



# Promoting Mental Health Wellness in Children with Intellectual and Developmental Disabilities

Tertiary prevention includes strategies to stop or slow the progression of a disability. Services and supports that improve outcomes and prevent negative consequences for children include:

- Therapy services
- Assistive technology
- Medical care
- Social supports

At one time, it was thought that a person with an intellectual or developmental disability could not have a mental health condition. Today we know someone with IDD can be dually diagnosed with mental health conditions also. Although research and services have started to focus on the dually diagnosed population, there is still a lack of awareness and a lack of education on the subject.

When supporting a child with IDD, you can get help from many organizations and state programs. [Navigate Life Texas](#) is a great place to learn more about everything from diagnosis to transitioning to adulthood. In addition to lots of information and videos, Navigate Life Texas also has a database to help you find organizations that help parents find the resources and services needed to support children with IDD, such as [Texas Parent to Parent](#) or [The Arc of Texas](#).

## Resources

- [MentalHealthTx.org](#) and [2-1-1 Texas](#) can help you find local mental health services.
- Your local mental health authority can connect you with mental health services. [Find your LMHA here](#) or by using the [database search](#).

- [Mental Health Wellness for Individuals with IDD](#) is a free training course for people who support someone with intellectual and developmental disabilities and behavioral health needs.
- [The Road to Recovery: Supporting Children with Intellectual and Developmental Disabilities Who Have Experienced Trauma](#) is a training that gives providers an overview on working with children and families living with intellectual and developmental disabilities who have experienced trauma.
- [National Association for the Dually Diagnosed](#) has information and offers continuing education opportunities regarding dual diagnosis.
- [Navigate Life Texas](#) has information on what dual diagnosis is and where to find services for children with IDD.