

## ASSESSMENT OF MENTAL HEALTH CONDITIONS FOR PERSONS WITH IDD

VJ Petillo, MS/PBS Facilitator

### DEFINITION: DEVELOPMENTAL DISABILITY

- In Virginia, Developmental Disability means “a severe, chronic disability of an individual that is attributable to a mental or physical impairment or combination of mental or physical impairments that are manifested before the individual attains age 22 and are likely to continue indefinitely.”
- Developmental disabilities result in substantial limitations in various functional areas
- Diagnosed by various licensed professionals (ex. MDs, developmental pediatricians, psychologists)

### Common Developmental Disabilities

- Cerebral Palsy
- Down Syndrome
- Fragile X Syndrome
- **Autism\***
- **Intellectual Disability\***
- Landau-Kleffner Syndrome
- Traumatic Brain Injury (TBI) that occurred before the age of 22
- Attention-Deficit Disorder / Attention-Deficit Hyperactivity Disorder (ADD / ADHD)
- Central Auditory Processing Disorder (CAPD)

### DEFINITION: INTELLECTUAL DISABILITY

- Intellectual disability is characterized by significant limitations in both **intellectual functioning** and in **adaptive behavior**, which covers many everyday social and practical skills. This disability originates **before the age of 22**
- About 1% of the population in the U. S.

-AAIDD

### Intellectual Disability Diagnosis

- **Intellectual functioning** refers to general mental functioning and capacity (such as learning, reasoning, problem solving) and is measured by an individually administered standardized test of intelligence that results in an overall intelligence quotient (IQ) of 70 or below.
- **Adaptive behavior** is the collection of conceptional, social, and practical skills that are learned and performed by people in their everyday lives (ex. literacy, money, self-direction, social skills, activities of daily living/personal care, safety skills, etc.)

-AAIDD

### Autism Spectrum Disorder

- A neurological developmental disability that can cause significant social, communication and behavioral challenges
- Diagnostic:
  - Deficits in social communication and social interaction across multiple contexts
  - Restricted, repetitive patterns of behavior, interests, or activities

[www.cdc.gov/](http://www.cdc.gov/)  
Diagnostic and Statistical Manual of Mental Disorders (DSM-5)

## DEFINITION: MENTAL ILLNESS

- *Mental illness* is a condition that impacts a person's thinking, feeling or mood and may affect and his or her ability to relate to others and function on a daily basis.
- Affects an estimated 1 in 5 adults in the general population (NAMI).
- Diagnosed by a licensed mental health professional (ex. psychiatrist, psychologist, LCSW, LPC); general practitioners/MDs can also diagnose MH conditions

## Applied Behavioral Analysis (ABA)

“A science devoted to the understanding and improvement of human behavior”

## Definition

### Functional Behavioral Assessment (FBA):

- A process to determine the underlying cause or *function* of a person's behavior of concern
- The purpose is to understand how the **antecedents** and **consequences** are influencing the repeated occurrence of the behavior of concern (*Storey*)

Stimulus (A) → Response (B) → Reinforcement (C)

Behavioral Theory:  
Operant Conditioning



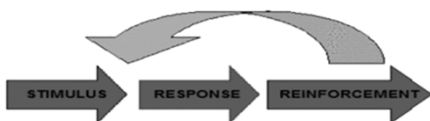
The behavior we repeated:

Stimulus (A) → Response (B) → Reinforcement (C)

The behavior we didn't repeat:

Stimulus (A) → Response (B) → Punishment (C)

Behavioral Theory:  
Operant Conditioning



## Assessment

- Look for and consider factors that could impact behavior
- Watch for what is happening before and after challenging/problem behavior
- Watch for what is happening before and after positive/desired behavior

## Factors That Could Impact Behavior

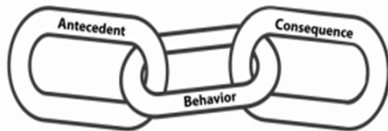
- **There are situations or condition that might affect whether a particular behavior will occur.**
- ***Might not be visible or observable.***
- ***May not happen immediately before the behavior but can impact the behavior.***

