

What is Dual Diagnosis?

- Dual diagnosis means having an intellectual/developmental disability (IDD) as well as a mental health condition.
- Youth who have IDD are more likely to have a mental health condition than those who do not have a disability.
- It may be difficult to identify a mental health condition in youth who have an IDD and also meet their needs.
- If a child gets help early, it may greatly improve their wellness and life.



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Mental illness among people with IDD is **2 to 3 times higher** than among those who do not have IDD.

Between
30%-50%
of youth with IDD also
have a mental health
condition.

Why is Behavior Important?

Children with IDD often are unable to tell people what they are feeling, so caregivers will have to look at any changes in their child's behavior to see if they are in distress.

No single problem immediately points to a mental health issue. Being aware of new or unusual changes in your child's behavior may lead to early treatment.

CHANGES MAY INCLUDE

- Demonstrates challenging behaviors more often.
- Seems either more active or less active than usual.
- Seems irritable, withdrawn, or isolated.
- Is less interested in enjoyable activities or hobbies.
- Tends to cling to caregivers.
- Has shown a decline in grades or is often absent from school.
- Often complains of headaches, stomach aches, or other body pain.
- Sleeps or eats either more or less than usual.

If you are concerned about your child's mental health...

- resources may be available within your school district or community.
- seek input from your child's IEP committee or case manager.
- your school district mental health staff may help connect you with community supports.
- a referral for evaluation may assist in identifying and meeting your child's unique needs.



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