

Dual Diagnosis and People with Developmental Disabilities

Laura Broderick, MS
Diverse Journeys, Inc

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