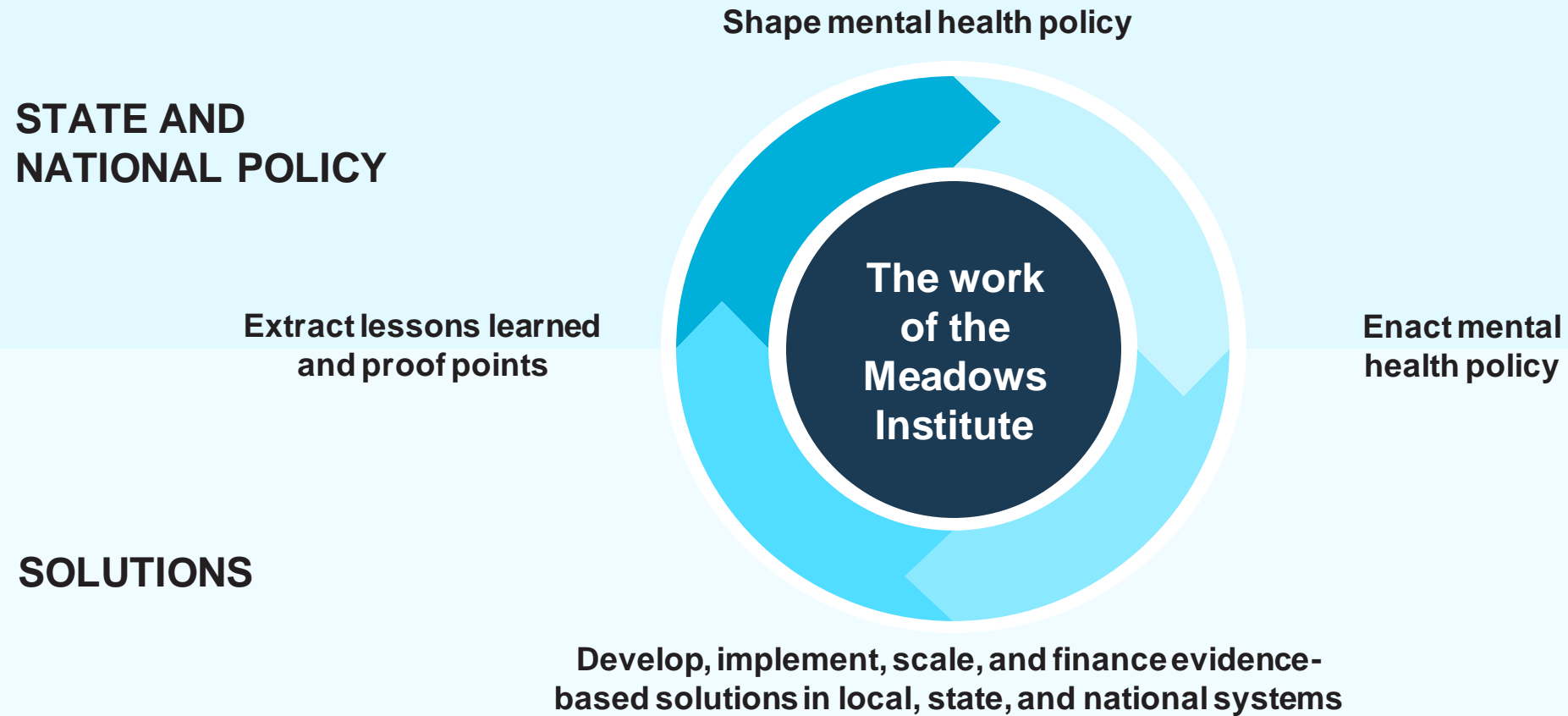


Promoting the Mental Well-being of Transition Age Youth with Developmental Disabilities

April 18, 2024

This work is supported by the Texas Council for Developmental Disabilities through a grant from the U.S. Administration for Community Living (ACL), Department of Health and Human Services (HHS), Washington, D.C. 20201, with a 100% federal funding award totaling \$6,121,860. Council efforts are those of the grantee and do not necessarily represent the official views of nor are endorsed by ACL, HHS, or the U.S. government.

