

Mental Health/Intellectual and Developmental Disabilities

Categorization of Websites

Public Education & General Information

<http://www.thearc.org/what-we-do/resources> -- For people with intellectual and developmental disabilities, The Arc's website has lots of information related to resources, fact sheets, publications, autism, and self-advocacy. This site also includes toolkits to educate the public.

<http://www.dhs.pa.gov/communitypartners/intellectualdisabilities/index.htm#.Vji8faXrs6Y> -- This is the official website for the Pennsylvania Department of Human Services with lots of info about resources and links to other sites related to intellectual disabilities.

<http://www.intellectualdisability.info/mental-health> -- A list of articles about different subjects related to intellectual disability and health.

<http://www.cdc.gov/ncbddd/developmentaldisabilities/facts.html> -- This site includes facts about developmental disabilities from the CDC.

<http://greg.guuxuum.org/dual/dual.html> -- The Pennsylvania Dual Diagnosis Forum provides an opportunity for networking, idea sharing and reflection among people who provide supports to others facing the dual challenge of intellectual disability and mental illness. The Forum brings together Pennsylvanians who are dedicated to improving the ways in which people with intellectual disability and a concurrent mental illness are supported, served and perceived in their homes and communities. It is a cooperative effort involving service providers, advocates, families, the psychiatric and medical communities, county Mental Health & Intellectual Disability agencies and representatives from the Pennsylvania Offices of Developmental Programs (ODP) and Mental Health & Substance Abuse Services (OMHSAS). *(This one looks especially interesting; unfortunately, it appears that the last time this site was updated was in 1997.)*

Information for Families & Caregivers

<http://www.parentcenterhub.org/repository/mentalhealth/> -- The Center for Parent Information and Resources (CPIR) serves as a central resource of information and products to the community of Parent Training Information (PTI) Centers and the Community Parent Resource Centers (CPRCs), so that they can focus their efforts on serving families of children with disabilities. While the site primarily offers information related to intellectual disabilities, it includes a link for mental health resources as well.

<http://www.temple.edu/thetrainingpartnership/> -- This was a training partnership for people with intellectual disabilities and their families that was run by Temple University. There are links to various resources that include ODP bulletins, various publications and forms, and trainings. It looks like this partnership ended effective 12-31-14.

<http://www.disabilityscoop.com> -- As "the premier source for developmental disability news," this e-newsletter includes articles related to many different areas of living. Founded in 2008, Disability Scoop is the nation's largest news organization devoted to covering developmental disabilities. With daily coverage of autism, intellectual disability, cerebral palsy, Down syndrome and more, no other news

source offers a more timely and comprehensive take on the issues that matter to the developmental disability community.

<http://www.visionforequality.org/> -- It looks like this agency is primarily centered in the Philadelphia area. With a variety of info related to intellectual disabilities, this site includes information about advocacy, CFST, investigation services, self-determination, and parent support groups.

<http://www.ffcmh.org/aboutus> -- The National Federation of Families for Children's Mental Health is a national family-run organization linking more than 120 chapters and state organizations focused on the issues of children and youth with emotional, behavioral, or mental health needs and their families. It was conceived in Arlington, Virginia in February, 1989, by a group of 18 people determined to make a difference in the way the system works.

<http://mental-health-matters.com/> -- MHMatters was founded to supply a structured source of information about mental health issues to mental health consumers, professionals, students and supporters. MHMatters's main purpose is to provide detailed yet easily understood technical briefs on a variety of disorders, issues, symptoms, treatment modes, and medications to educate consumers and guide them towards intelligent decisions in their pursuit of Mental Health.

<http://mhafayette.org/> -- The Mental Health Association of Fayette County offers supportive services, referrals, resources, and educational outreach encouraging positive life-choices during behavioral health recovery. This site includes links to various programs and resources related to mental health for adults and children.

<http://www.drvaleriegaus.com/> -- Dr. Valerie Gaus is a psychologist, licensed by New York State, who has been a practicing psychotherapist for more than 15 years. She specializes in individual psychotherapy for adults and older teens, with extensive experience serving people with disabilities, autism spectrum disorders, anxiety, depression, trauma and stress-related problems. Dr. Gaus has several books and does lectures and seminars for organizations in the treatment of dual diagnosed ID and MH.

Educational System

<http://www.pattan.net/> -- The Pennsylvania Training and Technical Assistance Network supports the efforts and initiatives of the Bureau of Special Education and helps to build the capacity of local educational agencies to serve students who receive special education services. Apparently, PATTAN took over from Temple University in running the training partnership. This site includes information on the process for an Individualized Education Program or IEP.

<https://www.understood.org/en> -- This site has more than 1,600 articles, "deep dives," decision guides, quizzes, slideshows, tips and more for parents with children who have learning and/or attention challenges.

Assistive Technology/Communication Issues

<http://www.cddh.monash.org/research/depression/> -- The Depression Checklist is for use by caregivers, in particular paid support staff. It is intended to be completed on behalf of adults who are unable to report their own feelings or symptoms because of severe communication impairment.

<https://toolbox.thearc.org/> -- The Arc's Tech Toolbox is a place to find, share, rate, and review technology for people with intellectual or developmental disabilities (I/DD). If you are looking for a smartphone app to help somebody complete tasks or a device to help somebody communicate, you should be able to find it here. The site provides ratings from other Arc chapters that are using each item in addition to detailed descriptions of the item. You can even add a new product or review the ones already posted to the site.

<http://www.booksbeyondwords.co.uk/> -- Books available for purchase that contain no words—all pictures—to facilitate discussion about serious life experiences with individuals who do not read and have intellectual disabilities.

Tools

<http://www.idspublishing.com/screen/> -- This test screens for mental health problems in adolescents and adults with intellectual disabilities, or what is commonly called "dual diagnosis." The instrument's empirically-derived scales evaluate the probability that a person has an aggressive disorder, autism, avoidant disorder, dependent personality disorder, depression, paranoia, and psychosis. The instrument also evaluates the probability of drug abuse, overactivity, self-injury, sexual problems, stealing, and suicidal tendencies.

Self-Help

www.mantherapy.org – This is a free, interactive site designed as a resource to help men with any problem that life sends their way—something to help them with the realities of suicide and mental health.

<https://moodgym.anu.edu.au/welcome/new/splash> -- MoodGYM is a free, fun, interactive program consisting of five modules, which help you to explore why you feel the way you do, changing the way you think, knowing what makes you upset, assertiveness and interpersonal skills training. MoodGYM aims to help you identify and overcome problem emotions and show you how to develop good coping skills for the future so that you can enjoy good mental health.

https://ecouch.anu.edu.au/new_users/welcome01 -- e-couch provides information about emotional problems - what causes them, how to prevent them and how to treat them. It includes exercises to help you understand yourself and others better. Even better, it provides you with a set of strategies that might help you to improve your life.

<https://thiswayup.org.au/> -- THIS WAY UP Clinic is an online clinician assisted treatment program for anxiety and depression. Validated with an 80% success rate, you will receive support from your clinician and 90 days access to our proven program.

Professionals

<http://aaidd.org/> – The official website for the American Association on Intellectual and Developmental Disabilities (AAIDD), AAIDD seeks to enhance the capacity of disability professionals and to participate in the development of a fully inclusive society.

<http://www.thenadd.org> – The official website for the National Association for the Dually Diagnosed (NADD). This is a membership association for professionals, care providers and families.