

Managing your mental health

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Canadian Down Syndrome Society
September 19, 2024

Lesson #1

Knowing where you are at



UNDERSTANDING MY STRONG MIND



<https://www.ambitiousaboutautism.org.uk/know-your-normal>
https://mcusercontent.com/4d4cfab0c99c164a0a953b154/files/634014a6-6855-08eb-ed06-e0c24df9a0fb/My_Strong_Mind.pdf

Family Distress Scale (Weiss & Lunsky, 2010)

Please rate where you fall on this continuum of distress from 1 to 10:

1 Everything is fine, my family and I are not in crisis at all
2 Everything is fine, but sometimes we have our difficulties
3 Things are sometimes stressful, but we can deal with problems if they arise
4 Things are often stressful, but we are managing to deal with problems when they arise
5 Things are very stressful, but we are getting by with a lot of effort
6 We have to work extremely hard every moment of every day to avoid having a crisis
7 We won't be able to handle things soon. If one more thing goes wrong - we will be in crisis
8 We are currently in crisis, but are dealing with it ourselves
9 We are currently in crisis, and have asked for help from crisis services (Emergency room, hospital, community crisis supports)
10 We are currently in crisis, and it could not get any worse

Lesson #2

HELP to recognize and unpack emerging mental health issues

People with developmental disabilities

- Self-advocate
Easy Read HELP
Model

We all need a little

HELP

The letters H-E-L-P help remind us of all the things that are important to our mental health and to think about when there is a problem.

This is what HELP stands for:



The image is a composite of four photographs arranged in a 2x2 grid, illustrating the HELP model. The top-left photo shows three people in blue shirts standing in front of a chalkboard with the word 'Health' written on it. The top-right photo shows a person in a blue shirt sitting on a bench with their head in their hands, surrounded by people in light blue shirts, with a chalkboard in the background showing the word 'Environment' and a drawing of hands. The bottom-left photo shows a group of people sitting on a bench, with a chalkboard in the background showing the words 'Lived experience' and a large 'H'. The bottom-right photo shows a person in a blue shirt sitting on a bench, with a chalkboard in the background showing the word 'Psychiatric' and a drawing of a person's head.

Caregivers

- Family Matters
Toolkit: HELP model
for Families

Service Providers

- Nuts and Bolts
Toolkit



https://machealth.ca/programs/curriculum_of_caring/m/mediagallery/2092



Health

It is important to take care of your body.

Does something hurt?

Tell someone you trust if you are not feeling well.

Tell someone if you are experiencing new pain or discomfort.

Remember to take care of your teeth, ears and eyes.



Does it hurt when you go to the bathroom? And do you go to the bathroom regularly?



Are you taking your medicines every day?



Tell someone if you have a headache or you feel weak.



Are you getting enough sleep at night? Try not to sleep too much during the day.





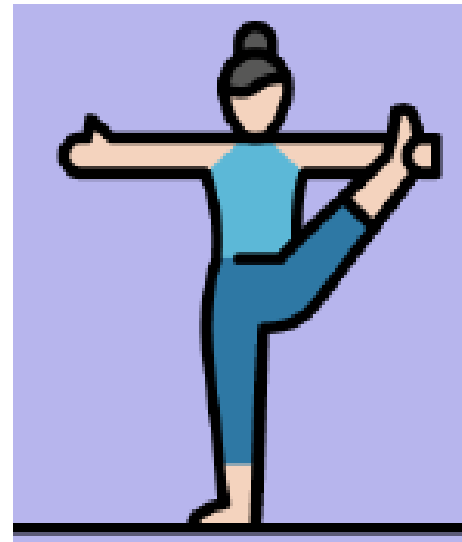
https://machealth.ca/programs/curriculum_of_caring/m/mediagallery/2092



Environment

Do you feel safe and comfortable in your home?

It is important to have a place where you can relax and feel good.



