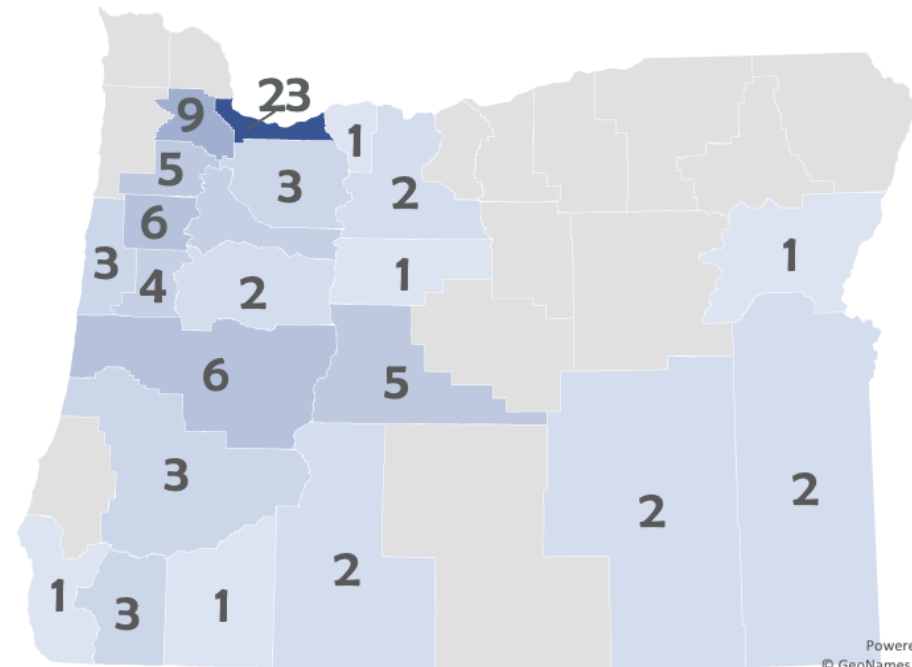
91% had personal or professional experience with disability

About 1 in 4 participants were mental health care providers

Race/Ethnicity



Participants joined the webinar from **24** Oregon counties.

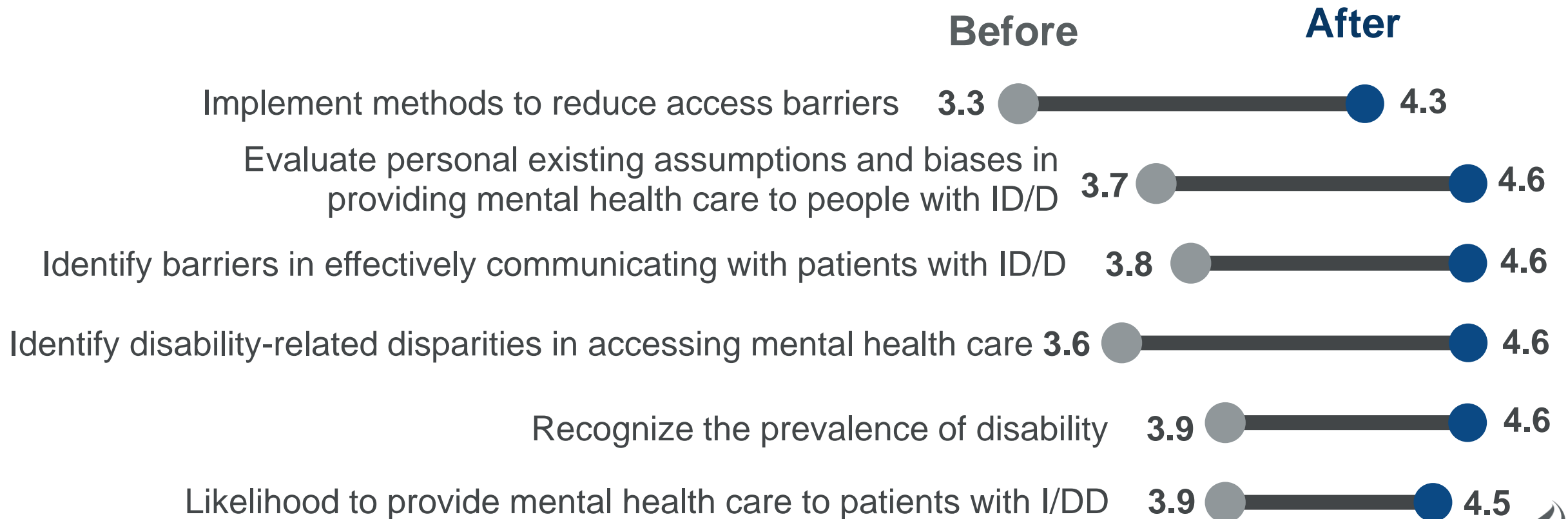


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Training Outcomes

Question: Please reflect on your knowledge and skills *BEFORE* taking this training, and *AFTER* taking this training. On a scale from 1 (Low) to 5 (High), how would you rate your ability to...



Knowledge and Strategy Building

Participants most frequently reported learning about new **resources** and **communication strategies**



Question: Did you learn new information and strategies that you can apply to your work or practice? If yes, what new information did you learn? What new strategies did you learn?

Suggested Improvements

36 participants provided a response to the prompt:

Please list any suggestions to improve this webinar training.

About 1/3 of these were positive comments such as “Thank you” or “None”



About 1/3 mentioned the technical difficulties accessing the Zoom meeting



About 1/3 mentioned more opportunities for interaction, such as breakout groups or additional discussion.



Future Directions

Include more of content desired by MH practitioners



Increase discussion of intersectionality



Include a greater variety of perspectives of people with I/DD



Strengthen opportunities for engagement, interaction, skills practice





Thank You!