



**Children's System of Care**  
Training and Technical Assistance Program  
Behavioral Research and Training Institute  
Rutgers, The State University of New Jersey

## **Training Announcement**

### **Children & Youth Who Have IDD and Mental Health Needs: Characteristics, Assessment & Support Strategies**

*The goal of this training is to educate mental health clinicians on characteristics, assessment and support strategies relevant for children & youth with co-occurring intellectual disabilities and mental health challenges.*

Target Audience: Social Workers, Certified Counselors, and others who support children, youth & families

**THURSDAY, OCTOBER 19, 2017**

**Location: Rutgers-UBHC, Behavioral Research & Training Institute**

151 Centennial Avenue, Piscataway, NJ 08854

[http://ubhc.rutgers.edu/research\\_training/brti/directions.html](http://ubhc.rutgers.edu/research_training/brti/directions.html)

**9:30am – 4:00pm** (Registration 9:15am to 9:30am)

No food or beverages will be provided at this training.

Presenter: **Robert Fletcher, DSW, LCSW, ACSW, NADD-CC** is founder and CEO of NADD. Dr. Fletcher has dedicated his professional career to improving the lives of individuals who have a dual diagnosis (MI/ID). He has authored articles, book chapters, and books in areas concerning clinical, programmatic, policy as well as research in the field of dual diagnosis. His most recent books include: the *Diagnostic Manual – Intellectual Disabilities (DM-ID): A Textbook of Diagnosis of Mental Disorders in Persons with Intellectual Disability*, *Psychotherapy for Individuals with Intellectual Disability*, and *Mental Health Approaches to Intellectual/Developmental Disability: A Resource for Trainers*. Additionally, he provides consultation services and lectures on various topics related to mental health aspects in youth and adults with Intellectual Disabilities. Dr. Fletcher has spearheaded the NADD Certification and Accreditation programs.

#### **Objectives – participants will be able to:**

1. Describe four vulnerability factors for psychiatric disorders in youth with intellectual disability (ID).
2. Describe three characteristics of youth with ID and mental health needs.
3. Discuss how to conduct a modified psychiatric assessment for a youth with ID, including the influence of culture on the assessment process.
4. Identify three modifications of diagnostic criteria as found in the DM-ID.
5. Describe three considerations in counseling/therapy for youth with ID.
6. Practice three modified techniques used in therapy for youth with ID.
7. Identify two approaches for supportive strategies.

Training is available to all System Partners within the New Jersey statewide System of Care.  
On-line registration, at least three business days prior to the training date, is required to secure seating.  
Space availability will be confirmed automatically via email, after the on-line registration is received.  
Attendees are asked to present a copy of their confirmation email at the time of sign-in at the training.

Registration fee is complimentary. Registration: <http://www.nj.gov/dcf/providers/csc/training/> Those who sign in on time and are present for the entire training session will receive documentation of attendance. For further information, to have any grievances addressed, or to request special accommodation for disability (ADA), please call 732-235-9346. For your comfort, we suggest bringing a sweater as room temperatures may vary.

All individuals who affect the content of continuing education activities are required to disclose to the audience any real or apparent conflict of interest related to the activity. The activity faculty are further required to disclose discussion of off-label/investigational uses in their presentations. These disclosures will be made to the audience at the time of the activity. There is no commercial support for this activity.

## Professional Contact Hours

**Please Note – to receive documentation for continuing education, all participants must:**

- Arrive on time and be present for the entire session.
- Sign in on time.
- Submit a completed evaluation form and certificate request with signed attestation and code at the end of the program.
- Partial credits will not be issued to participants arriving late or leaving early.

NOTE: Your certificate will be emailed to you within three weeks of receiving your request form.

**Social Workers (The New Jersey Board of Social Work Examiners):** This program is approved for social work continuing education hours by Rutgers University Behavioral Health Care in accordance with New Jersey administrative code 13:44G-6.4 and recognized by The New Jersey Board of Social Work Examiners. This program is approved for **6 clinical social work continuing education hours**.

**Certified Counselors (NBCC):** Rutgers University Behavioral Health Care has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6198. Programs that do not qualify for NBCC credit are clearly identified. Rutgers University Behavioral Health Care is solely responsible for all aspects of the program. **(5 Clock Hours)**.

If a participant or potential participant would like to express a concern about his/her experience with Rutgers University Behavioral Health Care, he/she may call or e-mail Ravi Maharajh, LPC, ACS (732) 235-9348, [ravi.maharajh@rutgers.edu](mailto:ravi.maharajh@rutgers.edu) Although we do not guarantee a particular outcome, the individual can expect us to consider the concern, make any necessary decision and respond within 5 business days.

### **Agenda**

9:30am	<ul style="list-style-type: none"><li>• Concept of dual diagnosis</li><li>• Vulnerability factors for mental illness in intellectual disability (ID) – biological, psychological, social, family</li><li>• Relationship of challenging behavior and ID – Communication, Behavioral, Psychiatric &amp; Multi-Modal models</li></ul>
11:00am	BREAK
11:15am	<ul style="list-style-type: none"><li>• Best practices in mental health assessment &amp; the role of culture</li><li>• Interviewing techniques</li><li>• Assessment tools &amp; guidelines</li></ul>
12:30pm	LUNCH
1:30pm	<ul style="list-style-type: none"><li>• Overview of the Diagnostic Manual – Intellectual Disability (DM-ID)</li><li>• Goals of counseling and other supportive strategies</li><li>• The Impact of Stress</li><li>• Key considerations working with ID youth</li></ul>
2:45pm	BREAK
3:00pm	<ul style="list-style-type: none"><li>▪ Promoting mental wellness</li><li>▪ Predictable crises &amp; prevention</li><li>▪ Affective intervention - supportive strategies</li></ul>
3:55pm	Evaluations