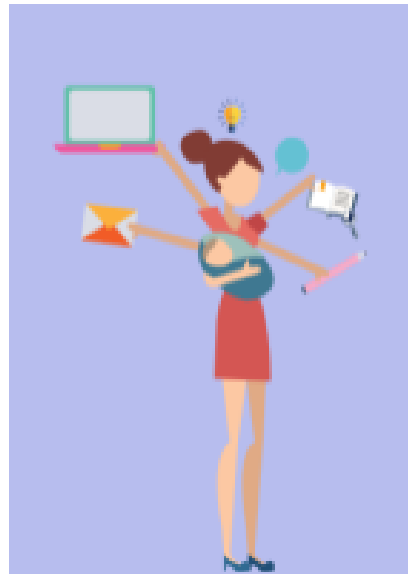




Lived Experience

We all have different stories.

Things that happen to us can change the way we think and feel.





https://machealth.ca/programs/curriculum_of_caring/m/mediagallery/2092

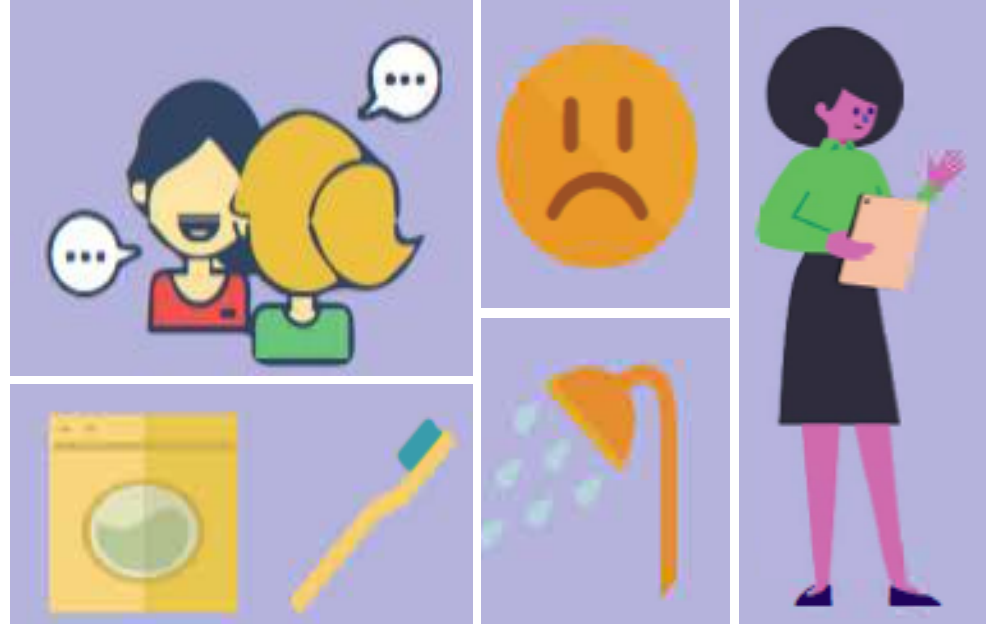


Psychiatric

Your mental health is just as important as your physical health.

Mental health is not something you can see, but it is something you feel.

- Talk to somebody if you don't feel good for a long time.
- If you feel mad, sad, or worried it is good to ask for help.
- Someone might have ideas that will help.



Lesson #3

There are skills to learn support mental health

There are easy to understand resources to teach mental health skills

- Read these Self Help Booklets
- Look at Books Beyond Words

If you feel
anxious:



If you feel
down:



Solving your
problems:



Being more
active:



Sleeping
better:



