



Relias Spotlight Series

May 2020

Greetings Providers,

Welcome back to the Optum Idaho **Relias Spotlight Series**— a series devoted to providing you with access to **free, easily accessible, and CEU-eligible** online education about topics that are of most importance to behavioral health providers, like you, across the state.

When you hear the term “**dual diagnosis**”, what comes to mind? If you’re like many behavioral health professionals, you may automatically think of clients who present with both a behavioral health condition and substance use disorder.

A less recognized yet equally important group of dually diagnosed individuals is children and adults who have a behavioral health condition with co-occurring intellectual and developmental disability (IDD). Because of their cognitive disabilities, people with IDD are less likely to have developed effective and appropriate coping skills to a variety of stressors. And, because of often limited linguistic ability, they also tend to have difficulty with processing and expressing their internal experience of thoughts and feelings.

By being familiar with and able to recognize disadvantages and challenges that individuals with IDD face when entering into behavioral health services, we as behavioral healthcare professionals can provide better care for our clients and help prevent these challenges from affecting the outcome of treatment.

Without awareness of the nuances of dual diagnosis, we may be unaware of or miss the possibility of co-occurring conditions, fail to ask the appropriate clinical questions, and/or we may create circumstances in which we assume the focus of therapy to be the elimination of maladaptive behavior, without taking into account the client's personal goals.

If you want to learn more about emerging best practices for people with a behavioral health condition with co-occurring intellectual and developmental disability, look no further than [your Relias dashboard](#), which has **an array of courses (outlined below)** available to help you build your own skills in dual diagnosis, so that you can most effectively support clients in your practice. All courses are available completely for free and can be taken at your leisure during the month of May. Best of all— **many of these courses qualify for CEUs!**

Simply click on any of the links below to get started.

- [Supporting Individuals with IDD and Mental Health Disorders](#)
- [CBT for People with Developmental Disabilities](#)
- [Comorbid Mental and Physical Conditions: Preparing for New Treatment Expectations](#)
- [IDD and Trauma: Road to Recovery](#)
- [Risk Screening for Best Practices](#)

Whether with our clients, our colleagues, or the communities we serve, we are always stronger together. As always, thank you for all that you do for our members.

We wish you a safe and healthy May,

The Optum Idaho Education and Training Team