

Intellectual and Developmental Disability Mental Health

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Mental Health Intellectual and Developmental Disability Service (MHIDDS-Gold Coast)

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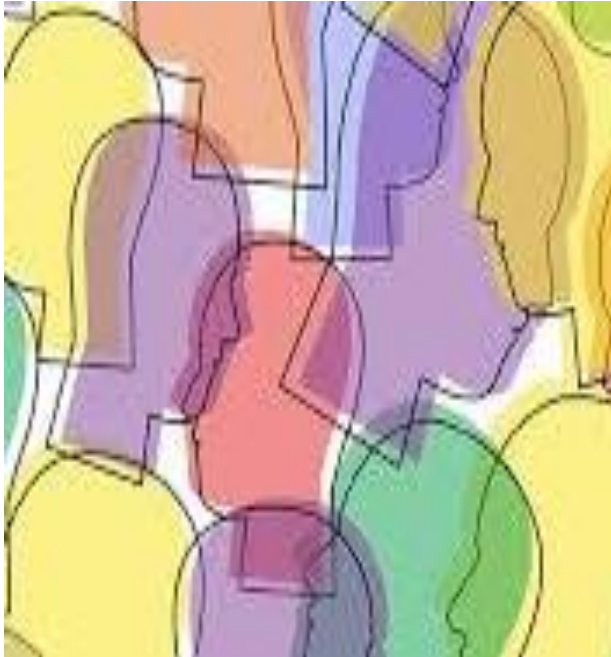


Jingeri.

We acknowledge the Traditional Custodians of the land in which we work, live and grow. We also pay our respects to Elders past, present and emerging. We also acknowledge other Aboriginal and Torres Strait Islander people present today.

We acknowledge the lived and living experiences of people with disability and their family members, carers and supporters.

Background – How did we come about?

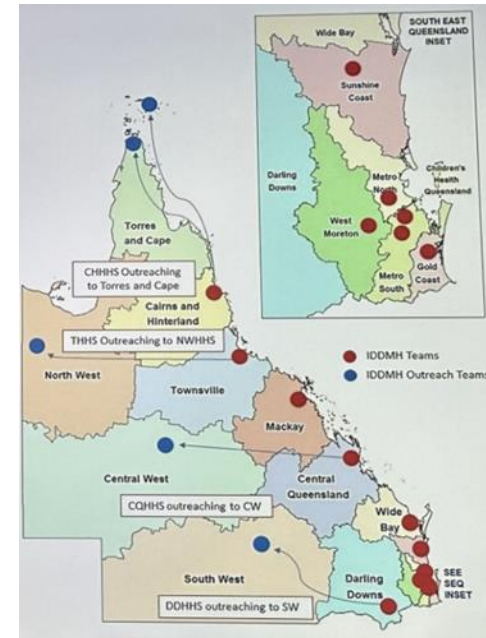


Parliamentary committee, June 2022

- The Queensland Parliamentary Mental Health Select Committee Inquiry (2022) investigated opportunities to improve mental health outcomes for Queenslanders.
- The Inquiry identified people with intellectual and developmental disability experience mental health conditions at an earlier age and at higher rates than the general population
- Mental health conditions are 2-3 times more prevalent for people with IDD compared to the general population
- There are significant gaps in services when providing mental health care to those with intellectual and developmental disability

Developments across the state.

- Enhance Mental Health services for people living with intellectual or developmental disabilities
- Establishment of a new Queensland Centre of Excellence (COE) in IDD MH(Mater's South Brisbane Campus)
- HHS's to work in conjunction with the COE to roll out specialist teams across QLD.
- GC one of first 4 teams to roll out the service across the state.
- Successful recruitment from highly skilled clinicians with expertise in similar services within Australia and overseas.



Why ? In QLD ?

Mental Health (MH) training has limited focus on IDD-MH.

MH clinicians do not feel equipped to provide support.

Dedicated team focus on upskilling, capacity building and increase clinicians' confidence and competence.

Mainstream mental health services often inaccessible or unsuitable requiring specialist input.

Families and carers face gaps, burnout, and fragmented support.

Multiple arms of recovery and individual differences in presentation requiring tailored consumer centric approaches.

Ensure adequate assessment and intervention is provided, and all opportunities for stabilisation and support are explored focussing on holistic recovery.

What do we do?

- Collaborative assessment and management for people with IDD and mental health difficulties.
- We walk alongside case manager, consumer, consultant psychiatrist and their carers.
- Lifespan approach – child, youth and adults.
- 4 core functions →
- Alignment with GC core values and Joint regional plan 2025-28 key priorities.