Relaxing (video):
<https://vimeo.com/415101342>



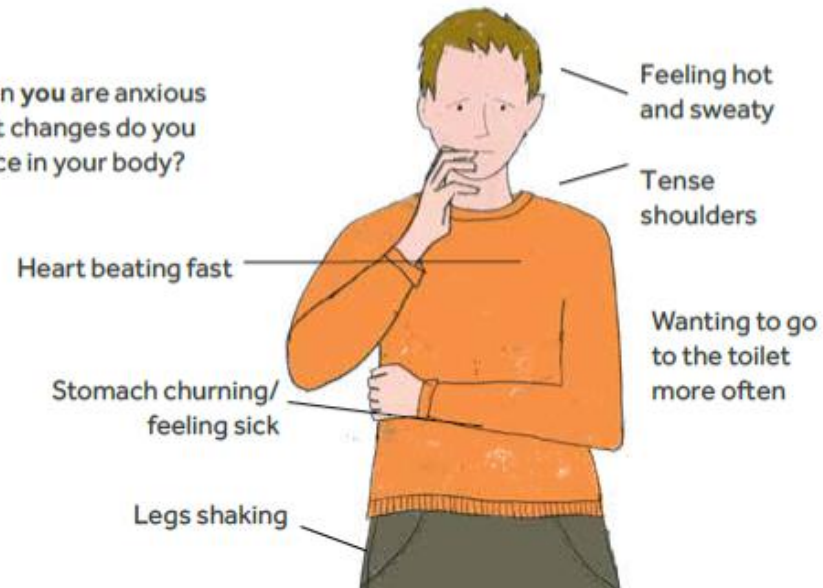
Anxiety in the body

We can notice changes in our body when we feel anxious. Some changes are below:

Tick the changes you feel in your body

	TICK BOX
Heart beating fast	<input type="checkbox"/>
Stomach churning/feeling sick	<input type="checkbox"/>
Legs shaking	<input type="checkbox"/>
Feeling hot and sweaty	<input type="checkbox"/>
Wanting to go to the toilet more often	<input type="checkbox"/>
Tense shoulders	<input type="checkbox"/>

When you are anxious what changes do you notice in your body?





- ➔ Sit on a chair
- ➔ Take a few slow, easy breaths
- ➔ Breathe in through your nose and out through your mouth, if this feels comfortable.
- ➔ You can count these breaths 1 – 2 - 3
- ➔ Let your shoulders relax
- ➔ Try and let your muscles go soft and relaxed

Sometimes relaxing activities can help you relax your body.

This might be having a bath or listening to relaxing music.

Do something to take your mind off of worries.

Another way to feel less anxious is to do something take your mind off your worries. This is sometimes called distraction. You can choose something to do when you feel anxious.

Some other good ideas for things to do are:

- ➔ Cooking lunch
- ➔ Listening to the radio
- ➔ Watching DVDs
- ➔ Getting things done around the house
- ➔ Artwork
- ➔ Phoning someone for a chat

The Truth about Medication "TRYals"

- It takes a team (everyone's team looks different)- the individual, family, support people, family doctor, psychiatrist, pharmacist, other healthcare providers
 - It takes time and often many 'tries'
 - Sensitivities to side effects & dose, medication effects, medication interactions
 - Importance of tracking (behaviour analyst helpful)
 - Pharmacists can be a great resource
-

Lesson #4

Self Care – It starts with us

What depletes you?



