

When the Dam Breaks: Preventing and Planning for Mental Health Crises with People with IDD

Sept. 6, 2024

9 am – 12 pm

Live Webinar

Program Overview

Crisis looks different for everyone. What may feel like a dam breaking to one person is a minor drip to another. Approximately 30-50% of people with IDD have a co-occurring mental health condition. People with IDD are more vulnerable to trauma than their typically developing peers. A person with IDD and a co-occurring mental health condition may need more personalized support at times to plan for and prevent personal crises. It is important to understand how to support a person in always feeling safe so as to assist them in times of crisis.

This workshop explores what it means to have a crisis and how we can positively support individuals with IDD in our everyday interactions to help minimize the possibility of a crisis. We will focus on understanding the underlying circumstances that can lead to crisis and how utilizing trauma informed approaches in your everyday support of a person with IDD can help prevent a situation go from a water drip to a break in the dam.

Who Should Participate

Service providers, family members, caregivers, school personnel, self-advocates who identify with IDD and anyone interested in the topic

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System.



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Register online at northwestahec.org

Objectives

Upon completion of this knowledge-based program, participants should be better able to:

- Identify the vulnerabilities that can lead a person with IDD and co-occurring mental health challenges into crisis.
- Describe aspects of crisis prevention planning that can be implemented in everyday supports.
- Design a sample crisis prevention plan for a person with IDD.



Wake Forest University
School of Medicine

NORTHWEST AHEC
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Credit

- 3.0 Contact Hours
- 3.0 Contact Hours (category A) CE for NC Psychologist
Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 3.0 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.
- 3.0 NBCC Contact Hours
Northwest AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5465. Programs that do not qualify for NBCC credit are clearly identified. Northwest AHEC is solely responsible for all aspects of the program.



Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#) but note not all programs offer all credits.

Registration Fee

\$60

Register and pay online at nwahec.org/73055

Payment by credit card (American Express, Discover, MasterCard and Visa) or Atrium Health Wake Forest Baptist internal transfer accepted online.

Payment Policy:

Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. If the corporate payment has not been received two weeks post activity, your personal credit card or check will be charged or cashed. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment.

Refund Policy:

Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and two full business days prior to the first day of the event will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than two days before the activity. Cancellations must be in writing (email). You may send a substitute in your place.

Note—If you have not received confirmation of your registration 24 hours before the program date, please call Lisa Thomas at 336-713-7729 or email lisathom@wakehealth.edu to verify the status of your registration.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

Registering for and attending this program authorizes Northwest AHEC / Wake Forest University School of Medicine to take pictures to be used for the Center's publications, website (including social media sites) and presentations.

For More Information and Assistance

If you have questions about registering or need auxiliary aids or special services to attend this program, please contact Lisa Thomas at least five working days prior to the program by calling 336-713-7729 or emailing lisathom@wakehealth.edu.