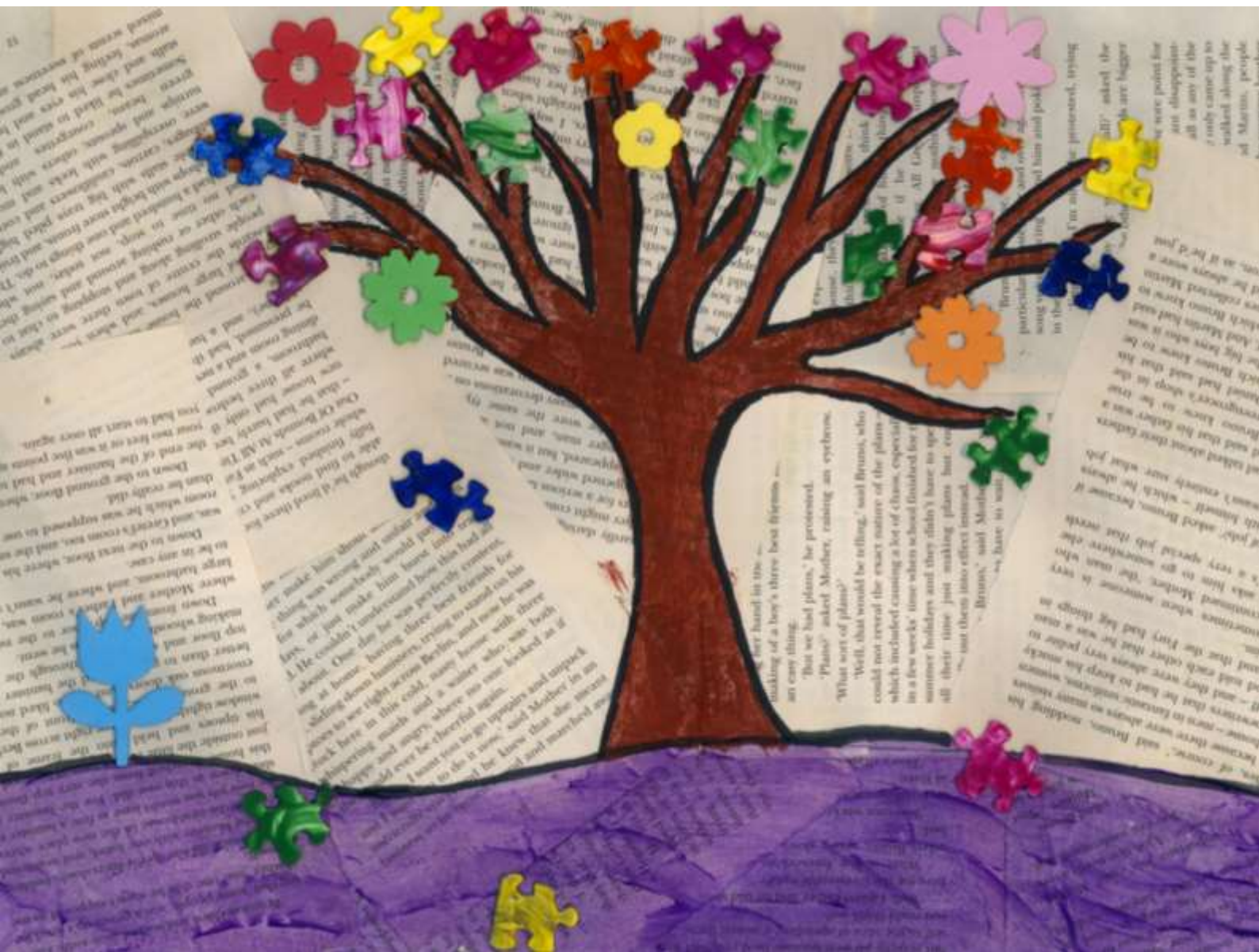


The Children's Hospital at Westmead School-Link Initiative Information Booklet

Supporting Mental Health and Intellectual/Developmental Disability



The Children's Hospital at Westmead School-Link Initiative

Children and adolescents with an intellectual or developmental disability often have complex health problems. Communication limitations can make it difficult for carers and professional staff to identify health problems of concern. Mental illness is also difficult to diagnose. Some interesting details:

- Children and adolescents with an intellectual disability display the same array of mental illness as those in the general population.
- Children with an intellectual disability experience mental health problems and disorders at a prevalence rate of 41% compared to 14% of school aged children and 75% of children with autism.

