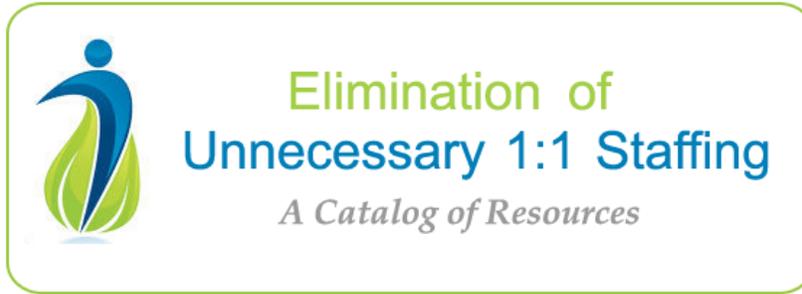


# Improving Supports to Best Meet People's Needs



## Resources to Support People with Behavioral Health Needs

**Title:** *Behavior Specialist, Behavior Plans*

<b>Source:</b>	Philadelphia Coordinated Health Care
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Publications/Behavioral-Health/Behavior-Specialist-Behavior-Plans-Booklet.pdf">http://www.pchc.org/images/PDFs/Publications/Behavioral-Health/Behavior-Specialist-Behavior-Plans-Booklet.pdf</a>
<b>Date:</b>	2009
<b>Description:</b>	This booklet discusses information related to behavioral consultation services such as: how to locate a behavior specialist, what to do if a behavior has become a concern, what a behavior specialist can do for you, and a model for the development of a good behavior plan.

**Title:** *Digest on Dual Diagnosis*

<b>Source:</b>	Community Health Connections
<b>Link:</b>	<a href="http://www.geisinger.org/for-professionals/resources/health-care-quality-unit/includes/pdf/Digest_on_Dual_Diagnosis.pdf">http://www.geisinger.org/for-professionals/resources/health-care-quality-unit/includes/pdf/Digest_on_Dual_Diagnosis.pdf</a>
<b>Date:</b>	2011
<b>Description:</b>	The <i>Digest on Dual Diagnosis</i> was developed as a resource for Lifesharing providers who support individuals with an intellectual disability and mental health challenges. It provides definitions and background about Dual Diagnosis, offers a comprehensive review of mental health disorders and people with intellectual disabilities, and identifies important issues (e.g., medications) for consideration.

**Title:** *General Guidelines for Nurses in Community Residential Programs Supporting People with Intellectual Disabilities*

<b>Source:</b>	Philadelphia Coordinated Health Care
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Publications/Physical-Health/General-Guidelines-For-Nurses-Booklet.pdf">http://www.pchc.org/images/PDFs/Publications/Physical-Health/General-Guidelines-For-Nurses-Booklet.pdf</a>
<b>Date:</b>	2007
<b>Description:</b>	During February 2007, the Southeast Region Nursing Forum Task Force began working on guidelines for nurses in small community homes. These guidelines addressed ten topic areas that are important to the health and safety of people receiving supports and for those working in the Intellectual Disabilities community. <i>One of the areas specifically addressed in this booklet is Behavioral Health.</i>

<b>Title:</b>	<i>Let's Talk About Sexual Abuse</i>
<b>Source:</b>	Philadelphia Coordinated Health Care
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Publications/Individuals-and-Families/Lets-Talk-Sexual-Abuse-Booklet.pdf">http://www.pchc.org/images/PDFs/Publications/Individuals-and-Families/Lets-Talk-Sexual-Abuse-Booklet.pdf</a>
<b>Date:</b>	2011
<b>Description:</b>	This user-friendly booklet is for individuals with intellectual/developmental disabilities and their families. It explains what sexual abuse is, what to do if you are abused, and how to get help.

