Dual Diagnosis and People with Developmental Disabilities

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Diverse Journeys

• Who we are
• SLS Services to People who Lived in Institutional Settings
• Most of our Clients have the Label of Challenging Behavior
• Most of our Clients Have a Dual Diagnosis
Dual Diagnosis

• People with Developmental Disabilities can also have a mental health diagnosis
• Families and People often deny the dual diagnosis as there is a great deal of stigma attached to a mental health label
• Dual Diagnosis is often missed as the behavior is attributed to the developmental disability
Typical Labels Associated with Mental Illness

- Depression
- Bi-Polar
- Schizophrenia
- Borderline Personality Disorder
- Obsessive Compulsive Disorder
- Anxiety Disorder
Recognize and document behavioral indicators of mental health issues

• First Get to know the individual very well
• Use Person Centered Planning tools to develop a thorough assessment. Find out what is typical behavior for this person
• Asking the key questions and Asking the Right People is Key
• Who do you ask- The People who know the Person Best
Examples of Person Centered Planning tools Questions

• Who is the Person?
• What are their Gifts?
• What are their Dreams for the Future?
• What are their Nightmares?
• What Works, What doesn’t work?
• Non-Negotiables
• Good Day, Terrible Day
More Typical PCP Questions

• What is the persons’ History
• Who are the People in this persons life
• Where are the Places this person likes to spend their time
• Communication Style
• Personal Safety
• Adaptive Skills
• General Health
• Behavioral/Mental Health
• Physical, Psychological and Social
Types of Planning Tools

- **MAPS**  Jack Pearpoint and Marsha Forest
- **PATH**   Jack Pearpoint, Marsha Forest and John O’Brien
- **Personal Futures Plan**  Beth Mount
- **Essential Lifestyle Planning**  Michael Smull
What are Typical Behaviors for this Person

• The Person Centered Plan has given you a solid understanding of the person. Now you have a Baseline

• What is Appropriate versus Inappropriate Behaviors for this person

• Is it a Developmental Disability Issue or a Mental Health Issue
Case Studies

• John- Autism and Anxiety Disorder
• Linda- Autism and Obsessive/Compulsive Disorder
• Charlene- Mild Mental Retardation and Schizophrenia
• Griffin- Traumatic Brain Injury and Psychotic Breaks
Documentation

- Identify Behaviors that are not Typical
- Document your Observations e.g. how is anxiety affecting this person, what is he doing
- How are the Activities of Daily Living being affected
Signs and Symptoms—What to look For

- Sleep
- Appetite
- Lethargy
- Behavior change
- Pressure of Speech
- Content of Speech
- Perceptions Skewed
- Coping Mechanisms Skewed
Activities of Daily Living

• Maintaining a safe environment
• Communication
• Expressing sexuality
• Working and Playing
• Sleeping
• Eating and drinking
• Personal Hygiene and Dressing
• Breathing
• Mobilizing
Documentation is Key for Proper Diagnosis

• Collect your date and observations
• Inform the Medical Doctor
• Ask for a Referral to a Psychiatrist
• Inform the Psychiatrist of your documented observations and data
• Psychiatrist will be able to diagnose based on your information, he or she may ask questions too for clarification make sure the right person is at this meeting
Cherie’s Story

• Cherie has the labels of Mild Mental Retardation, Fetal Alcohol Syndrome, Bi-Polar Disorder and Borderline Personality Disorder

• She prefers the label Cherie Creath
What we have Learned on Our Journey Together

• Trust is Key
• Relationship is Key
• Empowering
• Walking with People
• Never Give up on People
• Assume Competence
• Structure and Routine are Key
• Good Staff Training
• Clear Expectations
• Collaboration
• Regular Circle Meetings
• Management Only interfaces with Doctors and Psychiatrists
• It Takes a Village