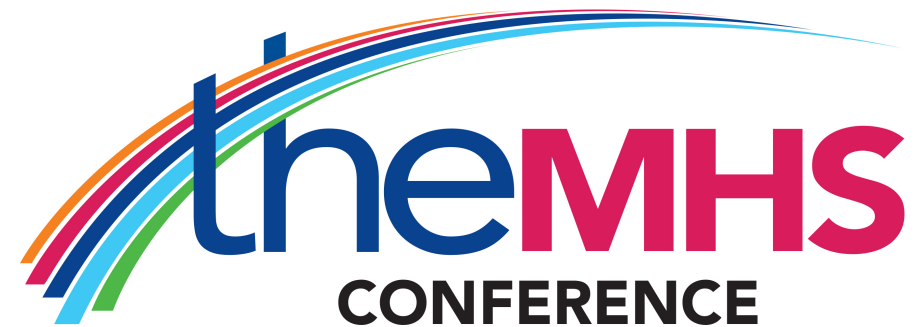


The Mental Health and Intellectual Disability Initiative for Youth (MHIDI-Y)

Alfred Health Child and Youth Mental Health
Service

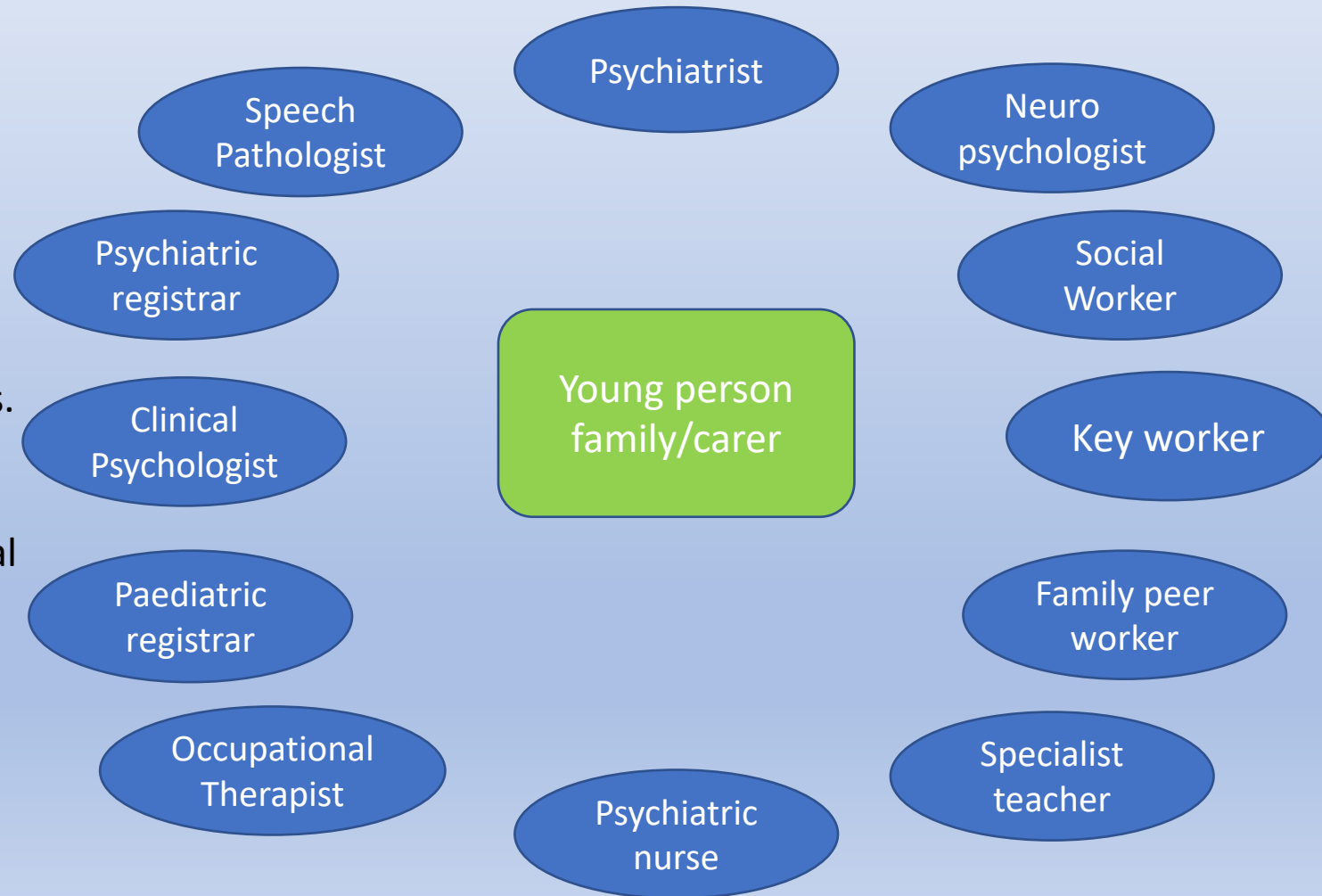


The Mental Health and Intellectual Disability Initiative for Youth (MHIDI-Y)

Co-ordinated, family focussed, interdisciplinary care for young people (12 – 25 years) with a co-occurring intellectual disability and mental health concern and their families and carers.

The roles of the MHIDI-Y:

- Provide comprehensive multidisciplinary assessment for the young person.
- Provide a suite of professional services tailored to the young person's needs.
- Medication review and assessment.
- Psychoeducation and support for families/carers.
- Multidisciplinary case management and co-ordination of services.
- Provide adapted services to meet the intellectual capacity and needs of the young person (e.g., adapted communication methods, creating sensory spaces).
- Provide primary and secondary consultations



Outcomes and feedback

A recent quantitative and qualitative evaluation of the program (see Whitehead et al. 2021) found that young people who attended the MHIDI-Y showed improvement in their problematic behaviours and social problems. Further, parents almost uniformly provided positive feedback about the program, highlighting the benefits of the multidisciplinary team, the co-ordination of services, and the person-centred approach.

“Our general feeling was one of a degree of reassurance. We felt like there was a focused approach to management of the issues that we were dealing with, by people that knew what they were talking about.”

“I thought it was a great process. I thought they were engaging and I think they were great with my son and I can't ask more than that.”

“To have a team that all come together and see them as a whole person, but each with their own little specialties, is amazing. That's exactly, as a special needs family, is what you hope for. Everyone on the same team, all working together, all chatting to each other. Really, that is what you hope for.”

“I think this program should be rolled out everywhere, I really do. I think there is a lot of benefits for families, for schools that have these kids . . . I just think they are doing an amazing job. I'm thankful, really thankful. We feel lucky.”