<b>Title:</b>	<i>Lives In Motion: "I" Statements – Part 1 of 4 in a Staff Training Series</i>
<b>Source:</b>	Lives In Motion – Constance M. Romer-Quirin
<b>Link:</b>	<a href="http://www.lives-in-motion.com">www.lives-in-motion.com</a>
<b>Date:</b>	2007
<b>Description:</b>	The Lives in Motion Four-Part Staff Training Series presents four specific topics to help volatile individuals successfully adapt to their environment. Each topic teaches staff a technique that has an immediate, practical application for interacting with unpredictable people. As a series, the collective techniques provide staff with a therapeutic skill set, enabling them to coax adaptive change in the thinking of individuals with developmental disabilities.

<b>Title:</b>	<i>Lives In Motion: "Fact Checking – Part 2 of 4 in a Staff Training Series</i>
<b>Source:</b>	Lives In Motion – Constance M. Romer-Quirin
<b>Link:</b>	<a href="http://www.lives-in-motion.com">www.lives-in-motion.com</a>
<b>Date:</b>	2007
<b>Description:</b>	The Lives in Motion Four-Part Staff Training Series presents four specific topics to help volatile individuals successfully adapt to their environment. Each topic teaches staff a technique that has an immediate, practical application for interacting with unpredictable people. As a series, the collective techniques provide staff with a therapeutic skill set, enabling them to coax adaptive change in the thinking of individuals with developmental disabilities.

<b>Title:</b>	<i>Lives In Motion: Guided Discovery – Part 3 of 4 in a Staff Training Series</i>
<b>Source:</b>	Lives In Motion – Constance M. Romer-Quirin
<b>Link:</b>	<a href="http://www.lives-in-motion.com">www.lives-in-motion.com</a>
<b>Date:</b>	2007
<b>Description:</b>	The Lives in Motion Four-Part Staff Training Series presents four specific topics to help volatile individuals successfully adapt to their environment. Each topic teaches staff a technique that has an immediate, practical application for interacting with unpredictable people. As a series, the collective techniques provide staff with a therapeutic skill set, enabling them to coax adaptive change in the thinking of individuals with developmental disabilities.

<b>Title:</b>	<i>Lives In Motion: Intensive Systems Therapy (IST) – Part 4 of 4 in a Staff Training Series</i>
<b>Source:</b>	Lives In Motion – Constance M. Romer-Quirin
<b>Link:</b>	<a href="http://www.lives-in-motion.com">www.lives-in-motion.com</a>
<b>Date:</b>	2007
<b>Description:</b>	The Lives in Motion Four-Part Staff Training Series presents four specific topics to help volatile individuals successfully adapt to their environment. Each topic teaches staff a technique that has an immediate, practical application for interacting with unpredictable people. As a series, the collective techniques provide staff with a therapeutic skill set, enabling them to coax adaptive change in the thinking of individuals with developmental disabilities.

<b>Title:</b>	<i>PCHC Training Topic Brochure</i>
<b>Source:</b>	Philadelphia Coordinated Health Care
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Education/Training-Topics/Training-Topics-Brochure.pdf">http://www.pchc.org/images/PDFs/Education/Training-Topics/Training-Topics-Brochure.pdf</a>
<b>Date:</b>	2011
<b>Description:</b>	This brochure provides a list of many training topics available from PCHC. Topics are arranged in three categories: Physical Health, Public Health and Behavioral Health. Behavioral Health topics that are requested frequently include: <i>Overview of Dual Diagnosis, Target Symptoms vs. Behaviors, and Communicating with the Psychiatrist</i> . However, requests for training should never be limited by the topics listed on the brochure. Contact PCHC today to discuss your education needs.

<b>Title:</b>	<i>Sexual Abuse</i>
<b>Source:</b>	Philadelphia Coordinated Health Care
<b>Link:</b>	<a href="http://www.pchc.org/images/PDFs/Publications/Physical-Health/Sexual-Abuse-Tri-fold.pdf">http://www.pchc.org/images/PDFs/Publications/Physical-Health/Sexual-Abuse-Tri-fold.pdf</a>
<b>Date:</b>	2007
<b>Description:</b>	This brochure outlines critical issues regarding sexual abuse. It answers questions including: <b><i>What is sexual abuse? What should you look for? How can you help?</i></b> It provides guidance on what you should do if you suspect or witness sexual abuse, and it provides information on organizations that can help.

