



Down Syndrome Connection of the Bay Area
Empower - Inspire - Support



MENTAL HEALTH & WELLNESS ALLIANCE



MHWA
MENTAL HEALTH &
WELLNESS ALLIANCE

A Pilot Program

PROJECT DESCRIPTION

- Collaboration serving the mental health community and providing people with IDD with training, tools, materials, communication and support to access & navigate high quality mental health services
- Serving members of the DSCBA in the Greater San Francisco Bay Area
- Collaborative partners: Grateful Heart Holistic Therapy Center and No Limit Counseling & Coaching



IMPLEMENTATION

- Clinician training, onboarding, ongoing support and consultation (with GHHTC)
- Family connection & coordination with clinicians for therapy access
- Ways to understand session success
- Sibling support groups, group therapy, and mental health/wellness webinars



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DID YOU KNOW?

People with Down syndrome are at higher risk of developing some mental health conditions.

DOWN SYNDROME
AWARENESS MONTH



Advocate Medical Group
Adult Down Syndrome Center

NUMBERS REACHED



- 24 Individuals with IDD served
- 40 family members (includes parents/caregivers and siblings)
- 12 clinicians trained; 6 clinicians remained active
- 105 family members provided with resources
- 6 providers given resources



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PRACTICES & POLICIES DEVELOPED

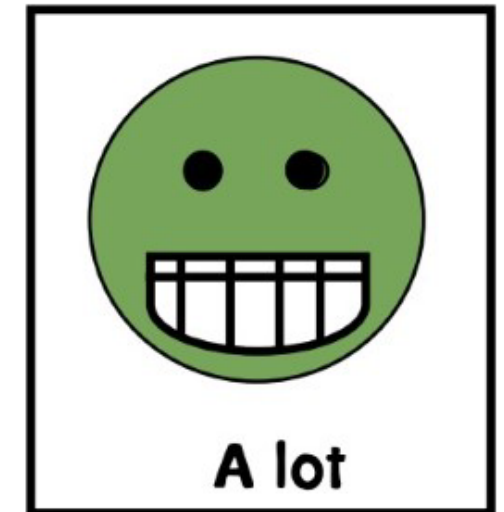
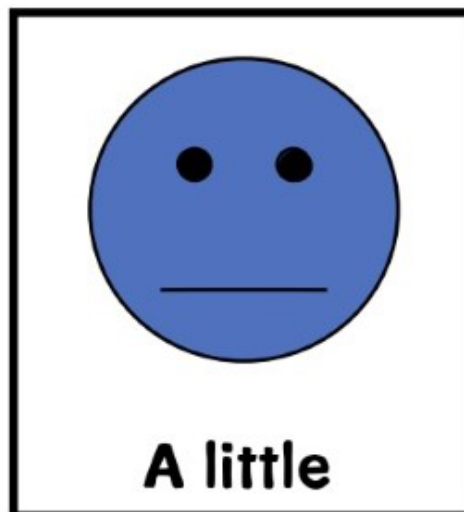
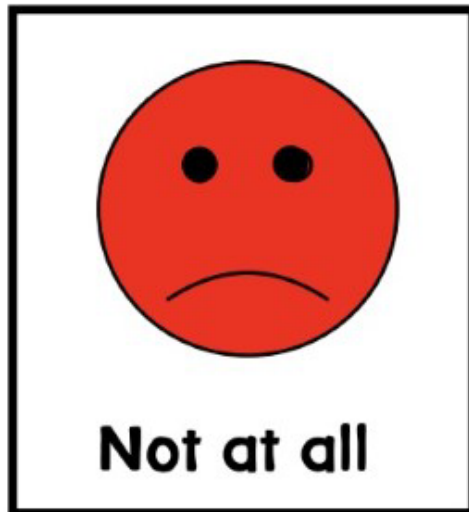
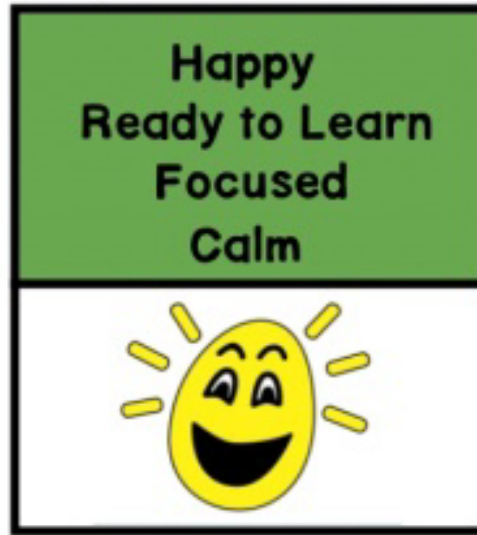
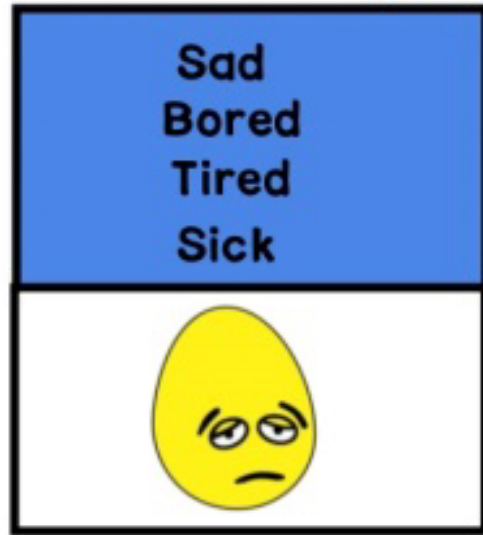
1. Solution-Focused Therapy: Initial methodology changed during the program
2. My Outcomes: Trained clinicians; adapted Outcome Rating Scale; collected data
3. DSCBA provided: Initial intake information, training and ongoing support for GHHTC clinicians