Our Unique Value: Intersection of Policy & Programs



OUR VALUES

Collaboration and partnership

Data-driven and evidence-based

Innovation

Nonpartisanship

Stewardship

Today's Presenters



Katie Mitten

*Assistant Director for
Child and Family Policy*



Rohanna Sykes

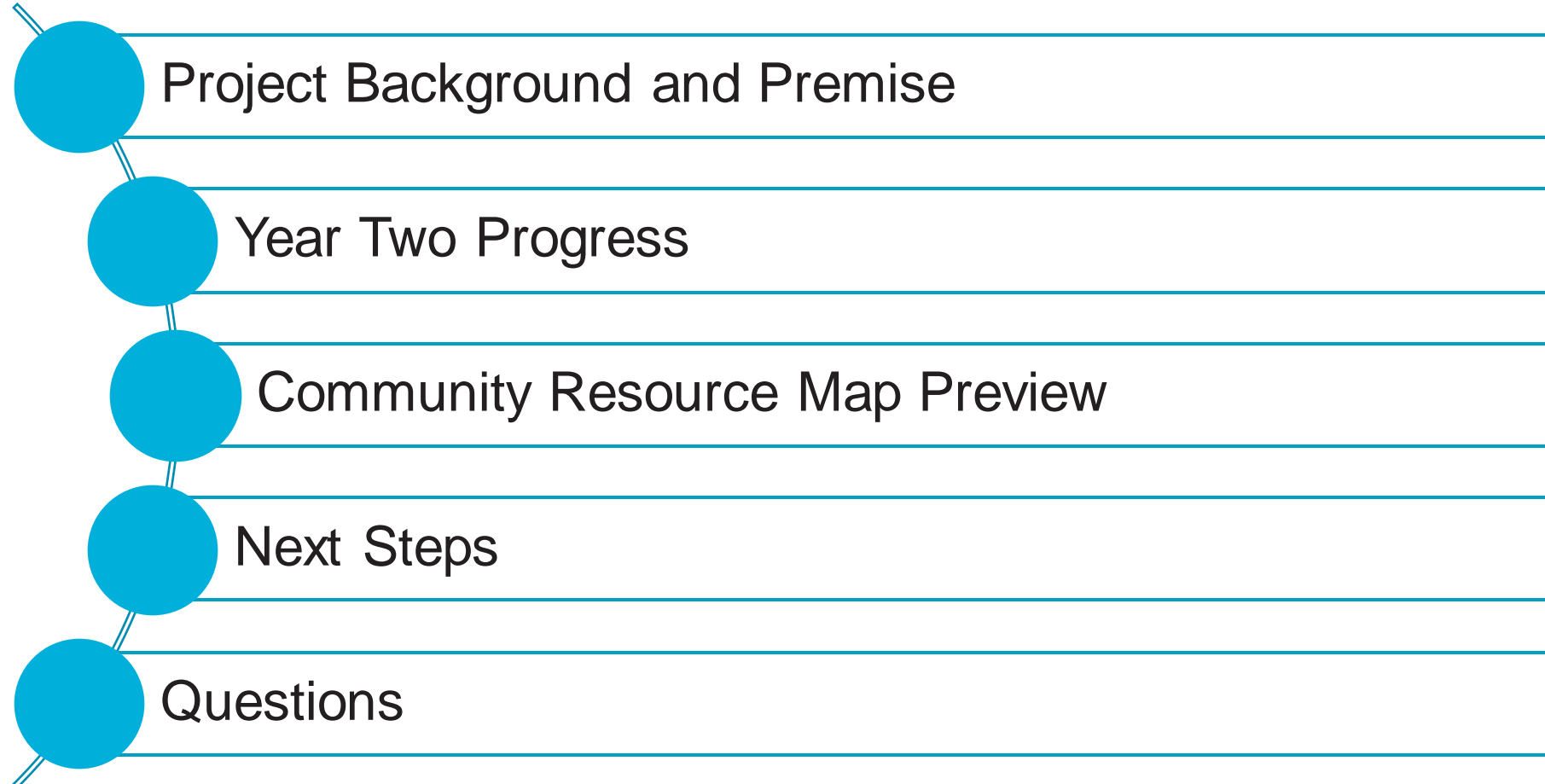
*Assistant Director
for School Mental Health*



Cassie Pustejovsky

*Project Coordinator for Child
and Family Wellness*

Agenda

- 
- Project Background and Premise
 - Year Two Progress
 - Community Resource Map Preview
 - Next Steps
 - Questions

Project Background and Premise

Developmental Disabilities



<https://www.cdc.gov/ncbddd/developmentaldisabilities/facts.html#ref>

Source for graphic - <https://womensenews.org/2023/03/did-you-know-developmental-disabilities-month-is-here/>

What do we mean when we say "trauma"?

When someone feels intensely threatened by an event they are involved in or witness.

- Bullying
- Community Violence
- Experiencing a Natural Disaster
- Early Childhood Trauma (0-6 years old)
- Medical Trauma
- Physical Abuse
- Refugee Trauma
- Intimate Partner Violence
- Traumatic Grief
- Sexual Abuse
- Sex Trafficking
- Terrorism
- Witnessing Violence or a Serious Accident

- Adapted from National Child Traumatic Stress Network (NCTSN)

Trauma-Informed Care

A program, organization, or system that is trauma-informed:

- **Realizes** the widespread impact of trauma and understands potential paths for recovery;
- **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively **resist re-traumatization**.

6 Pillars to Trauma-Informed Care



Trauma-Informed Care for Transition Age Youth with Developmental Disabilities

Funder: Texas Council for Developmental Disabilities

Year One (2022-2023): Literature review and key informant interviews to explore the intersection of mental health, trauma, and young people with developmental disabilities (DD).

Year Two (2023-2024): Three community convenings in Austin, TX to explore community-level solutions to increase access to appropriate mental health care for young people with DD.

Central Pillar: Lived expertise. "Nothing about us, without us".

Research Takeaways from Year One

- People with ID/DD are at higher risk for experiencing trauma.
- People with ID/DD experience mental health concerns.
- People with ID/DD can benefit from traditional or modified mental health treatment.
- The availability of mental health services for people with ID/DD is limited and trauma-informed mental health services are even rarer.
- Transition age youth w/ ID/DD are a particularly vulnerable population (transitioning out of K-12, from peds to adult health care, legal changes, etc.).
- Stakeholders across many systems are eager to strengthen the identification and appropriate treatment of mental health needs for youth with ID/DD.

Shared Commitments

Value Lived Expertise – we welcome and encourage those with lived experience to engage in conversations at whatever level they feel comfortable. We recognize the unique strengths and experiences of each person and value all forms of participation.

