

DD-Informed Crisis Response

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Goals for Today

Review information on IDD related to the expression of psychiatric and behavioral presentations that may lead to a crisis response

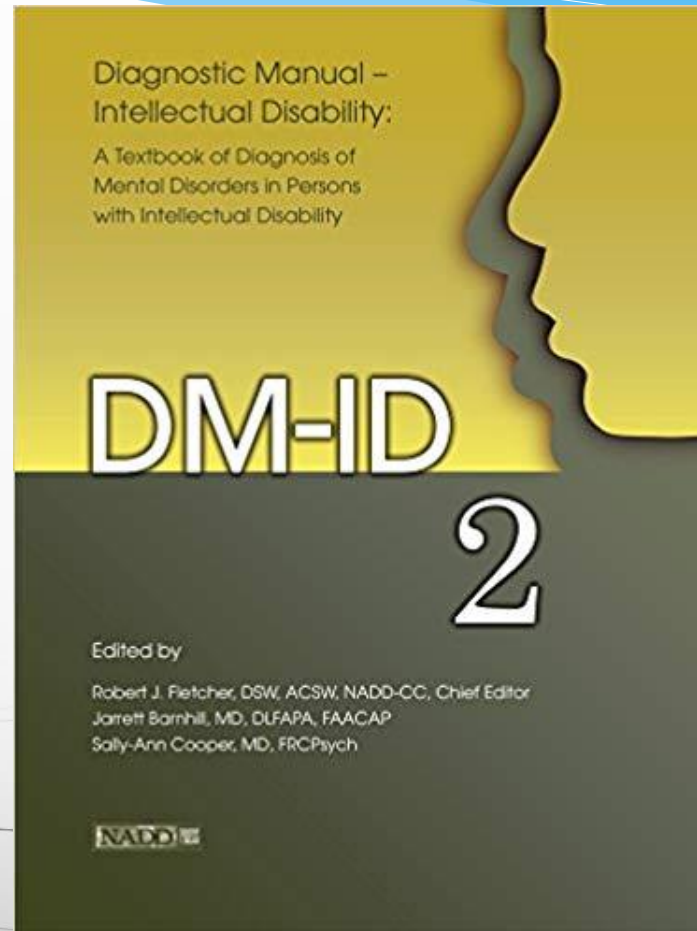
Improve your assessment skills when responding to a crisis in someone with IDD

Review some crisis response models for people with IDD

Scope of the Need



Scope of the Need



Predictors of Crisis

Individuals with IDD

- * **Loss of family member/caregiver**
- * **Moving; Changes in house or workmates**
- * **Younger age (adult)**
- * **Psychotic , Depression, SUD; multiple diagnoses**
- * **Mild or Borderline Intellectual Functioning**
- * **Trauma/Abuse**
- * **Changes in staff/loss of favorite**
- * **New Medication or medication changed**
- * **Recent Hospitalizations**

Intellectual Disability



**INCREASED STRESSORS + LOW RESILIENCE =
DECOMPENSATION & CRISIS**

Personal and System Factors



THERE'S NOTHING WORSE THAN SOMEONE SAYING, "JUST SNAP OUT OF IT."

Melissa Getty



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Down Syndrome



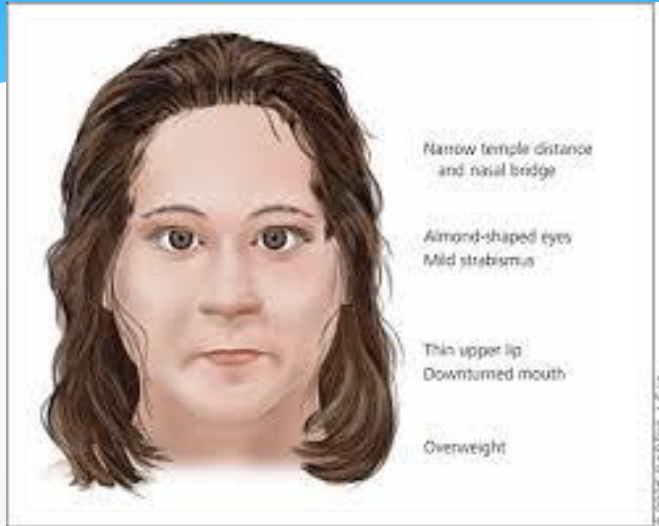
Autism



Always
Unique
Totally
Interesting
Sometimes
Mysterious



Other Syndromes



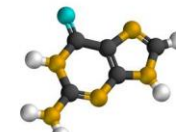
Lesch Nyhan Syndrome

ePainAssist.com

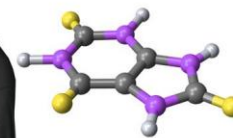
The main areas affected in Lesch Nyhan Syndrome are the neurological functioning, behavioral and cognitive abilities and excess uric acid or hyperuricemia.



