How to use the Child and Youth Introduction to Intellectual Disability Mental Health Training Series

What is the Introduction to Intellectual Disability Mental Health series?

Introduction to Intellectual Disability Mental Health includes four online learning modules aimed at building basic knowledge and skills in intellectual disability mental health for all staff working within Child and Youth Mental Health Services.

The four modules provide an introduction to:

1. **Intellectual Disability and Autism** (course code: 504418988)
2. **Impacts of Intellectual Disability** (course code: 504420156)
3. **Communication** (course code: 504420601)
4. **Assessment and Management** (course code: 504420971)

The content of the four modules is evidence-informed and has been reviewed by subject matter and clinical experts in intellectual disability mental health. The training content in the series is also aligned with a list of learning capabilities agreed upon by national experts in child and youth intellectual disability mental health.

Who is the Introduction to Intellectual Disability Mental Health series for?

The content is appropriate for all staff working within Child and Youth Mental Health Services, including administrative, clinical, education and managerial staff. Due to their introductory nature, the modules may also be suitable for other staff working within NSW Health, including general health staff.

How to use the Introduction to Intellectual Disability Mental Health series

The four modules can be completed individually in a self-paced manner or collaboratively within teams. We provide some guidance on different ways that the online learning can be completed, but the modules can be used flexibly in any manner appropriate to your work and team.

Complete the training independently online

You can complete the online modules independently to develop your own knowledge and skills in the area of intellectual disability mental health. The modules take approximately 20 minutes to complete and can be done in a self-paced manner.

Complete the training as part of a team

Your team may be interested in completing the modules together as a service improvement activity. This can be done in many different ways.

Blended learning

Team members can complete the online modules independently ahead of a team meeting where further discussions around the module content can take place. Teams could dedicate separate team meetings to each of the four module topic areas or spend one meeting discussing all the content covered in the modules. Team discussions could include reflections and conversations around how the content applies to the team or specific cases, what it means for the roles of specific team members, and how service provision could be improved.

Some potential discussion questions that could be considered during team meetings include:

- What is my role in the care of children and young people with intellectual disability presenting to my service?
- What capacity do I have to support pathways for the care of children and young people with intellectual disability?
- How can my team leverage its strengths to support pathways into care for children and young people with intellectual disability?
- What strengths can I bring to my team in this area and how can my team leverage my strengths?
- What do I need to know/do to achieve better care for children and young people with intellectual disability?
- What resources does the team need to provide better care for children and young people with intellectual disability?
- What further training do I or my team need in this area?

Completing the modules as a group

You could complete each online module with your team members as a group and discuss the content as you progress through the module. The same discussion questions could be used for this method.

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