Promote Safety – we will help people feel physically and emotionally safe and we will be kind and nonjudgmental in our interactions with one another.

Build Trust – we will be transparent about our goals/intentions; we will be honest. We will respect each other's confidentiality. We ask people to politely point out stereotypes and biases to help the group to move past these biases, while assuming good intent.

Facilitate Collaboration – we value the input of everyone equally and support new connections and relationships.

Developed with the six principles of trauma-informed care from SAMHSA in mind.

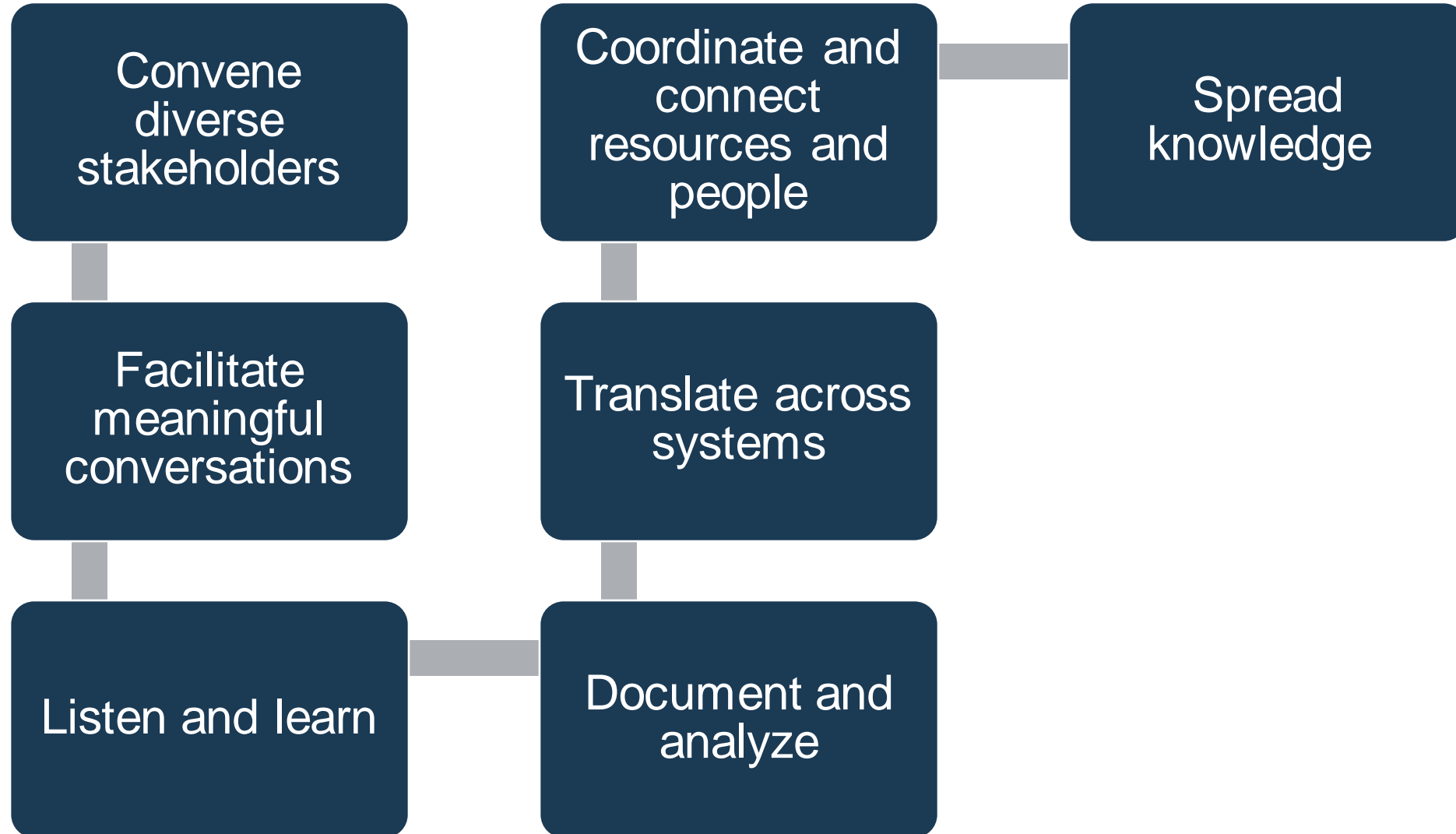
Thank You to Our Advisory Group Members

- **Caleb Alford**, *The Arc of the Capital Area*, Director of Community Services
- **Anna Beavers**, LCSW-S, *Dell Children's Developmental Behavioral Pediatrics*, Social Worker
- **Cynda Green**, *Texas Parent to Parent*, Program Director, Transition Coordinator
- **Nidia Heston**, LMSW, CFP-M, *HHSC Office of Mental Health Coordination*, Family Engagement Specialist-Texas System of Care
- **Leah Kelly**, CFP, *Integral Care*, focused on school-based support
- **Sarah Kuykendall**, *Integral Care*, IDD Practice Manager
- **Christine A. Price**, *Austin Community College*, STEPS Program Coordinator
- **Lindsey Ramrez**, LPC, *Austin ISD*, Mental Health Specialist Team Lead, Special Education
- **Elizabeth Tucker**, *EveryChild*, Executive Director