Mental Health and Intellectual & Developmental Disabilities

The NSW School-Link Initiative has been addressing mental health in schools since 1999. Local School-Link Coordinators are located in each Local Health District in NSW.

In 2009, The Children's Hospital at Westmead (CHW) recognised the potential to further develop the existing School-Link Initiative by focusing on the specific needs of children and adolescents with

intellectual and developmental disabilities.

CHW School-Link collaborates with the Department of Education and other disability services, to support the mental health of children and adolescents with intellectual and developmental disabilities.

Current Activities

Consultation

We are available to provide support and advice on relevant mental health services for children and adolescents with intellectual and developmental disabilities please contact

schn-chw-schoolink@health.nsw.gov.au or call 9845 0408/9845 2005.

Research Activities

As there is very little research concerning the mental health of children with intellectual disabilities, part of our focus is on building evidence based resources. We are currently engaged in assisting the Westmead Feelings Program for adolescents and an English version of a self report wellbeing measure for adolescents with intellectual disability.





CHW School-Link Resources

Webinar Series

We are partnering with the Network Specialist Facilitator Strathfield and The Benevolent Society (TBS) to host free on-demand webinars for schools to support the mental health of students with an intellectual disability. Topics are being added throughout the year. Current topics available include;

- Curiosity, collaboration and action: understanding and responding to behaviour in the classroom
- Cool, calm, collected in the classroom: supporting students with self-regulation
- The mental health of young people with intellectual disability: what you need to know and what you can do

www.schoolink.chw.edu.au/webinar-series/

Journal

An informative free online journal called *The Journal of Mental Health for Children and Adolescents with Intellectual and Developmental Disability: An Educational Resource* is available at

www.schoolink.chw.edu.au/journal-of-mhcaidd/

The MHCAIDD journal has been running for 10 years with all previous editions stored on For editorial enquiries and contributions please contact



Hebah: hebah.saleh@health.nsw.gov.au

Website

Our website www.schoolink.chw.edu.au collects information and resources on intellectual and developmental disability and mental health for children and adolescents. For a list of School-Link Coordinator contacts across NSW visit <https://www.health.nsw.gov.au/mentalhealth/Pages/camhs.aspx>

E-list

Please join the CHW School-Link e-list at www.schoolink.chw.edu.au/e-list to receive the journal and other important announcements. We send out an update in between journal editions.

Textbook

In 2011, *Mental Health of Children and Adolescents with Intellectual and Developmental Disabilities: A Framework for Professional Practice* was released. The book is a composition of articles edited by Dr David Dossetor, Donna White and Lesley Whatson which spans across professions working with this population in a collaborative way.

Supporting the mental health of children and adolescents with intellectual and developmental disabilities

Further Resources

Mental Health Promotion and Intervention programs for children with IDD

Westmead Feelings Program

Age: 8-12 and 12+yr olds, Aim: *Emotions, self regulations and problem solving*

Target: parents, teachers and children

Children: ASD and mild ID. ASD without ID

Authors: Ratcliffe, Wong, Grahame, Brice, Carroll & Dossetor (2017); Wong, Lopes, Heriot, Brice, Carroll, Ratcliffe & Dossetor (2018), Australian Council for Educational Research, Australia.

Website: <https://www.acer.org/au/westmead-feelings-program>

Stepping Stones Triple P

Age: 3-12 yr olds, Aim: Positive Parenting

Target: Parents

Children: disabilities and disruptive behaviour

Authors: Roberts et al, 2006, University of Queensland Australia

Website: www.triplep-steppingstones.net

Signposts

Age: 3-16 yr olds, Aim: Positive Parenting

Target: Parents

Children: Developmental delay and ID

Authors: Parenting research centre & RMIT 2008, Australia Website: www.signposts.net.au

