

DDMHS is an Interior Health tertiary mental health program. It provides specialized mental health consultation and services to individuals age 14 years and older who have both an intellectual developmental disorder and a mental health disorder.

OUR MISSION

We are a specialized team of multidisciplinary mental health professionals providing respectful and individualized assessment, intervention, and education services for adolescents and adults with co-existing intellectual developmental disorders and complex mental health needs. Our goal is to work collaboratively with clients, families, caregivers, and other supportive services to optimize individual well-being and quality of life.

WHO WE SERVE

Often called developmental disabilities (DD), intellectual developmental disorders (IDD) include intellectual disability but also include other disabilities that are apparent during childhood. Intellectual developmental disorders are chronic disabilities that can be cognitive, physical or both and impact an individual's functioning in several areas of life.

Intellectual disabilities occurs in approximately 1% of the population. These individuals have a higher incidence of mental illness than the general populations due to a variety of factors including increased environmental stress and increased neuro-cognitive vulnerability.

WHERE TO FIND US

Main Office

DDMHS
CHSC, 505 Doyle Ave
Kelowna, BC V1Y 0C5
Phone: (250) 763-4122

Kelowna

505 Doyle Avenue
Phone: (250) 763-4122

Vernon

1440-14th Avenue
Phone: (250) 549-6346 or 549-6316

Penticton

2nd fl, 740 Carmi Avenue
Phone: (778) 214-5762

Kamloops

235 Lansdowne Street
Phone: (250) 377-6500

Williams Lake

540 Borland Street
Phone: (250) 302-5034

Cranbrook

#208 1212—2nd Street North
Phone: (250) 417-2534 or (250)-426-4822

Castlegar

Rm 27, 709-10th Street
Phone: (250) 304-1228

Creston

915 Pine Street
Phone: (250) 428-5547 or 428-2286

Developmental Disability Mental Health Services **DDMHS**

*Mental Health Services
for Individuals with
Developmental Disabilities*



Scope of Service

DDMH services are delivered through a combination of Interior Health staff and contracted services located throughout the Interior Health region. Team members include psychiatrists specializing in intellectual developmental disorders, social workers, psychiatric nurses, mental health clinicians, counselors, and health care workers. The purpose of the DDMHS team is to:

- * provide specific, accurate diagnosis which encompasses the global clinical concerns;
- * determine and recommend the most suitable intervention plan;
- * collaborate with the client's support team on the recommended interventions; and,
- * help facilitate the best quality of life for the client.

APPROACH

The team uses a bio-psychosocial approach to service provision. An individual's physical, mental and social health are considered when developing treatment and intervention plans. Interventions are tailored to meet each client's individual needs. Services may include:

- * initial assessment,
- * psychiatric assessment and treatment,
- * consultation with the client & their support team to review and make treatment recommendations,
- * direct therapeutic interventions adapted for the client population,
- * individual and group consultation,
- * client support, education & advocacy,
- * transition to other community resources & supports.

Referral & Intake

Individuals with an intellectual developmental disorder may already receive services through Community Living BC (CLBC) or Children and Youth with Special Needs (CYSN). If an individual receives CYSN or CLBC services, a referral for DDMHS may be completed by a CLBC facilitator or CYSN social worker. Individuals may also be referred to DDMHS by their family physician, pediatrician, Interior Health Child Assessment Network, hospital, a registered psychologist, or Mental Health and Substance Use Services, provided they:

- * are 14 years or older;
- * have an intellectual developmental disorder (as defined by the Diagnostic and Statistical Manual of Mental Disorders, fifth edition) with an IQ under 70 and low adaptive functioning;
- * have developed an intellectual developmental disorder during the developmental period;
- * have a mental health disorder; and/or,
- * requires a mental health assessment due to a serious emotional, psychological, or psychiatric condition.

Referrals are reviewed by the DDMHS team to determine if the referral meets the program mandate. If a referral is not deemed appropriate, a team member will contact the referring party to offer alternative support options for the individual that may be available in the community.

Support through DDMHS is voluntary and therefore a client can refuse services at any time

ELIGIBILITY

To receive service with DDMHS, an individual must be eligible for CLBC or CYSN services and be diagnosed with an intellectual disability. Not all people with a low IQ require DDMH services. Tertiary services offered by DDMHS are accessed if the complexity of the client's presentation makes it difficult for them to be served by primary and secondary mental health services such as Child and Youth Mental Health, a family practice physician, or Adult Mental Health.

THE COMMUNITY

The DDMHS team works with other service providers, general practitioners, caregivers and support networks in the community to deliver recommended services and interventions based on each client's unique needs. The success of treatment is often dependent on these extended supports being in place for the client. The following areas are not directly provided by DDMHS:

- * Residential placements or housing supports,
- * Psychological assessments,
- * Crisis intervention and after-hours support,
- * Case management services
- * Speech and language therapy,
- * Community and home support,
- * Behavior therapy in the absence of a psychiatric condition,
- * Vocational supports, and
- * Psychosocial rehabilitation.

Services available for clients vary across Interior Health and it is important to note that some services are only available in the larger centres within the region.