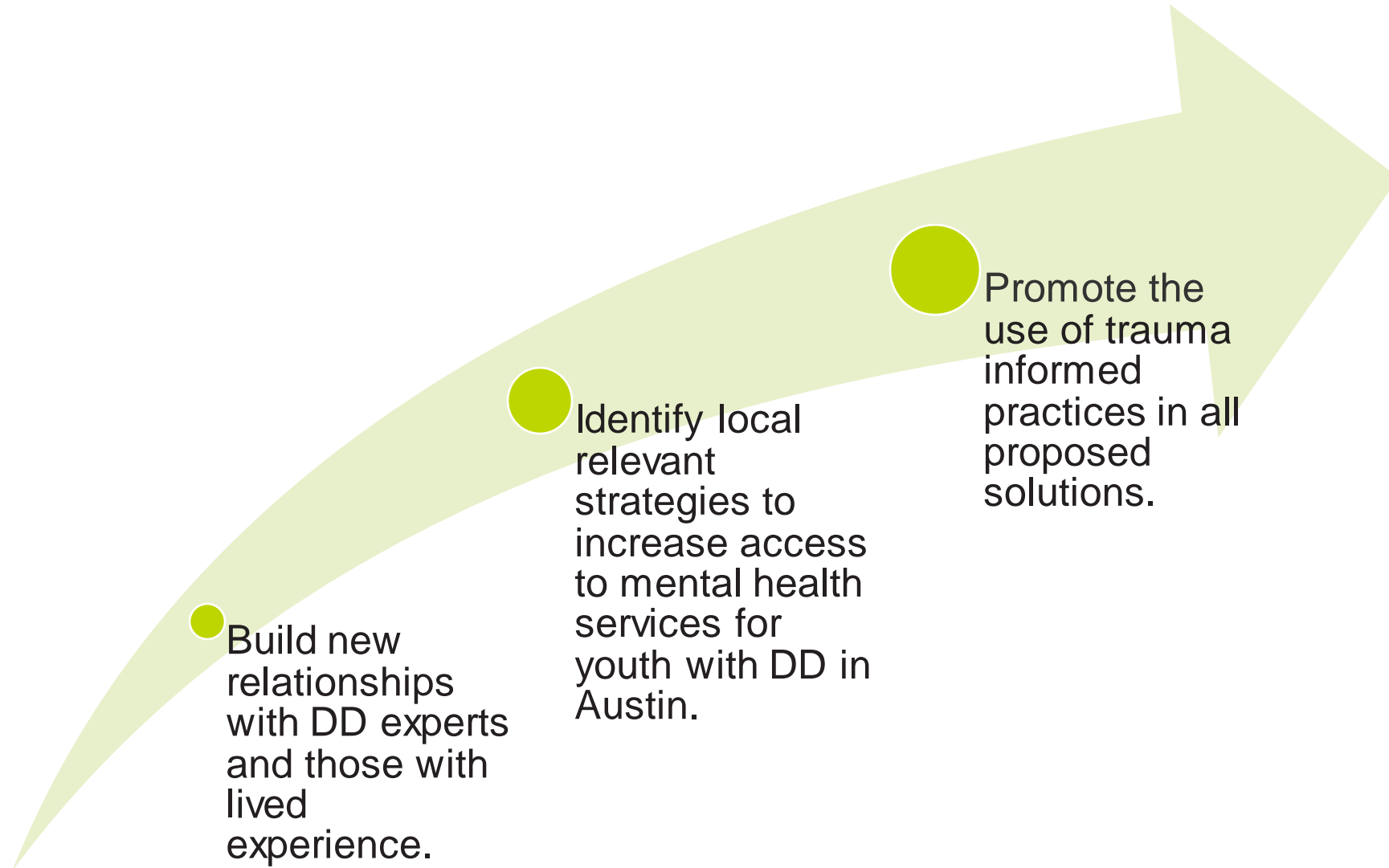


Year Two Progress

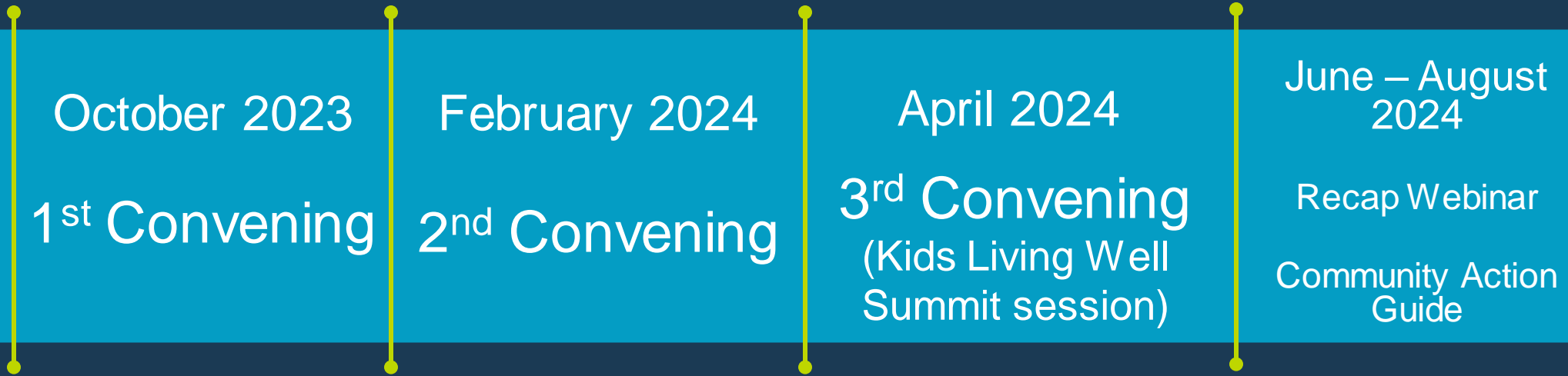
Year Two Project Objectives



Year Two Project Goals



Year Two Project Timeline



First Convening: Examining Assumptions and Clinical Understanding Related to Mental Health Treatment for Youth with DD in Austin

