

Beyond and Behind Behavior: Developing a Holistic Approach

Ginny Focht-New, PhD, PMH-CNS
Psychiatric Clinical Nurse Specialist
Widener University, Chester, PA

Overview



- Advocacy
- Dual Diagnosis
- Assessment
- Diagnosis
- Advocacy

What is your role in advocacy in assessment & diagnosis?



Dual Diagnosis

- Intellectual/Developmental Disabilities (IDD) and Mental Health Conditions
- People with IDD have all the same mental health conditions as people without.

Dual Diagnosis

- NADD reports that an estimated 30 – 35% of people with IDD also have a mental health condition. Several reasons are speculated:
 - Stress
 - Social stigma
 - Limited coping skills
 - Language difficulties
 - Pre-existing neurological difficulties
 - Genetic Conditions
- I would add a few possibilities:
 - Institutionalization
 - Poverty
 - Backing into diagnoses
 - Autism

Barriers to Assessment

- Diagnostic Overshadowing
- Disconnect between service systems
- Communication differences
- Beliefs of incapacity
- Behavioral focus
- Lack of education for people with IDD in order to recognize symptoms
- Lack of professional education

Assessment

In-Depth
Process
and
Content



Gathering Information

- Who are our sources?
- What are we looking for?
- What is missing?
- Signs & Symptoms
- Behavioral Manifestations
- Constellation/Syndrome

No Diagnosis is an Option

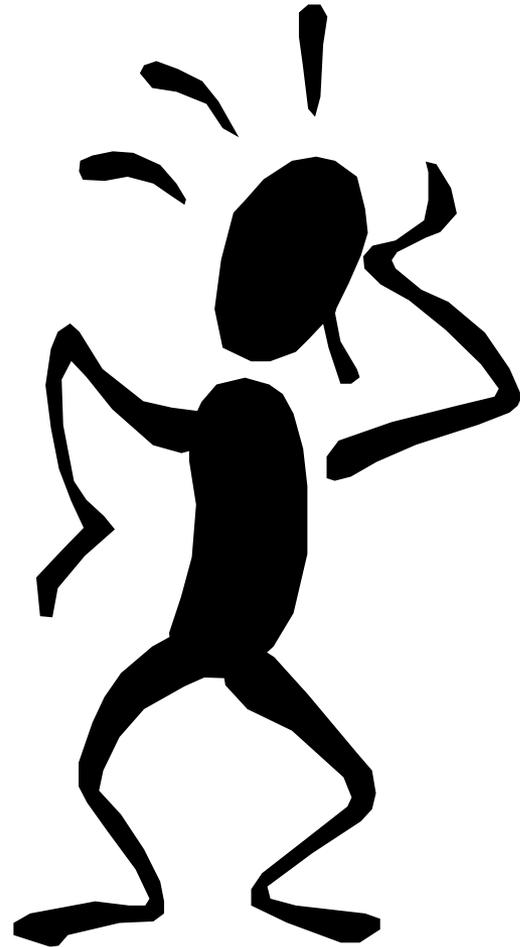
- Environment
- Communication
- Relationships
- Family Systems
- Attachment
- Developmental phase
- Support System
- Culture

Risks and Considerations

- Family History (Harry)
- Genetics
- Autism and Intellectual/Developmental Disabilities

Risks and Considerations

- Medical Conditions
- Sleep



Risks and Considerations

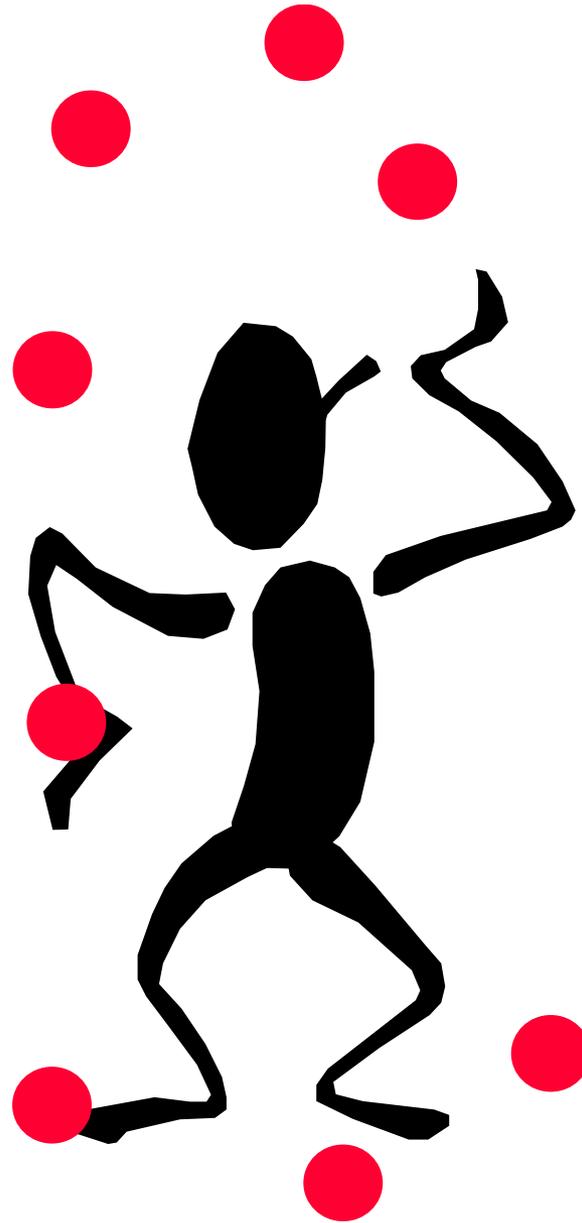


- Fetal Alcohol
- Substances
- Medications

Special Consideration

Trauma

Thoughtful
Process
and
Content



Woulda, Coulda, Shoulda

Ideal

- Undiagnosed
- No Diagnosis
- Provisional Diagnosis
- Differential Diagnosis
- Working Diagnosis
- Re-evaluation

Real

- 10+ minutes ?