Guanosine 5'-Monophosphate



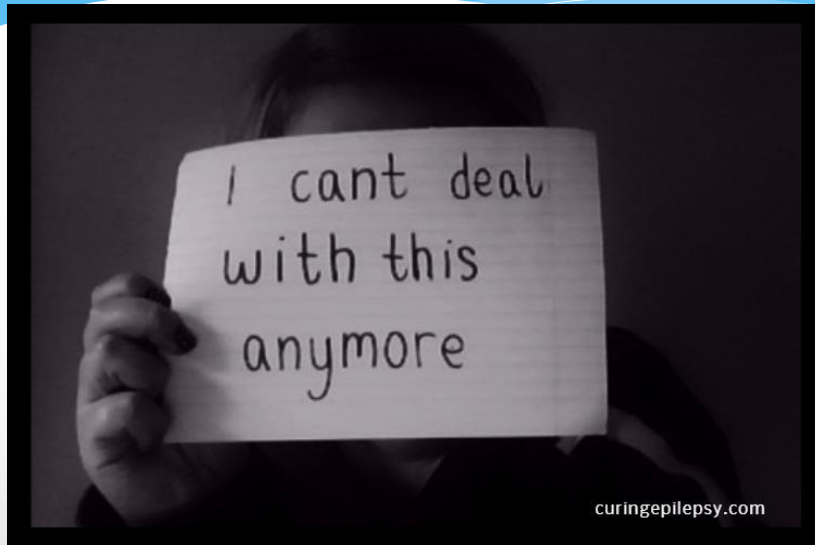
Guanine



Uric Acid



Epilepsy & Cerebral Palsy



Assessment Keys

- * **THINK MEDICAL FIRST**

- * Undiagnosed medical/physical disorders

- * Medication Reactions to Start/Stop/changing dosages

- * PRN'S????

- * If the person lives in a group residential setting, don't assume you will get accurate or helpful info from all staff

Think Medical FIRST!!

Medical?

- UTI's
- Migraines
- Infected Wisdom teeth
- Gall Stones
- Constipation
- Benzo dis-inhibition
- Marbles in the wrong place
- Hard to recognize Seizures

Assessment Keys

- * **Suicide Assessment**
 - * **Youth with IDD- 14% SI/ 6% attempted**
 - * **66% Aspy's had S.I. (clinical pop)**
- * **10-20% in general IDD clinical sample**
- * **People with IDD also get labeled "Borderline PD"**

Assessment Keys

Look for:

- * **Care changes; Support system stress**
- * **Environmental changes (moves etc)**
- * **Pattern of Typical Behaviors (FBA?)**
- * **Trauma events, past and present**
- * **Pattern of symptoms (Increase over baseline; Cyclical; during menses)**
- * **Sleep/dietary/bowel changes**
- * **Anniversary reactions?**

Crisis System Issues

Tendency to “Treat and Street” at ER/ITA

Heavy Medications to stabilize

Anti psychotics with high risk

Benzo’s

Little planning to prevent next crisis

Providers may refuse to take home

Long ITA’s

Ten Essential Values for Responding to a Mental Health Crisis

- 1. Avoiding Harm**
- 2. Intervene in Person-Centered Ways**
- 3. Collaboration, not control**
- 4. Addressing Trauma- Past and current**
- 5. Establish sense of Safety**

Ten Essential Values for Responding to a Mental Health Crisis

6. **Summon and Reinforce the person's strength's/ coping abilities**
7. **Treat the whole person, not just the crisis**
8. **Respect/Dignity- treat as credible**
9. **Enlist personal and natural supports for recovery and resilience**
10. **Prevention plan via individual and systemic links**

Ten Essential Values for Responding to a Mental Health Crisis

Where do these stated values come from?

Takeaway- Crisis Response the same but with some additions

* Specialized knowledge of Disability & Resources



Crisis response

Assess the cause:

**Identify triggers and work to stop those or avoid those
If internal triggers (PTSD, Psychotic)...**

**Find and use those who know the person to find
individualized strategies to help that person calm**

Support caregivers

Diversion when necessary

Build Team response

Crisis response models

- * **Sound (Mental Health)**
- * **State DDA Programs**
- * **START Model**
 - * **Systematic, Therapeutic, Assessment, Resource and Treatment**



Thank You !

- * **Questions**
- * **Comments**
- * **Please complete the eval**