Stop Think Do

Age: 4-15 yr olds, Aim: Problem Solving

Target: Children and Parents

Children: Anxiety, ADHD and Aspergers

Authors: Petersen, 2002, Australia

Website: www.stopthinkdo.com

The Alert Program

Age: 8-12 yr olds, Aim: Arousal Regulation

Target: Children

Children: Sensory processing and/or learning impairment

Authors: Williams and Shellenberger, 1996, USA

Website: www.alertprogram.com

PEERS social skills training

Age: 12-24 yr olds, Aim: Social Skills

Target: children

Children: Autism

Authors: Laugeson, 2014, UCLA

Website: www.semel.ucla.edu/peers

Mental Health promotion for people with learning disabilities

Age: 16+ yr olds, Aim: Emotions, mental health awareness

Target: Young people/adults

Children: Intellectual disability

Authors: Hardy, Woodward, Halls & Creet, 2009, Estia Centre UK

Website: www.pavpub.com/mental-health-promotion-for-people-with-learning-disabilities/

Secret Agent Society

Age: 8-12 yr olds, Aim: *Emotions, self regulations and problem solving*

Target: Parents, teachers and children

Children: High functioning ASD

Authors: Beaumont, 2008. Social Skills training institute QLD

Website: www.sst-institute.net

Friends for Life (ID) and Special Friends (UK)

Age: 4+ and 9-13 yr olds, Aim: *Emotions, self regulations and problem solving*



Target: Children

Children: Anxiety and ASD

Authors: Barrett, 1991, QLD. Special friends was adapted by the Foundation for people with learning disabilities UK

Website: www.mentalhealth.org.uk/learningdisabilities/out-work/employment-education/friends-for-life

Resources for ASD (UK only)

www.thepsychologytree.com

Zippy's Friends (Special Ed Needs SEN in mainstream schools (UK)

Age: 6-17 yr olds, *Aim:* Emotions, self regulations and problem solving

Target: Children

Children: Learning Disability in mainstream schools, special schools and ASD

Authors: Partnership for Children Zufnick et al 2016.

Website: <http://www.partnershipforchildren.org.uk/teachers/zippy-s-friends-for-children-with-special-needs/uk-mainstream-schools.html>

Meet Jessica

Meet Jessica Awareness Resource

In 2016, CHW School-Link developed an information package for schools to raise awareness about the mental health of students with intellectual and developmental disabilities. This includes a ready to go PowerPoint presentation and short animated film for professional development purposes.

Visit www.schoolink.chw.edu.au/workshop-resources for more information

Other resources:

Intellectual Disability Behaviour Support Program (UNSW)

<https://www.arts.unsw.edu.au/research/intellectual-disability-behaviour-support-program/>

This contains several guidelines for behaviour support of children with an intellectual disability.

Department of Developmental Disability Neuropsychiatry (3DN) UNSW

<https://3dn.unsw.edu.au>

This website hosts several guidelines and online professional development modules on the topic of mental health and intellectual disability.

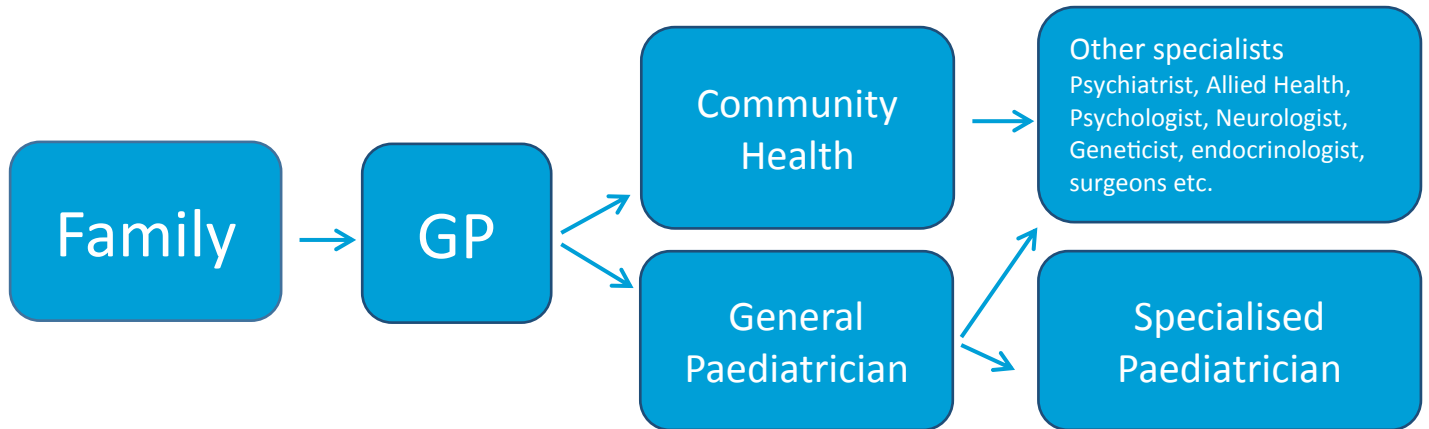
Agency for Clinical Innovation Resources

