

**TITLE:** Improving Mental Health Care Access for Individuals with Intellectual and Developmental Disabilities

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**STUDENT SUBMISSION:** No

**TOPIC/TARGET AUDIENCE:** Topic: Providing Mental Health Care to Individuals with IDD. Target Audience: Any mental health care professional

**ABSTRACT:** The Oregon Office on Disability and Health (OODH) is a CDC-funded office that works to improve the lives and health of individuals with disabilities in Oregon. While roughly 1-in-4 adults across the state experience a disability, accessing and engaging in mental health care services has continued to pose challenges for individuals with disabilities. Through a contract from Oregon Developmental Disability Services (ODDS), OODH is designing and implementing a training program to increase capacity and confidence of mental health care professionals to provide care to individuals with intellectual and developmental disabilities (IDD). This training supports mental health care providers to communicate with patients with IDD effectively, remove assumptions and bias when providing mental health care, and remove access barriers from their practice. The training draws on research and lived experiences of people with disabilities in Oregon and is co-facilitated by an individual with IDD, allowing providers to hear about barriers directly from someone with lived experience in accessing mental health care. Training includes practical information to guide changes that can increase practice accessibility and inclusiveness. The training program framework, excerpts from the training, and pilot data will be presented.

**OBJECTIVE(S):** Describe the barriers experienced by individuals with disabilities in accessing mental health care. Describe the model of training used to engage mental health care providers improving clinic accessibility and inclusiveness for people with intellectual and developmental disabilities.

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