Goals:

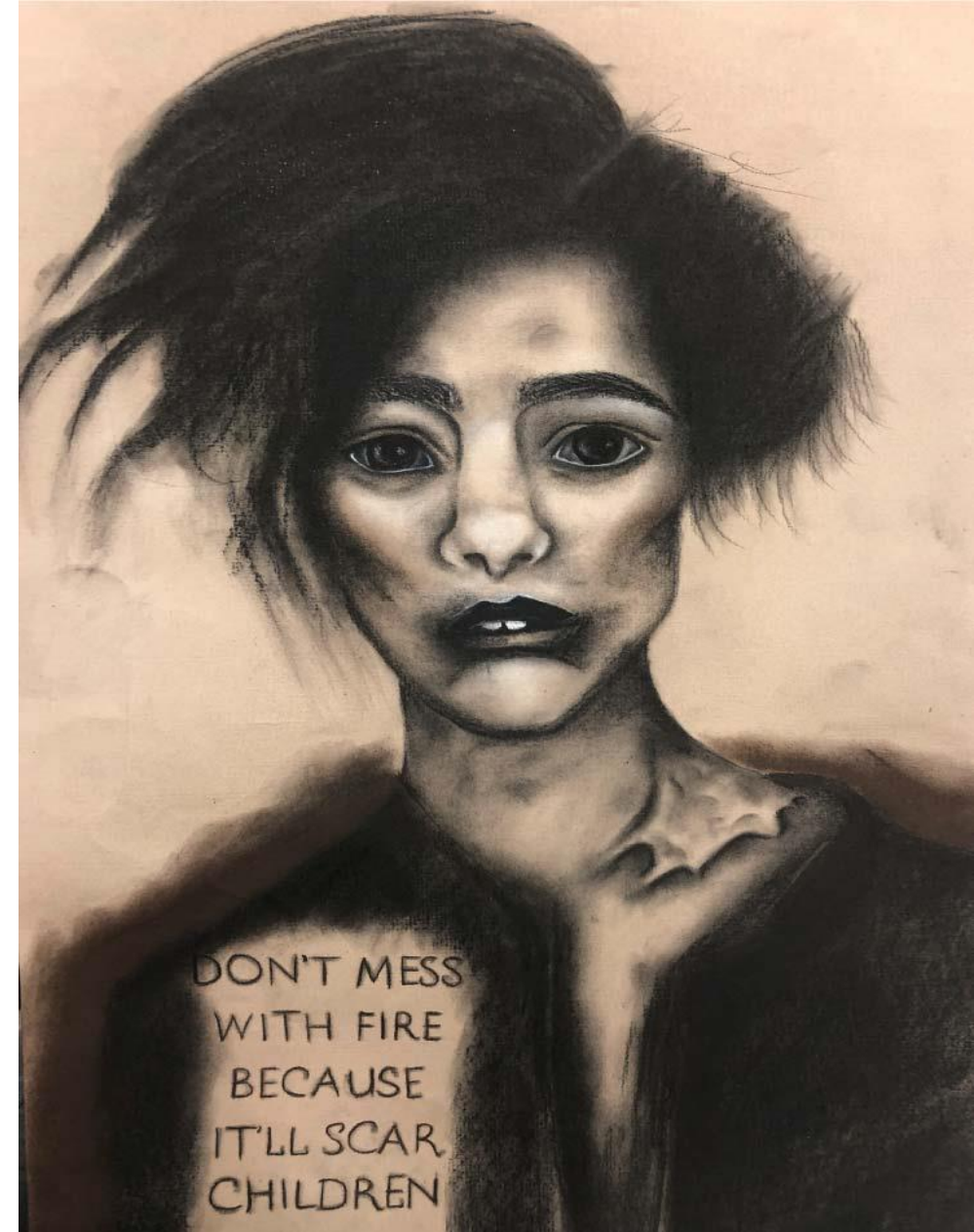
- Explore research about trauma, DD, and mental health.
- Share examples of trauma-informed care.
- Learn about ways we can better support the mental health of youth with DD.
- Make new connections.

Participants

- People with Lived Expertise
- Parents
- Austin Community College (ACC) STEPS Program
- Austin ISD, Mental Health Specialist Team
- Austin ISD, Transition & Employment Team
- Coalition of Texans with Disabilities (CTD)
- Del Valle ISD
- Dell Children's, Developmental Behavioral Pediatrics
- DFPS - Developmental Disability Program Specialist, CPS State Office
- Down Home Ranch
- Elgin ISD
- ESC 13 - Special Education Team
- EveryChild
- Goodwill - Excel Center
- Hays CISD
- Hogg Foundation
- Integral Care
- Leander ISD
- Texas Health and Human Services
- Texas Child Study Center & Dell Medical School
- SAFE Austin, Disability Services
- Texas Council for Community Centers
- Texas Council for Developmental Disabilities (TCDD)
- The Arc of the Capital Area
- UT Austin, Amplify Center

Overshadowing – describes when the trauma responses of children are inaccurately assumed to be caused by their IDD diagnosis.

