



Mental Health Assessment and Treatment for Clients with Intellectual and Developmental Disabilities

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Click the [green, underlined links](#) to view each resource.

Disability Justice

- [10 Principles of Disability Justice](#) Developed by Sins Invalid
- [Disability Justice Principles](#) Plain language definitions by the Arc of MN

Challenge Personal Bias

- [Implicit Biases & People with Disabilities](#)
Provides an overview and prompts for personal reflection.

Trauma and Trauma-Informed Care

- [In the Shadow of Fairview](#)
One-hour documentary on the history of Fairview Training Center, an institution for people with IDD that closed in 2000.
- [What is Trauma-Informed Care?](#)
Trauma Informed Oregon offers a range of training and resources

Guardianship

- [Free Resources on Guardianship and Supported Decision-Making](#)
- [Legal Guardianship](#)
Information and downloadable resources provided by The Arc.

Assessment and Diagnosis

- [Diagnostic Manual – Intellectual Disability \(DM-ID-2\)](#)
Accompanies the DSM-5. A textbook, clinical guide, and workbook designed to facilitate accurate psychiatric diagnosis in individuals with ID. *Note that this resource requires purchase.*
- [Assessment Tools](#)
Comprehensive list of mental health assessment tools that are suitable for people with ID. Includes appropriate age group, ID level, format, and cost.
- [Guidelines for Assessment and Intervention with Persons with Disabilities](#)
Developed by the American Psychological Association (APA). Updated in 2022.

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Tools to Use in Treatment

- [3 Mindfulness Practices for Neurodiverse Meditators](#)
Tips and practices to enhance accessibility of mindfulness practice; informed by adults in the autism community.
- [How to Write a Social Story – With Templates!](#)
Introduction and steps to develop Social Stories, which are short in length and use words and images to break down tasks or social skills into small, easy-to-follow steps.
- [How to Build a Sensory Self-Soothing Kit for Adults with Sensory Sensitivities](#)
Details what a sensory kit is and how to build and use one.
- [Communication Aids](#)
Learn more about [communication aids](#) and download pre-made printable [board](#), illustrated [cards](#) and [strips](#).
- [DIY Autism Communication Cards](#)
Video tutorial on creating an accessible method of expression.
- [Materials for Positive Identity Development](#)
Forms and workbooks to support people with IDD in understanding emotions, managing change, problem-solving, and grief or treatment closure.

Practice Guidelines

- [Adaptive Strategies Video Series](#)
Free training on specific interventions and treatments highlighting adaptations for people with IDD.
- [Working with Adults with Intellectual Disability and Co-occurring Mental Health Conditions](#)
Covers person-centered practices, foundational concepts of therapy, the therapeutic process, medical considerations, and future considerations. Easy read version available [here](#).