

Submit Leadership Project PRODUCT (Due 5/8/2024): Tania Herrera

Abstract:

The podcast episode focuses on bringing awareness to healthcare providers regarding the topic of dual diagnosis. Dual diagnosis refers to the co-occurrence of intellectual and developmental disabilities (IDD) and mental health disorders in the same individual. Individuals with IDD are at a higher risk of developing mental health issues such as depression and anxiety. This condition presents unique challenges for both individuals and healthcare providers due to the complex interrelationship of the diagnoses. This dual diagnosis can also pose challenges for family members and caregivers, requiring additional support and resources. Assessments and treatments require an integrated, person-centered approach that simultaneously addresses both the IDD and mental health disorders. Early and precise diagnosis, along with comprehensive and inclusive treatment strategies, are critical for enhancing outcomes for affected individuals and their families.

By embracing diversity and inclusion in care, we can provide equitable and effective support to those living with dual diagnosis.

Plain Language:

Dual diagnosis happens when someone has both an intellectual or developmental disability (IDD) and a mental health disorder. This can complicate treatment because the two conditions can affect each other. People with dual diagnosis may need more healthcare support and face more severe problems. Diagnosing the condition requires careful assessment by specialists to understand the needs of the individual and their family. Treatment plans should address both IDD and mental health issues and involve family for better care and support.