<https://www.sciencedirect.com/topics/psychology/diagnostic-overshadowing>



Scarred from the Burns
By Dionna L.

First Convening Key Takeaways

- There is a **service cliff** for transition age youth.
- **Community and social connections** for youth and families are key.
- **Overshadowing is a very real issue.**
- There is an ongoing **need for professional training** for professionals to better support people with DD.
- Limited and restricted **funding is an issue.**

Second Convening: Mental Health Community Support Mapping for Young People with DD

Goals:

- Host an interactive mapping session to identify mental health resources for young people with DD in Austin.
- Participants co-developed a community support map that shows existing areas of support for youth with DD, gaps in available supports, and opportunities for improvement.

**When working with youth/young adults
with developmental disabilities and
mental health concerns what resources
do you turn to?**



OR go to [menti.com](https://www.menti.com)

USE CODE 8988 0172



Community Resource Map Preview

Areas of Focus for Mapping

- Screening and identification of mental health conditions
- Assessment/diagnosis and outpatient treatment of mental health conditions
- Mental health supports in schools
- Social connectedness/well-being supports for youth
- Family/caregiver support
- Mental health crisis
- Community education and outreach

Goal: Improve Access to Mental Health Supports for Youth and Young Adults with Developmental Disabilities in Travis Co.

Guiding Principles: trauma-informed; person-centered; solution-focused; evidence-based or evidence-informed; collaborative/inter-disciplinary/cross-systems; care coordination; and evaluation.

