



THURSDAY THOUGHTS

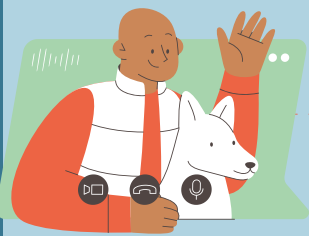
on Behavioral Health & Intellectual/Developmental Disabilities (I/DD)

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MISSOURI ALLIANCE FOR DUAL DIAGNOSIS: BEST PRACTICES GUIDE

The guidelines produced by MOADD Taskforce define and describe best practice approaches for supporting individuals with co-occurring behavioral health symptoms and I/DD. Several foundational concepts also emerged that underlie an evidence-based and expert-informed approach for the assessment and intervention of behavioral health challenges experienced by individuals with I/DD; these concepts are throughout the manual, but they are described below.

[Click here for the MOADD Guide on the DMH website.](#)



INDIVIDUALIZATION

Co-occurring behavioral health conditions and I/DD can present very differently by individual, and treatment must always be individualized (including treatment goals, cultural and family preferences, contexts in which the treatment is delivered, etc.).



SAFETY

Co-occurring behavioral health conditions and I/DD are frequently associated with increased safety risks. All involved in treatment planning should maintain awareness of safety risks and play a role in monitoring/maintaining safety.

BIOPSYCHOSOCIAL APPROACH

Behavioral health conditions can manifest physically or lead to long term health issues. Physiological factors can also contribute to behavioral health symptoms. Medical considerations exist in tandem with the individual's social environment, learning history, thoughts/feelings, and behaviors. Interdisciplinary collaboration ensures a whole person approach.

TRAUMA INFORMED CARE

Individuals with I/DD face higher rates of traumatic and adverse experiences. Assessment of possible trauma history, how any adverse experiences interact with the presenting behavioral health conditions, and using a trauma-informed lens in the development and delivery of treatment is critical.



GRADUAL IMPROVEMENT

Successful intervention is a focus on achieving incremental improvement on goals that alleviate symptoms and improve engagement in self-determination. Including incremental skill-building such as functional communication training, coping skill development and incremental reduction of behavioral health symptoms (e.g., reduced impact of anxiety on daily living skills).

Get involved in developing content and providing feedback by emailing Jessica.Bounds@dmh.mo.gov

Check out past issues by clicking on the link: [DBH Thursday Thoughts](#) or [DD Mental Health Mondays](#).

