



University Center for
Excellence in
Developmental Disabilities

Community Member Participation is Key to Provider Training Impact

Problem to Address

- Adults with disabilities experience high rates of poor mental health compared to the general populations.
- Many adults with intellectual and developmental disabilities (IDD) struggle to find mental health care.
- Providers are not properly trained to meet the unique needs of clients with IDD.

New Mental Health Care Provider Training

The University Center for Excellence in Developmental Disabilities (UCEDD) and Oregon Office on Disability and Health (OODH) have launched a two-part virtual, on-demand training for mental health care providers.

The trainings:

- Overview methods for adapting assessment and therapy for clients with IDD and co-occurring mental health diagnosis
- Feature experiences of people with IDD who have used mental health care and mental health care providers who have worked with people with IDD in therapy
- Highlight disability justice principles

Course 1

Improving Mental Health Care for
Clients with Intellectual and
Developmental Disabilities

Course 2

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

Learn more at: bit.ly/MHPProviderTraining

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An eight-member Advisory Group informed training development and provided feedback. Members were people with lived experience of IDD, family members, and practicing mental health care providers. Members provided detailed feedback on course content, emphasizing representation of AAC users, intersectionality, and wholeness within disability justice. They advised against stereotypical imagery and recommended practical resources for adapting evidence-based therapeutic approaches.

“The WITH workgroup was a great experience as a parent of a disabled teen. This was very refreshing to actually feel valued and heard. Thank you for the opportunity! I will continue to spread the word about the trainings.”
- WITH Mental Health Training Advisory Group member

Stories included throughout the trainings highlight experiences of multiple individuals with IDD and reflect input from members of the Oregon Self-Advocacy Coalition.

Three expert trainers provide video testimony. Two trainers are individuals with IDD and one trainer is a provider with years of experience providing mental health care for people with IDD.



"Relationships are everything in therapy. To have a relationship you need to be able to communicate. You will most likely have to work harder to communicate and understand your client just as they must work harder to communicate and understand. It is really a parallel process." - *Maureen*



“I have disabilities, and I'm an expert in my own disabilities... I think it's important to share about your experiences. If I can help even one person learn, that's what I want.”
- *Kelly*



“It will be important for the provider to have information about how a person with a disability communicates so they can be prepared to engage with the person effectively during the appointment. This is my appointment, my time to be heard, my time to get things worked out for my own good. Everybody needs a place to be heard.” - *Jan*