SYSTEM CATEGORIES	Screening & Identification of Mental Health Concerns	Assessment, Diagnosis & Mental Health Treatment	Mental Health Supports in Schools & Post-Secondary	Social Connectedness & Wellbeing	Family & Caregiver Supports	Mental Health Crisis Services	Community Education & Outreach
Ideal System Components What must be in place for the desired experience?	<div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> Pediatricians, Adolescent Health Providers, & Adult Health Providers Developmental Pediatricians Neurologists School Personnel Accessible Screening Tools (normed for people with IDD) </div>	<div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> Mental Health Providers Psychiatrist Medication Management Certified Peer Support Specialist Mental Health Care Coordination Insurance Coverage </div>	<div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> K-12 - teachers, SpEd staff, counselors, social workers 18+ programs Community College Programs University Programs </div>	<div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> Day Programs Clubs Paid Employment Peer Support (for youth) </div>	<div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> Education for Families on Dual Diagnosis (MVA/IDD) Peer Support (for caregivers) Respite (non-crisis) </div>	<div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> 911 Dispatch - Mobile Crisis Outreach Team Crisis Respite Law Enforcement Health/Mental Health Systems - LMI/AA Crisis Services - Psychiatric Hospitals </div>	<div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> Expert Trainers Trainers Strategic Plan for Education and Outreach </div>
Resource Inventory Resources that Exist - What service or support exists? How do they promote mental wellbeing? Access - How do people get access? Average age of people accessing these services? General Capacity - Is there a waitlist for services? Can they currently meet the needs of everyone seeking services?	<p>Primary Care Providers</p> <ol style="list-style-type: none"> Child Psychiatry Access Network (CPAN) CommUnityCare https://communitycare/ Dell Children's Comprehensive Care Clinic Lone Star Circle of Care People's Community Clinic The Johnson Center for Child Health and Development <ol style="list-style-type: none"> Primary Care, ABA and more <p>Developmental Pediatricians</p> <ol style="list-style-type: none"> Dell Children's - Developmental Behavioral Pediatrics Stuart Developmental Pediatrics <p>Neurologists</p> <ol style="list-style-type: none"> Dell Children's/UT Health - Pediatric Neurology Clinic pediatric - Child Neurology Consultants of Austin THINK Neurology for Kids <p>School Personnel</p> <ol style="list-style-type: none"> ACC STEPS <ol style="list-style-type: none"> Can refer to ACC CARES Team School Districts <ol style="list-style-type: none"> Austin ISD - Transition and Employment staff Texas Child Health Access Through Telemedicine (TCHAT) <ol style="list-style-type: none"> Telehealth programs in school districts to assess behavioral health needs and provide mental health services <p>Other Service Providers who work w/ PWIDD</p> <ol style="list-style-type: none"> Any Baby Can Center for Child Protection DFPS - Developmental Disability Program Staff Integral Care QSAR (Outreach, Screening, Assessment, Referral) for Substance Use Services - Bluebonnet Trails Community Services <p>Accessible Mental Health Screening Tools</p> <ol style="list-style-type: none"> Texas Center for Developmental Studies - PODER - Spanish screening tools for autism and co-morbidities (depression/anxiety) SCARED (Screen for Child Anxiety Related Disorders) - unclear if normed for youth with ID/DD 	<p>Mental Health Service Providers (MH, Psychiatrist, Med Management, Peer Support, etc.)</p> <ol style="list-style-type: none"> Austin Center for Child Psychology Austin Child Guidance Center Castell Therapy Center for Child Protection Dell Children's <ol style="list-style-type: none"> Developmental Behavioral Pediatrics - up to 14 y/o Emergency Care Grace Grego Maxwell Mental Health Unit <ol style="list-style-type: none"> Inpatient Hospital Care - children 6-17 y/o Intensive Outpatient Care - 5 weeks for teens Center for Child Protection - 14-17 y/o Texas Child Study Center <ol style="list-style-type: none"> Outpatient Care - utilizes comprehensive intake Integral Care <ol style="list-style-type: none"> Adult Behavioral Services Child and Family Services IDD Crisis Prevention Teams (CIS, OBI) Kalidoscope LifeWorks Lone Star Circle of Care Providence Behavior Therapy Spectrum Services <ol style="list-style-type: none"> Psychiatry Psychological Assessments Psychotherapy Summit Mental Health Clinic Texas Child Health Access Through Telemedicine (TCHAT) <ol style="list-style-type: none"> Telehealth programs in school districts to assess behavioral health needs and provide mental health services Travis County Community Resource Coordination Group (CRCG) - Community Partners for Children <ol style="list-style-type: none"> The Children's Partnership - wraparound YES Waiver (payor) <p>Mental Health Care Coordination</p> <ol style="list-style-type: none"> Health Plans - IDD Service Coordination Integral Care <ol style="list-style-type: none"> Community First Choice - under 18 y/o MCO provider case management and service coordination <p>Access to health insurance coverage</p> <ol style="list-style-type: none"> Foundation Communities' Prosper Health program 	<p>K-12</p> <ol style="list-style-type: none"> Austin ISD <ol style="list-style-type: none"> Mental Health Specialist, SpEd Counseling as a Related Service Rosedale School Del Valle ISD <ol style="list-style-type: none"> Counseling as a Related Service Leander ISD <ol style="list-style-type: none"> Counseling as a Related Service Communities in Schools (Austin ISD, Elgin ISD, Hays CISD, Lockhart ISD, Manor ISD, and San Marcos CISD) Education Service Center for Region 13 <ol style="list-style-type: none"> Autism Support Services - MH supports(?) Texas Child Health Access Through Telemedicine (TCHAT) <p>18+ Programs (community-based, district-based, and school-based)</p> <ol style="list-style-type: none"> 18+ ACCESS (Assessing Community, Communication, Education, & Social Skills) - Leander ISD Excel Center High School - Goodwill <ol style="list-style-type: none"> Alumni Program - life coaching for 2 years post graduation GO Project (Rosedale School is home campus but program in community) Greenleaf NCC (Neurodiversity Community Center) (AISD) Skills for Enhancing Lifelong Fulfillment (SELF) Leander ISD Transition to Life in the Community (TLIC) at Rosedale School, AISD <p>Community College Programs</p> <ol style="list-style-type: none"> Austin Community College <ol style="list-style-type: none"> ACC CARES Amplify Center - UT Austin ACC GROW and ACC STEPS - academic and career support College Hub: Succeed Program - intensive case management College Hub: Free Minds - 1 year free course to see what college is like <p>University Programs</p> <ol style="list-style-type: none"> UT Austin <ol style="list-style-type: none"> EdTexas Lifelong Learning with Friends Texas State <ol style="list-style-type: none"> Bobcat RISE <p>Other Education</p> <ol style="list-style-type: none"> SAFE Austin - classes and sex education curriculum Think College - online resource 	<p>Day Programs</p> <ol style="list-style-type: none"> The Arc of Capital Area (Downtown Austin, Leander, Hutto) Art Spark - Body Shift, Lion & Pirate Open Mic Imagine Art <p>Clubs/Group Support</p> <ol style="list-style-type: none"> Adventurers Academy ARCIL (A Resource Center for Independent Living) Armstrong School of Music - We Are The Chorus AURA Coaching and Education Services Austin Clubhouse Austin Recreation Centers Autism Society of Texas Communities in Schools CPATH - Cerebral Palsy Awareness, Transition, Hope Down Syndrome Association of Central Texas Down Youth - Young Adult Program Greenleaf NCC - Easternseals (clubs) Improve Your Social Skills J'emiah's Place Mary Lee Foundation OutYouth - Young Adult Program Quirky Buds Scouting Special Olympics Spectrum Services UT Austin - Best Buddies Vela YMCA <p>Paths to Paid Employment</p> <ol style="list-style-type: none"> Bloom Consulting Clifton Career Development School Goodwill Central Texas - Internships@goodwillcentraltexas.org nonPareil (Autism specific) Sage Art Studio Summer Youth Employment Program (SYEP) Texas Workforce Commission - Vocational Rehabilitation Services (TWC-VRS) <ol style="list-style-type: none"> Pre-Employment Transition Services Summer Earn and Learn (SEAL) Disability Rights Texas - Client Assistance Program (CAP) can help access TWC-VRS <p>Peer Support</p> <ol style="list-style-type: none"> Imagine Art - Peer Support Curriculum Self-Advocate Central <p>Summer Camps</p> <p>2024 Day Camp Guide-English Spanish</p> <p>Other Opportunities</p> <ol style="list-style-type: none"> Faith-based supports Libraries Parks and Rec 	<p>Education and/or Peer Support for Families</p> <ol style="list-style-type: none"> Austin Child Guidance Center Autism Society of Texas Down Home Ranch - Family Camp Coalition for Special Education Equity in AISD Communities in Schools CPATH - Cerebral Palsy Awareness, Transition, Hope Down Syndrome Association of Central Texas Integral Care - IDD Transition Support Team <ol style="list-style-type: none"> Education, consultation, training to IDD Service Providers in TxHml and HSC Waiver Programs Family Partner Support Partner Resource Network NAMI Central Texas National Family Caregiver Support System SAFE Austin Special Education Family Advisory Committee Texas Parent to Parent Vela <p>Respite Non-Crisis</p> <ol style="list-style-type: none"> Parent Child Interaction Therapy (PCIT) Integral Care <ol style="list-style-type: none"> General Revenue Respite County Funded Respite - must go through intake - up to 10 hours respite per month 	<p>911 Dispatch</p> <ol style="list-style-type: none"> Crisis Center Clinician (C3s) co-located at Austin's 911 Call Center Integral Care - Mobile Crisis Outreach Team (MCOT) 9-8-8 - Suicide Lifeline School Resource Officers School Districts w/ Crisis Response Teams <ol style="list-style-type: none"> Austin ISD Del Valle ISD Manor ISD Pflugerville ISD <p>IDD Crisis Respite</p> <ol style="list-style-type: none"> Integral Care - IDD Crisis Respite Support Professional Team and P.A.C.E. Davidson Respite House & Najim Home (primarily for children in child welfare and homes are in San Antonio) <p>Law enforcement</p> <ol style="list-style-type: none"> Austin Police Department, Crisis Intervention Team Travis County Sheriff's Office, Crisis Intervention Team <p>Health/Mental Health systems</p> <ol style="list-style-type: none"> Austin Oaks Hospital - Program for Adolescents Austin Slate Hospital - Child and Adolescent Psychiatric Services Charlie Health Cross Creek/Acadia Healthcare Dell Children's (Emergency Care, Inpatient Hospital Care, Intensive Outpatient Care - 5 weeks for teens, Outpatient Care, Partial Hospitalization Care - 14-17 y/o) Integral Care - Crisis Services <ol style="list-style-type: none"> No IDD diagnosis required Rock Springs Health Shoal Creek 	<p>Expert Trainers</p> <ol style="list-style-type: none"> Center for Child Protection - Trauma Trainings Integral Care - Transition Support Teams customized trainings Kids Living Well - monthly educational and networking meetings Texas Parent to Parent NADD - Consultation and Training NAMI Family to Family Office of Disability Services Coordination HHSC <ol style="list-style-type: none"> Person-Centered Thinking Trainer SAFE Austin - Pathways to Justice Texas Center for Disability Studies - UT School of Social Work <ol style="list-style-type: none"> Road to Recovery Person Centered Planning Texas HHSC - UT Health San Antonio - online training modules on TIC for ICF/II Texas Technology Access Program <p>Potential training opportunities</p> <ol style="list-style-type: none"> Trauma Informed ABA Trauma Focused CBT for youth with IDD Educate trauma field about IDD Educate IDD field of MH and going beyond behavior modification <p>Trainers</p> <ol style="list-style-type: none"> Police Mental Health Providers IDD Service Providers Doctors School Staff Families Individuals with DD/ID <p>Strategic Planning Connections</p> <ol style="list-style-type: none"> Governor's Committee on People with Disabilities

