

Learning Resources in Support of Individuals with Developmental Disability and Mental Health

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Learning Resources in Support of Individuals with Developmental Disability and Mental Health

This material has been collated by [Addiction and Mental Health, Provincial Strategic Planning] in partnership with the Government of Alberta, Seniors, Community and Social Services, Persons with Developmental Disabilities.

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Building Competency

This collection of resources is devoted to developing stronger competency to better support adults with a Developmental Disability and Mental Health concerns

This collection of learning focused e-material and websites may be of interest to service providers or other supports. This collection is not exclusive or exhaustive, meant to be a starting point to find useful and relevant resources to better support adults with a Developmental / Intellectual Disability or Dual Diagnosis (have both a developmental disability and mental health concern).

Feel free to forward this information and contact AMH.WebRequests@ahs.ca to make a contribution, correction or suggested update to this collection.

World Health Organization – Key facts

- Over a billion people, about 15% of the world's population, have some form of disability.
- Between 110 million and 190 million adults have significant difficulties in functioning.
- Rates of disability are increasing due to population ageing and increases in chronic health conditions, among other causes.
- People with disabilities have less access to health care services and therefore experience unmet health care needs.

<http://www.who.int/news-room/fact-sheets/detail/disability-and-health>

Specialists and organizations

Experts regularly consulted for their important and excellent practices to better support individuals with a developmental disability and complex service needs.

Community Support Teams - Alberta Health Services & Government of Alberta

Clinicians working in partnership to help adults with an intellectual/ developmental disability and mental health concern/illness plus complex service needs.

Alberta Government, Community and Social Services – PDD (Persons with Developmental Disabilities) Program

PDD helps adults with developmental disabilities get services to live as independently as possible in their community.

Nuts and Bolts of Healthcare Toolkit is a collection of resources to support health care delivery.

Health Care Access Research and Developmental Disabilities (H-CARDD)

is a team of scientists, clinicians, service providers, policy makers and people with developmental disabilities work together to improve the health and health care of adults with developmental disabilities.

Surrey Place (Ontario) is an online hub of resources dedicated to helping mental health outcomes for individuals with developmental disabilities.

Alberta Health Services, in partnership with the Government of Alberta, Disability Services – Persons with Developmental Disabilities (PDD) program, work in partnership to help adults with an intellectual and/or developmental disability and mental health concern/illness plus complex service needs receive the care they need through a coordinated and integrated support system.

[Supporting Positive Behaviour in Alberta Schools](#) This online resource provides information and strategies for providing intensive, individualized support and instruction to professionals for the small percentage of students requiring this level of intervention.

[YouTube Moment](#)
[Not Friends, Not Family - By](#)
[Dave Hingsburger](#)

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[Dr. Karyn Harvey](#), PhD has worked as a clinician in the field of intellectual disabilities for over 25 years and specializes in the area of Trauma Informed Care for individuals with a developmental disability. She regularly shares resources, her time and expertise with Alberta practitioners.

[Signs of Safety](#) is an innovative strengths-based, safety-organized approach to child protection casework.

e-Learning Products & Tools

[Trauma Informed Care and Practices eLearning – Alberta Health Services](#) Increase knowledge about trauma and the impact it has by creating connection, sharing knowledge and resources.

[Trauma Training Initiative | Alberta Health Services](#)

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[Open Future Learning](#) Short films and eLearning-based education created by collaborating with some of the most influential, revolutionary, and inspiring leaders and thinkers of our time. *membership required*

[Trauma Informed Care Collective](#) is a network of social service agencies in Calgary, Alberta, committed to promoting trauma-informed care throughout people-serving organizations including government agencies, community groups and more.

[Making Sense of Trauma | Making Sense of Trauma](#) will help you learn how to use a trauma-informed perspective to better understand the relational, neurobiological and developmental impact of trauma on children and youth.