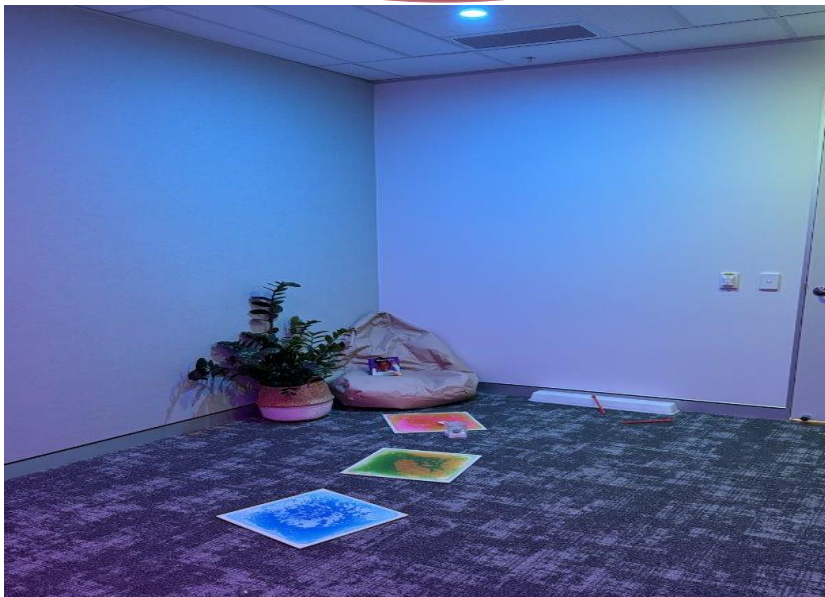


- Low level of specific training for MH in IDD across all disciplines
- Organisational and cultural shift with front line staff.
- Diagnostic overshadowing
- Carer burnout
- Stigma and double stigma

Barriers → Actions

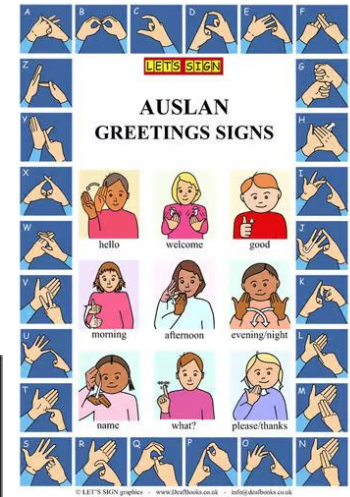
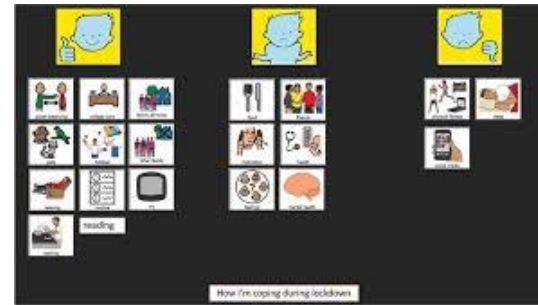


- Roadshows for GC mental health services
- Advanced carer peer worker
- Psychiatric registrar training
- Medical students teaching
- Education session within HHS.
- Advanced training for within the team.



Reasonable Adjustments

- Space- safe space, quiet
- Communication differences and varying presentations- communication aids, talking mats,
- Premise of engagement
- Reasonable adjustments: Easy reads, visual guides, welcome packs
- Sensory preferences - age specific
- Health passports: Julian keys
- Waiting room strategies and recall system



Gold Coast Intellectual and Developmental Disability Mental Health – GCIDDMH



Location: Level 1, Varsity Lakes Day Hospital (once building work completed)



Our Team: Team leader (0.8 FTE), Medical (1.0 FTE consultant psychiatrist and 1.0 FTE registrar), Advanced Psychologist (1.0 FTE), Clinical Nurse Consultant (0.8 FTE), Advanced Carer Peer Worker (0.4 FTE), and Administration Officer (0.8 FTE)



Our service is currently available for support for teams and is in the process of allied health and nursing recruitment to commence any face-to-face reviews.

Who can refer to us ?

- Currently only public MH teams (community and inpatients)
- Consumers who have complex mental health conditions with co-occurring intellectual and developmental disability requiring input from public mental health service
- Future→ Potential with further expansion to open to non-MH teams/GP etc ?? Expansion of workforce.

Questions?