## Factors That Could Impact Behavior

Potential Factors	Possible Examples
Biological/physiological issues	<u>Acute/short-term</u> : sickness, UTI, oral pain/problems, constipation, allergy symptoms <u>Chronic</u> : diabetes, seizure disorder, sensory deficits or conditions, some of the mental health disorders, effects of trauma
Emotional states or conditions	Grief, low self-esteem, anger/self-control problems, loneliness, isolation
Cognitive and Physical Disability	<u>Cognitive</u> : memory, problem-solving, communication, and attention deficits <u>Physical</u> : issues with mobility, gross- and fine-motor skill deficits
Social situations and conditions	Transitions, disruptions in relationships/unstable relationships, lack of community connections
Psychological conditions	Effects of trauma, deficits in coping and self-regulation skills

## ABC MODEL

To understand behavior, we have to understand  
**ANTECEDENT – BEHAVIOR – CONSEQUENCE**



## Antecedent

- **What happens right before the behavior of concern**
- **Stimulates an immediate and specific behavioral response**
- **Sometimes called the “trigger”**

*Generally, is visible and observable in the environment.*

## Types of Antecedents

- Denied access to a desired person, place, or thing
- Interrupting a desired activity
- Removing attention
- A request or demand of an undesired task or activity
- Over-stimulation (excessive movement, noise, crowd)
- Under-stimulation (boredom, sitting)

***\*Pay close attention and document these***

## Behavior

- **What an individual is doing**

*\*The behavior should be clearly defined for others to understand it and observe it for themselves.*

## Consequence

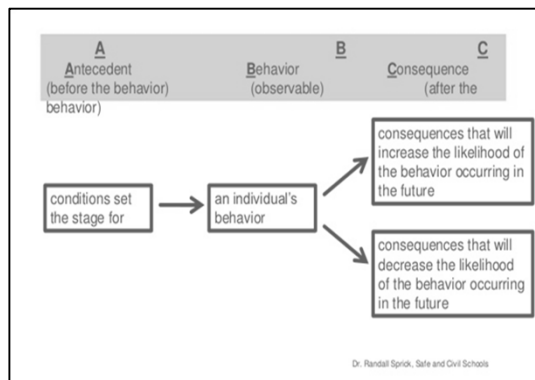
- **An event, response, or outcome that immediately follows the occurrence of the problem behavior.**
- The assumption is that a repeated behavior is creating some type of ***desired*** outcome for an individual (it gets a person what they want or need)

## Types of Consequences

*An individual...*

- is given something he/she wants (ex. item, activity)
- is provided attention
- is able to stop or delay an undesired activity
- is removed from an undesired environment
- is given something to do

***\*Pay close attention and document these***



Some examples...

Antecedent	Behavior	Consequence	What did the person get or avoid?
Staff got up to answer the phone	Andy started making loud noises	Staff stopped talking and corrected Andy's behavior	
Tammy sees soda in the store	Tammy repeatedly and loudly asks for a soda	Staff purchase a soda for Tammy	
Staff asked Gerald to wipe the table after he ate	Gerald slaps at staff repeatedly	Staff stop attempting to encourage Gerald	

## Maintaining Consequences

- **Maintaining consequence**: what occurs directly **AFTER** the problem behavior that *increases or maintains that behavior*.



- Connected to the *function* of the behavior or what purpose the behavior serves

## Maintaining Consequences: Functions of Behavior

### Four General Categories of Function:

- 1) Gain attention
- 2) Gain access or tangible
- 3) Escape or avoid
- 4) Sensory regulation

## Functions of Behavior

### Sensory Regulation

- Regulating sensory messages from the Central Nervous System (CNS)
- Response to internal stimuli (pain, discomfort, thoughts, moods, feelings, delusions, hallucinations, etc.)

