Improving Mental Health Care for Clients with Intellectual and Developmental Disabilities
Course Resources

Chapter 2: Understanding Unique Needs

- **Intellectual Disability 101**
  Introduction to the intellectual disability population and their needs in mental health services.

Chapter 3: Challenge Personal Bias

- **Implicit Biases & People with Disabilities**
  Provides an overview and prompts for personal reflection.

- **MHDD: Trauma Informed Care**
  An introduction to trauma-informed practice for individuals with IDD.

Chapter 4: Recognize Systemic Barriers

- **Mental Health and Developmental Disabilities National Training Center**
  MHDD offers a wide array of free trainings and materials on their site.

Chapter 5: Implement Effective Communication

- **Taking Charge of My Health Care Toolkit**
  Designed to help people with IDD navigate the healthcare system. Mental health providers may find topics 8 and 10 particularly helpful to review with clients.

- **Disability Language Style Guide**
  Outlines best practices and recommended terminology for discussing disability-related topics.

- **Responsive Practice: Communication**
  Free course guides providers in alternative communication and setting clear expectations with clients. 0.5 credits of CEU available.

- **Accessible Communication**
  Tips and advice for communicating with people with disabilities.

- **Plain Language Communication Guide**
  Strategies for using plain language in written and spoken communication.

Chapter 6: Foster Therapeutic Relationships

- **My Health Passport**
  A communication tool designed for people with IDD to share their personal profile and support needs with healthcare providers.

- **Caring for Patients on the Autism Spectrum**
  A guide for making accommodations for the unique needs of autistic people.

Chapter 7: Advocate for Better Resources

- **Mental Health Communication Board**
  A symbol-based communication tool designed to support people with IDD in expressing needs, emotions, and thoughts during sessions.

- **Five Steps to Plain Language**
  A guide to communication with clear wording, structure, and design.

- **Accessibility Audit**
  Self-evaluate the policies, physical spaces, and communications of your clinic or organization to identify and address barriers to accessibility.

Featured Organizations to Explore for additional resources and training

- **Oregon Training and Consultation (OTAC)** offers a variety of trainings for providers who work with people with IDD.

- **Oregon Self Advocacy Coalition (OSAC)** advocates for full inclusion of people with IDD in society.

- **The Oregon Council on Developmental Disabilities (OCDD)** engages in systemic change, capacity building, and advocacy activities.

- **The Association of University Centers on Disabilities (AUCD)** supports research, training, education, and service that promotes the quality of life, health, and well-being of people with disabilities.

- **The Arc of Oregon** conducts policy advocacy and provides key services to the IDD community through local chapters.

- **Autistic Self Advocacy Network (ASAN)** is a national grassroots disability rights organization run by and for the autistic community.

- **Upstream Access** is a cross-disability community committed to supporting the resilience of fellow disabled people in Oregon and Southwest Washington.