

HELP

When Behaviours Signal Distress



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Developed by:

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Dual
Dual...

DIAGNOSES

Developmental
Disability

&

Mental health
problem(s)

Dueling Diagnoses

GDD>ADHD>ODD>CD>DMDD>

SAD>GAD>OCD>ASD>BPD>PTSD>

XYZ NOS

Psychiatric

S.A.D.

B.A.D.

O.D.D.

A.D.D.

P.T.S.D.

O.C.D.

M.D.D.

B.P.D.



Antipsychotics common for adults with intellectual and developmental disabilities



Six-year Canadian study shows prescriptions often occur in adults with no psychiatric diagnosis

Study looked at health care data of 51,881 adults 18 to 64 years of age with intellectual and developmental disabilities (IDD) from 2010 to 2016.

IDD includes conditions such as Down syndrome, fetal alcohol syndrome and autism.

39% of Ontario adults with IDD were dispensed antipsychotic medication.

Among them:

Almost 1/3 did not have a documented psychiatric diagnosis.



Researchers say more scrutiny is needed in how antipsychotics are prescribed for this vulnerable population.

Lunsky Y et al. *Can J Psychiatry*. 2017.

HELP



Requires understanding

HELP

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and there is no...



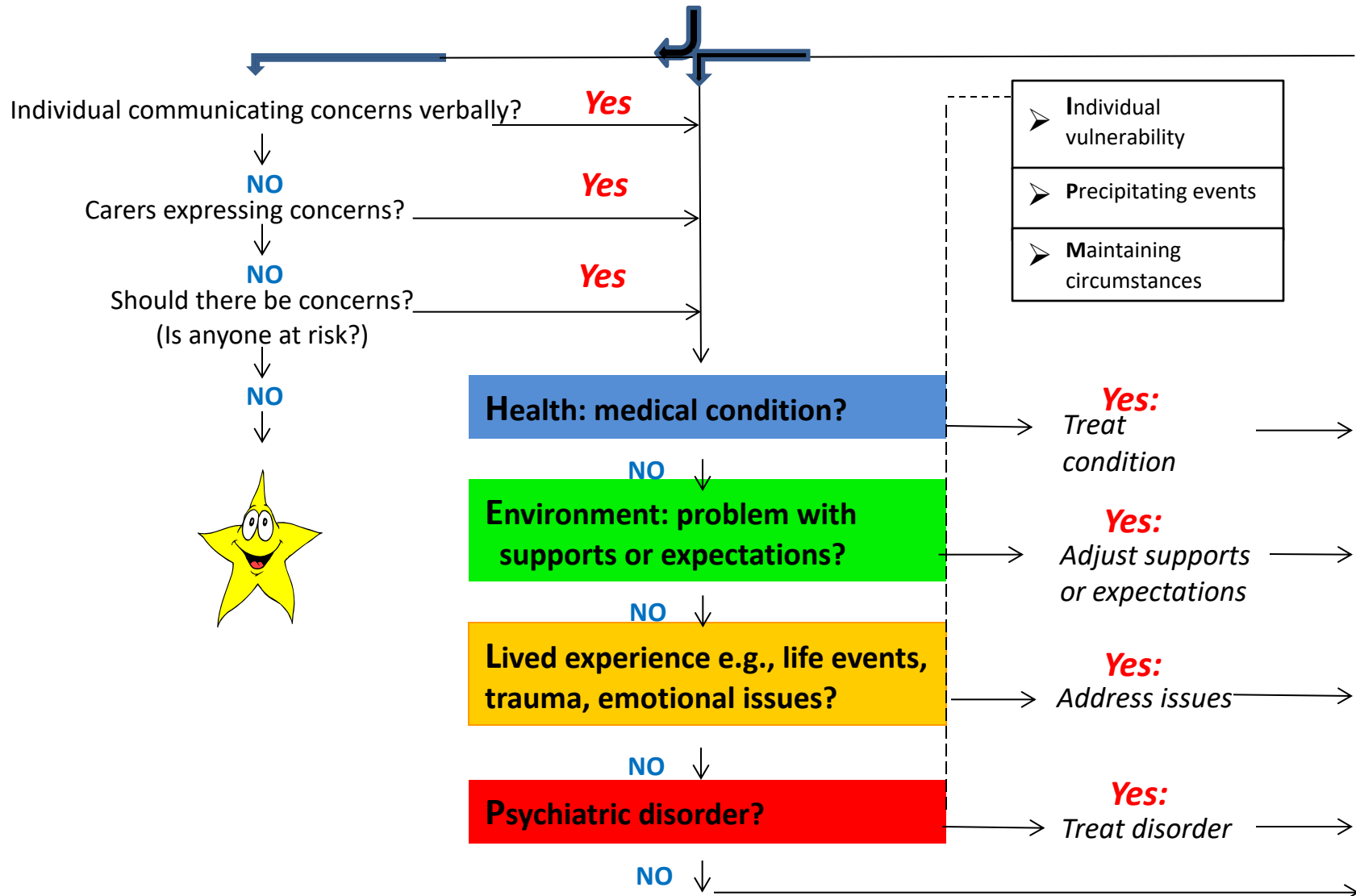
Minnie in maximum distress!

- Minnie has a developmental disability
- Hyper, distractible and impulsive
(Dx: _ _ _ _)
- Reactive aggression worsening
- Parents in survival mode...24/7
- 'We've tried so many meds!'
- Nothing works!

Minnie in maximum distress!

This family needs **HELP!**

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HELP When Behaviours Signal Distress

Hhealth: medical condition or medications?

Environment: triggers, expectations?

Lived experience: life event, emotional issues?

Psychiatric disorder and/or medications?



Thanks to Elspeth Bradley...

HELP Resources & References

HELP for Behavioural Problems and Emotional Concerns.
Developmental Disability Primary Care Program

[DDPCP-Behaviours That Challenge](#)

Dr. Elspeth Bradley describes HELP, Curriculum of Caring
[CommunicateCARE.machealth.ca](#)

SpotLight & Friends HELP music video
<https://vimeo.com/125914430>

Thank you for your
HELP