Diagnoses

Biologically Based

- Depression
- Anxieties (panic, OCD, phobia)
- Bipolar
- Schizophrenia
- PTSD
- ADHD

Socially Constructed

- ADHD
- IED
- ICD
- ODD
- Conduct
- Personality

Provisional Diagnosis

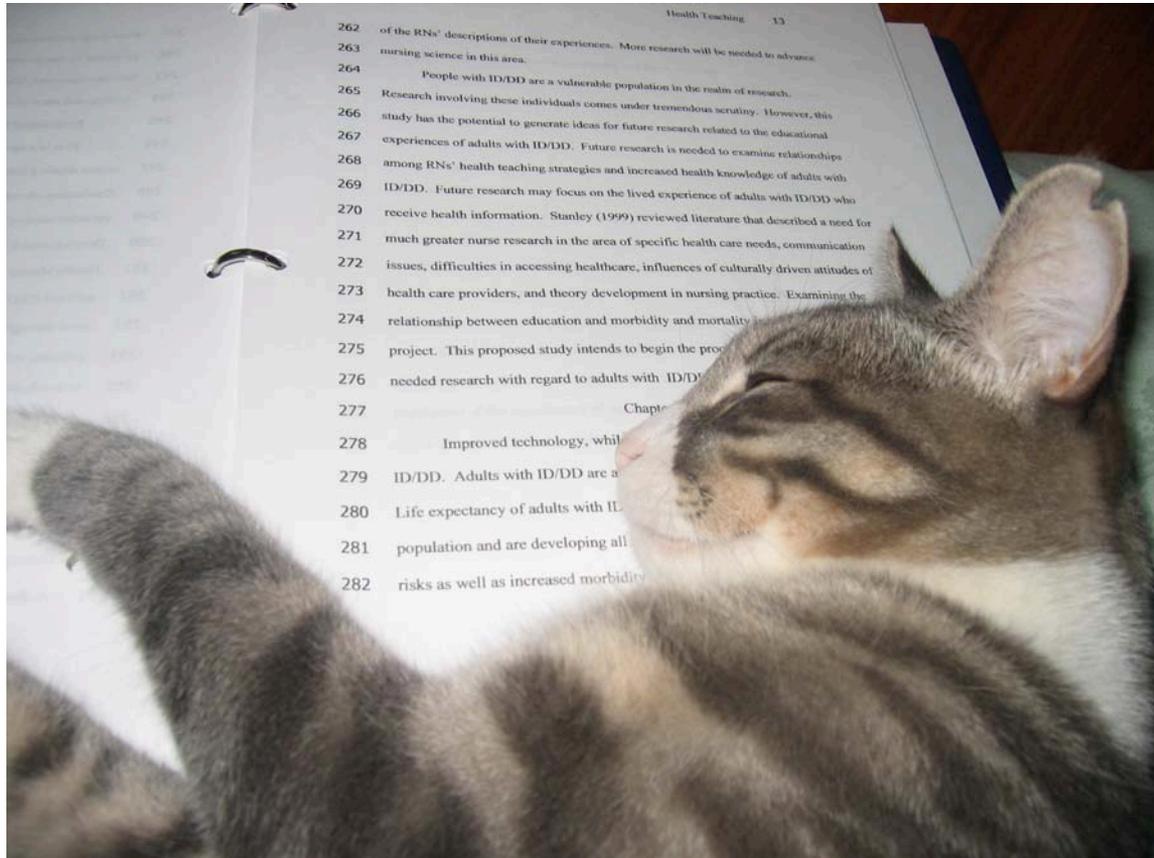


Differential Diagnosis

	Depression	Anxiety	Mania	PTSD	Schizophrenia
Sleep	↓ ↑	↓	↓	↓	
Interest	↓	↓	↑	↓	↓
Hallucinations	✓		✓		✓
Speech	✓		✓		✓
Energy	↓ ↑		↓		

Working Diagnosis

- How do I choose?
- How many do I choose?
- What are the safety issues?
- What is the prevalence?
- How responsive to treatment?



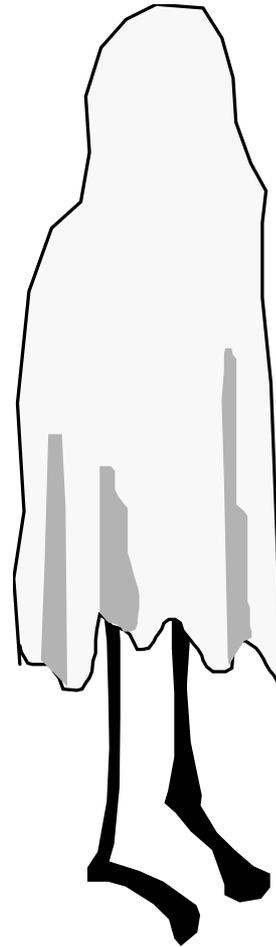
Re-Evaluate

Why?

When?

Treatment

- A Blessing and a Curse



Treatment

- What is the point of making a diagnosis?
- Why should medications match the diagnosis?
- Is medication alone the answer?
- What kind of support and plan?

Advocacy

Now what does an assessment and diagnosis mean to you now?

What kind of education is needed for people to advocate for themselves?



Thank you
for your time today!