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Rating Scales



DELIVERABLES PROVIDED:

- Mental Health Padlet for Visual Supports
<https://padlet.com/DSCBA/dscba-mental-health-wellness-alliance-ottzudfzmka3q8n7>
- Personal boards and social stories
- Document cameras for visual supports during online therapy



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DELIVERABLES PROVIDED (CONT.)

- Partnership forms, referral/intake process, financial assistance, ROI, and survey results
- Document links, webinars and research
- Shared Google drive
- Mental Wellness in Adults with Down Syndrome, by Dr. Brian Chicoine & Dr. Dennis McGuire
- Expanded MHWA webpage



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BARRIERS/CHALLENGES: APPLIED SOLUTIONS

- Small pool of GHHTC clinicians: New onboarding process for clinicians established
- Matching schedules of clinicians and clients: Increase number of clinicians
- Clinicians' lack of confidence: One-on-one DSCBA support with GHHTC supervision
- Clinician training schedules were challenging: Record trainings (with incentives)
- High administrative time and costs (GHHTC and DSCBA): Hire additional DSCBA staff



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LESSONS LEARNED

- Solution–Focused Therapy (Short-term/ goal-focused): Not a successful therapeutic plan
- Family support clinicians were connected with GHTTC clinicians
- Provide recorded trainings with incentives for onboarded MHWA clinicians
- Allow clinicians to adapt and modify therapy techniques
- Standardized training should be routine for all clinical psychology candidates
- Add administrative support staff
- Track therapy centers and insurance/sliding scale rates to sustain family referrals



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PILOT PROJECT: CONTINUATION

- Ongoing funding for Phase III
- Streamline GHHTC & DSCBA procedures/processes
- An MHWA Coordinator has been hired (DSCBA)
- Identify best practices for data collection
- Extend partnership opportunities beyond GHHTC
- Evaluate best practices for project replication



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Q&A