## Functions of Behavior

### Escape or Avoidance

- Undesired or non-preferred activities
- Events/transitions
- Certain people
- Environments (crowds, lights, noise)
- Negative or unpleasant feelings

## Functions of Behavior

### Attention

- Social: belonging, intimacy
- Tangible need
- Psychological need

## Functions of Behavior

### Tangible

- Food/drink
- Activities
- Stimulation/  
entertainment

## Depression and Behavior

Symptoms / Manifestations (Potential factors that influence behavior)	Potential Antecedents
Fatigue / loss of energy	<ul style="list-style-type: none"> <li>• Request to participate (activity or task)</li> <li>• Over-stimulating social or physical environment</li> </ul>
Loss of interest / pleasure	<ul style="list-style-type: none"> <li>• Request to participate (activity or task)</li> <li>• Over-stimulating social or physical environment</li> </ul>
Insomnia	<ul style="list-style-type: none"> <li>• Request to participate (activity or task)</li> <li>• Over-stimulating social or physical environment</li> <li>• Under-stimulating social or physical environment / boredom</li> </ul>
Hypersomnia (oversleeping)	<ul style="list-style-type: none"> <li>• Request to participate (activity or task)</li> <li>• Over-stimulating social or physical environment</li> </ul>

## Potential behavioral presentation of Major Depressive Disorder for a person with IDD...

Factors affecting Behavior	Antecedent	Behavior	Consequence
Depression  Not that interested in work.	Cued regarding going to work	Ignore the cue and become aggressive	Avoid going to work.  <i>(Work and paycheck used to be an incentive, but due to depression, formerly preferred events are no longer preferred)</i>

## Bipolar Disorder

- Causes mood swings
- Persons with Bipolar Disorder may have periods of mania and periods of depression as well as normal moods.
- The length of cycle between moods can vary between rapid cycling or more slowly over time.
- Only a minority of people alternate back and forth between mania and depression with each cycle; in most, one or the other predominates to some extent. (Beers & Berkow, 1999)
- During a manic episode, a person will display oversupply of confidence and energy

Beers & Berkow, 1999

## Mania and Behavior

Symptoms / Manifestations (Potential factors)	Potential Antecedents
Hypsomnia (less sleeping)	<ul style="list-style-type: none"> <li>• Request to go to bed or remain in bedroom</li> <li>• Prompts to remain quiet at night</li> </ul>
Hypervocal and hyperactive	<ul style="list-style-type: none"> <li>• Under-stimulating environment</li> <li>• Lack of attention or withdrawing attention; ignoring</li> </ul>
Increased energy Increased demands (for things, activities, or attention)	<ul style="list-style-type: none"> <li>• Denied access</li> <li>• Decreased attention or ignoring</li> </ul>
Diminished ability to focus or complete activities	<ul style="list-style-type: none"> <li>• Demands or requests</li> </ul>
Intrusiveness / interrupting	<ul style="list-style-type: none"> <li>• Demands (redirection)</li> <li>• Under-stimulation</li> </ul>

Potential behavioral presentation of Bipolar Disorder for a person with IDD...

Setting Events	Antecedents	Behavior	Consequence
Bi-polar cycling into manic phase  Not always a good sleeper  Not a lot of friends	Continues activity for many hours into the night and staff interrupt the activity	Begins to scream and wake up the rest of the house	Staff allow person to return to activity since it is quieter than my screaming.

## Anxiety Disorders

Anxiety Disorders include a large number of conditions characterized by:

- Sense of apprehension
- Physiological symptoms – sweating, increased heart rate, increased rate of respiration
- Restlessness, fatigue, irritability, sleep disturbances, difficulty concentrating, muscle tension, personality changes.
- Lack of cause or situation does not warrant the extent of the reaction.