[Access a Trauma-Informed Toolkit for Providers in the Field of Intellectual and Developmental Disabilities](#)

Free online learning opportunities to advance skills and knowledge:

- **[AHS Support Individuals with Intellectual Disabilities and Mental Illness eLearning course](#)**
- **[Positive Behaviour Supports for Children](#)**
- **[USA Mental Health Wellness training course for Individuals with Intellectual and Developmental Disabilities \(MHW-IDD\)](#)**
- **[Australia resource - Intellectual disability mental health e-Learning](#)**

Organizations dedicated to serving a developmental disability population

All Alberta based support organizations supporting individuals with developmental disabilities are members of one or more of the below organizations.

- **[ACDS \(Alberta Council of Disability Services\)](#)**
- **[Gateway Association](#)**

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- [Alberta Disability Workers Association \(ADWA\) – Your Professional Association](#)
- [Inclusion Alberta](#)
- [Albertans Advocating for Change Together](#)
- [Align Alberta](#)
- [The American Association on Intellectual and Developmental Disabilities \(AAIDD\)](#)
- [National Association for the Dually Diagnosed \(NADD\)](#)

Mental Health Specialty Resources

Individuals with a developmental disability are 40% likely to develop a mental health or addiction problem.

[Videos: Best Practices Series | CAMH](#) demonstrate common practice errors followed by strategies to improve medical encounters

[CAMH Book – Dual Diagnosis Guide \(online\)](#)

[CAMH Basic Education](#) is a free online education aimed at building awareness of basic mental health knowledge and understanding challenges and reducing stigma.

[University of Hertfordshire intellectual disability mental health information](#) is an ideal learning resource for medical, nursing and other healthcare students.

[Manual of Cognitive Behaviour Therapy for People with Mild Learning Disabilities and Common Mental Disorders © Camden & Islington NHS Foundation Trust and University College London, 2012](#) this manual describes the treatment of depression and anxiety disorders but have little to no experience with clients who have learning disabilities.

[Suicide Prevention, Risk Assessment & Management \(SPRAM\)](#)

[Columbia-Suicide Severity Rating Scale \(C-SSRS\)](#) The material is free and downloadable and provides tools for a specific population impacted by cognitive impairments.

[Community Mental Health Training Framework \(2019 Alberta\)](#)

[Green Light Toolkit](#) is a guide to auditing and improving your mental health service so that it is effective in supporting people with autism and people with learning disabilities

Addiction and Substance Use/Harm Reduction Resources

Best practices delivering Addiction treatment for an individual with a developmental disorder is continuing to emerge. Until a dedicated training resources is common practice all addiction treatment is delivered within mainstream addiction treatment.

[Alberta Health Services Harm Reduction Education](#) resources address different aspects of harm reduction practice and provide support and evidence for adopting a harm reduction approach.

[SMART Recovery](#) is a free self-help program for recovery from addictive behavior.

[ACDS Toolkit: Harm Reduction in Community Disability Services \(office.com\)](#) for Frontline Staff Involved with Harm Reduction Strategies and Services

[Alberta Family Wellness Initiative learning modules](#) provide a better understanding of a particular area of early brain and biological development and addiction research.

[Addiction related Learning opportunities – Alberta Addiction Providers Association](#)

The **www.Myhealth.alberta.ca** website is available as a resource to find help for any health related concern.

Free online learning opportunities to advance skills and knowledge:

- [PACES Training Provincial Addiction Curricula & Experiential Skills Training](#)
- [SHARP Foundation \(Calgary\) eLearning Resource \(Harm Reduction\)](#)
- [Drug Safe](#) to find vital information on reducing the harm of alcohol and other drugs

Specialty Population topics

Fetal Alcohol Spectrum Disorder (FASD)

[FASD training and education \(Alberta\)](#) Learn more about Fetal Alcohol Spectrum Disorder (FASD) through online training, videos and publications

[CANFASD](#)

- [Foundations in FASD](#) is a basic training course intended for the general public and all sectors of work. (further specific training available for a fee)

[POPFASD FASD learning](#) is a British Columbia Ministry of Education provincial resource program whose mandate is to increase educators' capacity to meet the learning needs of students with Fetal Alcohol Spectrum Disorder (FASD)

[Ontario Caregiver Curriculum: FASD](#)

Aging, Death and Dying & Dementia

[BC Patient Safety and Quality Council online Course: Talking End of Life ...with people with intellectual disability](#) Prevention, Screening, Diagnosis and Support for Persons with Developmental Disabilities who develop Dementia. Dedicated resources on how to talk with and teach people with intellectual disability about the end of life.