<b>Title:</b>	<i>Southeast PA Dementia Screening Tool (DST)/Directions for Using the Southeast PA DST</i>
<b>Source:</b>	PCHC and SE PA Regional Dementia Task Force with clinical support provided by Carl V. Tyler Jr. MD, MS, CAQ-Geri
<b>Link:</b>	<a href="http://www.pchc.org/images/ListOfItemsFiles/Dementia-Screening-Tool.pdf">http://www.pchc.org/images/ListOfItemsFiles/Dementia-Screening-Tool.pdf</a>
<b>Date:</b>	2009, revised 2011
<b>Description:</b>	People with intellectual disabilities may be at risk for developing dementia/ Alzheimer’s Disease. This tool was developed to assist caregivers in collecting information to be shared with physicians.

**Title:** *The NADD Accreditation and Certification Programs*

<b>Source:</b>	NADD
<b>Link:</b>	<a href="http://thenadd.org">http://thenadd.org</a>
<b>Date:</b>	2012
<b>Description:</b>	NADD is a not-for-profit association established for professionals, care providers and families to promote understanding of and services for individuals who have developmental disabilities and mental health needs. NADD has developed several accreditation and certification programs in association with the National Association of State Directors of Developmental Disabilities Services (NASDDDS).

**Title:** *Transition Health Care Checklist: Transition to Adult Living In Pennsylvania*

<b>Source:</b>	Pennsylvania Department of Health
<b>Link:</b>	<a href="http://www.portal.state.pa.us/portal/server.pt/community/%20special_kids_network/14205/transition_health_care_checklist/558090">http://www.portal.state.pa.us/portal/server.pt/community/%20special_kids_network/14205/transition_health_care_checklist/558090</a>
<b>Date:</b>	2012
<b>Description:</b>	The Pennsylvania Department of Health and its community partners recognized a gap in health services for youth with special health care needs. When these youth leave school, they transition from having different or no insurance coverage, from seeing pediatric specialists to searching for adult medical specialists, and from good coverage for medications to having to understand new systems for obtaining medicines. Working with the Pennsylvania Community on Transition State Leadership Team, agencies, and families, the <a href="http://www.portal.state.pa.us/portal/server.pt/community/%20special_kids_network/14205/transition_health_care_checklist/558090">Transition Health Care Checklist: Transition to Adult Living in Pennsylvania</a> was created to guide youth, families, and professionals during this time of change.

**Title:** *Wellness Recovery Action Plan ®*

<b>Source:</b>	Mary Ellen Copeland, Ph.D.
<b>Link:</b>	<a href="https://www.wrapandrecoverybooks.com/store/">https://www.wrapandrecoverybooks.com/store/</a>
<b>Date:</b>	Copyright 1997, Revised 2002, 2011
<b>Description:</b>	This book is a popular personal guide for developing a Wellness Recovery Action Plan (WRAP), a system for monitoring, reducing and eliminating uncomfortable or dangerous physical and emotional difficulties. Copies of this publication can be obtained at WRAP and Recovery Books at the link noted.

**Title:** *A WRAP Workbook for People with Developmental Distinctions*

<b>Source:</b>	Mary Ellen Copeland, Ph.D. with assistance from Gina Calhoun, Lori Young, Rachel, Nikki, Sue and Christopher
<b>Link:</b>	<a href="https://www.wrapandrecoverybooks.com/store/">https://www.wrapandrecoverybooks.com/store/</a>
<b>Date:</b>	Copyright 2014
<b>Description:</b>	This book guides a person through the process of creating his or her own WRAP. Copies of this publication can be obtained at WRAP and Recovery Books at the link noted.