Hughes, 2006

## Anxiety and Behavior

MH Condition	Symptoms / Manifestations (Potential Setting Events)	Potential Antecedents
Obsessive-compulsive Disorder (OCD)	Repetitive actions or rituals	<ul style="list-style-type: none"> <li>• Demands (interrupting)</li> <li>• Denied access (blocking compulsive behavior, objects, etc.)</li> </ul>
Generalized Anxiety Disorder (GED)	Repetitive questions or comments (need for affirmation)	<ul style="list-style-type: none"> <li>• Removing or lack of attention / ignoring</li> <li>• Denied access (to people or rituals that ease the anxiety)</li> </ul>

Potential behavioral presentation of Anxiety for a person with IDD...

Setting Events	Antecedents	Behavior	Consequences
Person has an Anxiety Disorder and an Autism Spectrum Disorder  Low tolerance for frustration  Bullying type of personality	Family member interrupts ritual or routine	Person begins to strip off clothing	Person is allowed to return to the routine he is comfortable following

## Personality Disorders

Personality Disorders are mental health disorders which cause difficulty perceiving and relating to situations and people including self. They are characterized by:

- Rigid and unhealthy patterns of thinking and behaving across situations.
- Frequent mood swings
- Stormy relationships
- Social isolation
- Angry outbursts
- Suspicion and mistrust of others
- Difficulty making friends
- A need for instant gratification
- Poor impulse control
- Alcohol or substance abuse

Hughes, 2006

## Borderline PD and Behavior

Symptoms / Manifestations (Potential Setting Events)	Potential Antecedents
High need for attention and reassurance High sensitivity to rejection	<ul style="list-style-type: none"> <li>• Remove attention / attention shown to others</li> <li>• Denied access to preferred people</li> <li>• Corrected by others</li> </ul>
Impulsive and demanding	<ul style="list-style-type: none"> <li>• Denied access to activities, items, or certain people</li> <li>• Under-stimulating environment</li> </ul>

## Potential behavioral presentation of Borderline Personality Disorder for a person with IDD...

Setting Event	Antecedent	Behavior	Consequence
Borderline Personality Disorder  Lots of staff turnover  Placed with people who are "lower functioning"  Wants to "be" staff  New manager creates conflict on the team	Staff are arguing back and forth	Make the divide between staff bigger with comments, escalating their argument	Watching the conflict and drama escalate

## Psychosis

- The defining characteristics of psychosis are delusions, hallucinations, and disorganized speech or behavior.
- There is evidence that current diagnostic criteria from DSM 5 can be used reliably for people with IDD but behavioral disturbances do seem more significant for people with Severe to Profound IDD than with Mild IDD.

DSM-5, 2013

## A Closer Look: Psychosis

MH Conditions	Symptoms / Manifestations (Potential Setting Events)	Potential Antecedents
Psychotic Disorders  *Hallucinations of various kinds are very rare; it's more likely to observe irrational thought patterns	"Positive symptoms:" irrational or delusional thoughts (ex. expressing that other people are laughing at, picking on, or staring at them, when this is not the case)	<ul style="list-style-type: none"> <li>• Over-stimulating social environment</li> <li>• Decreased attention</li> <li>• Invalidating responses</li> </ul>
Psychotic Disorders	"Negative symptoms:" neglect of hygiene and appearance, decreased motivation; withdrawal, spending time alone	<ul style="list-style-type: none"> <li>• Demands or requests</li> </ul>

## What symptoms of Psychosis might look like for a person with IDD...

Setting Events	Antecedent	Behavior	Consequence
Psychosis  Lives with 3 other people with IDD	Auditory hallucination at breakfast	Yell back to "the voice"	Roommates take their coffee out to the porch and person is now alone

## Sources and Resources

Association for Positive Behavior Support:  
[www.apbs.org](http://www.apbs.org)

NADD: [www.thenadd.org](http://www.thenadd.org)

Diagnostic Manual: Intellectual Disability –  
Second Edition (DM-ID 2)

QUESTIONS???