[Aging and Down Syndrome, A Health and Well-Being Guide](#) or [Aging and Down Syndrome: A Health & Well-Being Guidebook | National Down Syndrome Society \(NDSS\)](#)

YouTube Moment

[Myles Himmelreich - What Educators Need to Know](#)

Autism

[Geneva Centre - eLearning for Effective Intervention](#) (Free eLearning): A site dedicated to learning about Autism Spectrum Disorder

[Autism Canada](#) provides education, advocacy and support.

[Autism Spectrum Disorder | Kelty Mental Health](#) BC Children's Hospital offers a basic overview and information on autism.

Sexuality and relationships

[Home - Centre for Sexuality](#) offers a specialized and comprehensive program to create comfort and skill building around the topic of sexuality for staff who support people with developmental disabilities.

[The AHS Sexual Orientation, Gender Identity & Expression \(SOGIE\) Safer Places Toolkit](#)

[Sexual Health Services Alberta | TASCC](#) is a group of interdisciplinary professionals representing Alberta Health Services. We are committed to supporting healthy sexuality in Canadian communities and promoting healthy sexuality throughout the lifespan.

[Let's Get Real Website](#) has trained over 15,000 individuals since 2014 to discuss alcohol and the related risks with all women of childbearing age.

[ASPSH - Alberta Society for the Promotion of Sexual Health \(ASPSH\)](#) provides education and training opportunities for sexual health professionals, teachers, nurses, students, parents, and other individuals.

[Magnusmode App](#) is a free mobile app called MagnusCards®. It provides a fun, engaging approach that helps those with autism (and other adaptive learning needs) learn life skills, while building the confidence they need to live independently. Examples include, airport security training, bus training, social skill building.

[Kudoz](#) is an experience platform connecting people with and without disabilities to splendid things to do together.

Communication

[Communication Disabilities Access Canada \(CDAC\)](#) promotes communication accessibility and social inclusion for Canadians who have speech, language and communication disabilities.

[Intercultural Intelligence Handbook \(acds.ca\)](#) develop organizational capacity in the disability services sector to increase the engagement and effectiveness of a diverse workforce. Alberta Workforce Essential Skills Society (AWES) provides open source manuals and materials.

- [Train the Trainer Manual](#)
- [Handbook](#)

[Simple Connection, Stronger Families](#) is a set of tools to help build skills and protective factors, helping to increase resiliency. The materials are designed to be used as conversation tools when interacting with individual families or in small groups of families.

Supplementary areas of Learning and Development

- [Alberta Health Services \(AHS\) Addiction and Mental Health Information & Resources Website](#)
- [AHS Programs & Services by Zone links](#)
- [Indigenous Mental Health Program | Alberta Health Services](#)
- [AHS, Children, Youth, Family Caregiver Education](#)
- [AHS, Ergonomics Training - online training](#)
 - Musculoskeletal Injury (MSI) Prevention
 - Manual Materials Handling
 - It's Your Move: Annual Overview

- [AHS, Healthy Eating in the Community - Staff Training - Texture Modified Foods & Thick Fluids](#)
- [AHS \(MORE\) Mental Health Online Resources for Educators](#)

[Psychosocial Disaster Learning Series & Psychological First Aid Online](#) learning series will provide participants with a refresher to a disaster psychosocial approach known as Psychological First Aid (PFA).

[National Child Traumatic Stress Network and National Center \(NCTSN\) Online PFA Training](#) this PFA has been recommended for and appropriate to individual and group post-trauma care beyond the disaster and terrorism context.

[Information management and sharing education | Alberta.ca](#) online courses to understand how to share information based on privacy legislation and best practices.

[Social Work Career Online Learning Resource](#) offers free Mental Health Webinars for Social Workers and Providers in the field of social work and mental health.