Screening and Identification of Mental Health Conditions

[Child Psychiatry Access Network \(CPAN\)](#)

[THINK Neurology for Kids](#)

[pediatrix - Child Neurology Consultants of Austin](#)

Assessment, Diagnosis, and Outpatient Treatment for Mental Health Conditions

[Dell Children's – Developmental Behavioral Pediatrics](#)

[Kaleidoscope](#)

[LifeWorks Austin](#)

[Foundation Communities' Prosper Health Program](#) - Access to Health Coverage

Mental Health Supports in Schools

[Communities in School](#)

[Rosedale School GO Project](#)

[Greenleaf NCC](#)

[UT Austin E4Texas](#)

Social Connectedness and Well-Being

[Imagine Art](#)

[Austin Clubhouse](#)

[Down Home Ranch](#)

[J'Miah's Place](#)

[Arc of the Capital Area](#)

Family and Caregiver Supports

[Autism Society of Texas](#)

[Down Syndrome Association of Central Texas](#)

[Texas Parent to Parent](#)

[SAFE Austin](#)

Mental Health Crisis

[Integral Care - Mobile Crisis Outreach Team](#)

[Integral Care - P.A.C.E. \(Positive Assistive Community Engagement\)](#)

[Austin Oaks Hospital - Program for Adolescents](#)

Community Education and Outreach

[Kids Living Well](#)

[Texas Center for Disability Studies - UT School of Social Work](#)



Next Steps

Next Steps

April/May 2024
Youth Focus
Groups

July 16, 2024
Statewide
Webinar

July 2024
Release
Community
Action Guide

August 2024
Launch Year 3
(pending funding)

Community Action Guide Preview - Top Community Solutions

- Train for mental health providers on treatment modalities to use or adapt.
- Train for law enforcement and acute care providers regarding communications modifications including the use of technology.
- Streamline referral process for all transition age youth.
- Build community, create a sense of belonging (e.g. more youth peer groups).
- Promote person-centered care.
- Break down siloes - coordinate service delivery between mental health & ID/DD.
- Share resources through faith-based organizations to build trust with families.

**Please share your feedback!
the resource map with links!**



Email us if you would like | 37

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Thank You!

For more information visit mmhpi.org.

 **THE HACKETT CENTER**
FOR MENTAL HEALTH

TRAUMA & GRIEF CENTER AT
THE HACKETT CENTER

MEADOWS
MENTAL HEALTH
POLICY INSTITUTE

CENTER FOR CHILD AND FAMILY WELLNESS

PASO *del* NORTE CENTER
Meadows Mental Health Policy Institute

CENTER FOR JUSTICE AND HEALTH