

# Community Support Network 2023 ‘Virtual’ Transition Institute

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# Nichole Hastings

# What Helps, **What Harms** Discussion



**Claire & Nicole**

# Everyone's Mental Health Matters

**Dr. Brock Chisholm**, the first Director-General of the World Health Organization (WHO), was a psychiatrist and shepherded the notion that mental and physical health were intimately linked. He famously stated that **“without mental health there can be no true physical health”**.

It has been estimated that the rate of mental health conditions for those with IDD is two times higher than for the “general” population

# Defining the Issue

- Approximately **35%-45%** of people with developmental or intellectual disabilities also experience mental health challenges.
- Approximately **75%** of children on the Autism Spectrum experience mental health conditions.
- **Depression & anxiety** are two of the most frequently identified mental health conditions in people with IDD (also post traumatic stress).
- **Treatment practices** have yet to catch up with the reality that people with IDD live with serious mental health conditions.
- Too many systems of care for people with IDD continue to **focus on controlling and managing challenging behaviors** without adequate consideration of the potential for underlying mental health or medical conditions as the cause of the behavior.
- The focus of treatment has historically been developing **behavior management plans** to promote compliance or the **use of medications** to control the behaviors. In both cases the treatment is targeting the behavior and not the actual mental health or medical condition making recovery unlikely.
- **When individuals don't receive appropriate treatment for mental health conditions, crises can occur (even when appropriate services are available crises can develop).**
- **Important to look at the continuum of mental health services that are needed by people with IDD.**



# Key Resources

- Westchester County Crisis Prevention & Response Team (CPRT) 24/7 **914-925-5959**
- National Suicide & Crisis Lifeline **988**
- Westchester Mobile Crisis Response Teams (MCRT) **Police/911**
- The Living Room (HDSW) **914-396-9658**
- Hawthorne Foundation **914-486-4131**
- ARC Westchester **914-495-4592**
- Westchester Jewish Community Services **914-949-7699**  
**x455**



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