<https://www.aci.health.nsw.gov.au/resources/intellectual-disability>

There is a specific document outlining pathways to care called: "Guidelines on the Pathways to Care for children and adolescents with intellectual disability and challenging behaviour and/or mental health problems"



Pathways to Care



Consent for Information Exchange

Case Coordination

Finding the right mental health care for children and adolescents with intellectual or developmental disability can be confusing.

The standard referral pathway that health recommends looks like this. The family should visit their GP and discuss their mental health or behaviour concerns. The GP may then decide to refer to community services, private services or a paediatrician for further assessment, who may further refer on.

Every child with complex needs should have a paediatrician.

Mental health support needs of people with mild intellectual disability can often be met within mainstream mental health services. People with communication deficits, more severe intellectual disability and comorbid health problems often require a more specialised approach. (Department of Developmental Disability Neuropsychiatry, 2014).

Disability services may have skills useful for a child with particular behaviour or emotional problems. Behaviour support can be purchased or accessed through an NDIS plan.

If the mental health issue is serious and acute, access the emergency department of your local hospital.

What to notice for a referral

- Changes in the student's regular behaviour in school.
- Emotions and behaviour that are inappropriate to the situation.
- The severity, frequency, pervasiveness and context of the behaviour.
- A behaviour that is part of a wider pattern of concerns.
- Lack of or problems with friendships.
- Behaviour that is dangerous to themselves or others.

Behaviours of concern include; Defiance, throwing, sensitive to change, not concentrating, hitting, kicking, spitting, restlessness, risk taking, dissociation, flashbacks, fearful, unhappy, obsessive, crying, loss of memory, loss of energy, coordination problems, incontinent, feel controlled, preoccupied with sensations, running away, self-injury, eating inappropriate items, hate self, hate others, repetitive behaviour, hyperactive, hallucinations, losing pleasure, not concentrating.

Important Contacts

School – Link Contacts

For contact information of School-Link coordinators across Local Health Districts in NSW, visit the NSW Health website <https://www.health.nsw.gov.au/mentalhealth/Pages/camhs.aspx>

Mental Health Line

In an emergency, please call **000** or go to a hospital emergency department, where they may refer you to a mental health and/or drug and alcohol service.

Mental Health - 24 hour contact. The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW.
1800 011 511

Child Protection Helpline 132 111 or 133 627 (mandatory reporters).

Health Direct

Health Direct Australia is a 24 hour telephone health advice line staffed by Registered Nurses to provide expert health advice. 1800 022 222

National Disability Insurance Scheme (NDIS)

1800 800 110
enquiries@ndis.gov.au

Assessment Tools

Helpful measures for school counsellors and psychologists working with children and adolescents with mental health issues and an intellectual or developmental disability.

Developmental Behaviour Checklist 2

To describe emotional and behavioural problems; designed specifically for children and adults with intellectual and/or developmental disability.

Age: 4-18 years for parent and teacher forms, 18 years and up for adult forms

Format: online

Link:

www.monash.edu/medicine/scs/psychiatry/research/developmental/clinical-research/dbc/about

Strengths and Difficulties Questionnaire (SDQ)

The SDQ is a brief behavioural screening questionnaire about children and young people completed by teachers or parents. This tool has been shown by Emerson (2005) to be effective for children with Intellectual disability. It exists in several versions to meet the needs of researchers, clinicians and educationalists.

Age: 2-17

Format: paper. You can download from their website listed below in several languages

Link: www.sdqinfo.org/





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Do you follow us on twitter?

Find us to stay up-to-date about
Mental Health and Intellectual
and Developmental Disabilities
in Children and Young people.
[@CHWSchoollink](https://twitter.com/CHWSchoollink)

All images used in this booklet
are created by kids for the
Operation Art project.