[AHS Developmental Pathways](#) - Promoting evidence-based interventions in Addiction & Mental Health support healthcare providers in their practice with children, youth and their families experiencing addiction and mental health issues. Each of the 11 modules are ~two hours in length. **Topics include:**

1. Introduction to Developmental Pathways
2. Improving Engagement in Care
3. Stress and Resilience through the Lifespan
4. Being Attachment Informed
5. Understanding ACEs and Being Trauma Informed
6. Understanding Early Brain Development
7. Developmental Milestones and Mental Well-being
8. Executive Functioning and Self-Regulation
9. Being Recovery Oriented

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10. Infusing Culture and Equity

11. Motivational interviewing and Stages of Change

[AlbertaQuits \(healthiertogether.ca\)](https://healthiertogether.ca) is intended for healthcare providers or anyone supporting tobacco reduction.

[Alberta Health Services Chronic Disease Management Education](#) - Chronic diseases are conditions which are long-lasting, persistent, and often require special therapy, education and training for the individual with the chronic disease to maintain health

- [Diabetes Learning Module](#)
- [Chronic Pain Resources](#)
- [Person Centered Practice and Health Change® Methodology](#)
- [Obesity and Weight Management](#)

Accreditation

[Creating Excellence Together \(CET\)](#) administered through ACDS (Alberta Council of Disability Services) is the only accrediting body / standards in Alberta specifically created for Albertans with developmental disabilities developed in consultation with individuals with developmental disabilities, their families, guardians and staff

[Accreditation Canada Standards for an Intellectual and Developmental Disability population](#) standards are designed in partnership with clinicians, policy makers and patients and families to ensure they provide for effective health services and overall value.

Resources informing Best Practices

This snapshot of a collection of world and local activity, policy and practice resources were used to inform components within the Complex Needs Initiative (Dual Diagnosis and Developmental Disability Support) and formulation of the Alberta Community Support Teams. Material informing best practice is always evolving,

[A New Way Home – a personalized approach to leaving institutions NHS Guide \(UK\)](#)

2017 NHS England, ADASS, Local Government Association, 2015, Published by the Centre for Welfare Reform in association with Citizen Network

[A Core Capability Framework For working with people with intellectual disability and co-occurring mental health issues \(2017\)](#) Western Australian Mental Health

Commission

[Service provision framework: Multiple and Complex Needs Initiative \(December](#)

2016) *Multiple and Complex Needs Initiative (MACNI)* provides practice guidance to ensure the consistent and high-quality delivery of MACNI services across Victoria.

[Ontario Quality Assurance Measures Training](#)

[UK Learning Disability improvement standards for NHS trusts \(June 2018\)](#) standards are intended to help organizations measure quality of service and ensure consistency across the NHS in how we approach and treat people with learning disabilities, autism or both.

[UK National Health Service Long Term Plan released \(Jan 2019\)](#)

[Accessible Mental Health Services for People with an Intellectual Disability: A Guide for Providers](#)

[Consensus Statement on the Mental Health of Emerging Adults: Making Transitions](#)

[a Priority in Canada](#) – (2017), Changing Directions, Changing Lives: the Mental Health Strategy for Canada (Strategy), written and released by the Mental Health Commission of

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Canada (MHCC) in 2012, makes a number of recommendations for action on child and youth mental health.

[Foundations of Caregiver Support: Models of Care Final Report](#). PolicyWise for Children & Families. Edmonton, Alberta. Rousell, D., Scott, C., Salt, V., & Rewega, E. (2016).

[Health Status & Primary Care \(camh.ca\) Report](#)

[2016 - Ontario Ombudsman](#) Investigation into the Ministry of Community and Social Services' response to situations of crisis involving adults with developmental disabilities.

[Planning Guidelines for Mental Health and Addictions Services for Children, Youth and Adults with Developmental Disability \(gov.bc.ca\)](#): This document highlights the approach and principal recommendations for planning mental health and addiction services for children, youth and adults with developmental disabilities.

Contributors

The following people have assembled this collection of resources:

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