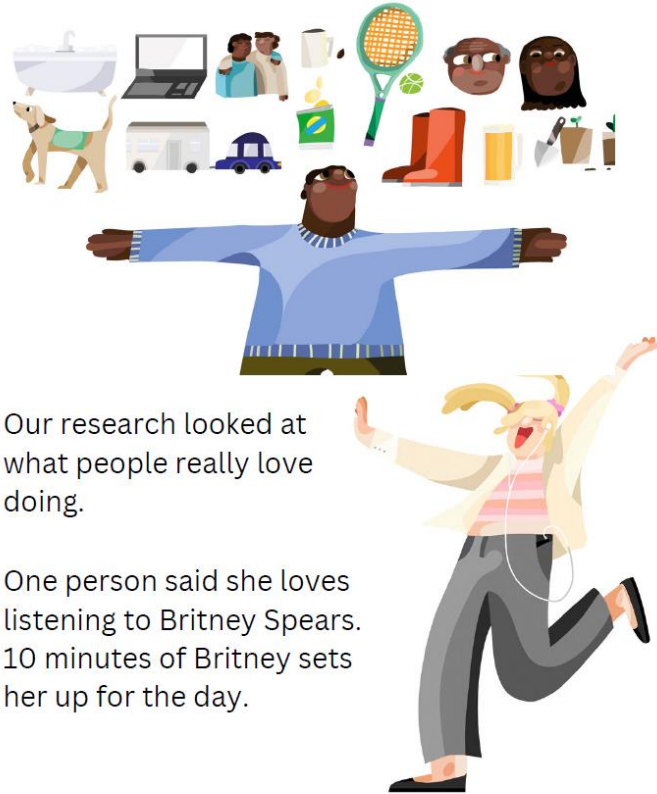


What nourishes you?





To live a good life we need to have the freedom to do the things we love doing.



Our research looked at what people really love doing.

One person said she loves listening to Britney Spears. 10 minutes of Britney sets her up for the day.

Someone she supports loves the wind on his face. This can be ignored as people do not realise how important it is to him.



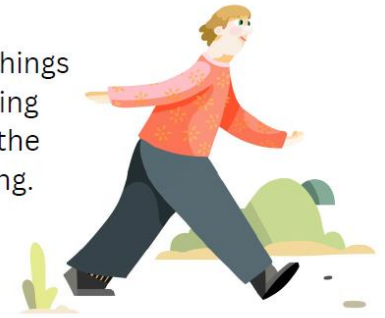
We need to know what it is people really love to do.

We found these things
can change.

People may not always want to do them.

And this is relevant to all of us.

We also found these things are often free. Like going for a walk, dancing in the living room and cooking.



So what's your 10 minutes of Britney?!!



For more info email Sara at
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SUPPORTED BY
NIHR | National Institute for Health and Care Research

Artist: Grace Barnes



Lesson #5

Sharing is Caring

What is good mental health?



“

Good mental health means that I wake up in the morning with **joy, feel good, look forward to a new day** and everything it will bring.

...Mental health is **very important** to me, and I take good care of it.

—DEWLYN LOBO
(SELF-ADVOCATE)





Upcoming Brain Health-IDD Courses

Service Providers

Friday,
September 20 to October
25 from
11:30am-1:00pm EDT

Self-Advocates

Wednesday,
October 2 to November
13 from
1:00-2:30pm EDT

Family Caregivers

Tuesday,
October 29 to December
3 from 12:30-2:00pm
EDT

Interested? Fill out our Expression of Interest Form



Clinical Innovations and Tools

Click the links below to go directly to a resource or scroll down for more details.

In this section: [Nuts and Bolts of Healthcare](#) | [AM HeLP Guide \(Autism Mental Health Literacy Project\)](#) | [Family Matters Toolkit](#) | [Self-Help Booklet Series](#) | [Mindfulness](#) | [Developmental Disabilities Primary Care Program Clinical Guidelines \(Surrey Place\)](#) | [Developmental Disabilities Primary Care Program Clinical Tools \(Surrey Place\)](#) | [Health Check Toolkit](#) | [Emergency Toolkit](#) | [Depression and Autism Guide for Youth \(Cundill\)](#) | [Family Guide to Dual Diagnosis](#) | [Dual Diagnosis Information Guide](#) | [Understanding My Strong Mind](#) | [Successful Housing Elements and Developmental Disabilities \(SHEDD\)](#)



Health Care Access Research
and Developmental Disabilities

camh



mens sana
mental care professionals

Nuts and Bolts of Healthcare

Through a partnership with Vita Community Living Services, this toolkit was developed for direct support professionals to better support people with intellectual or developmental disabilities when it comes to their health and health care. The resources include tools developed by the H-CARDD program as well as curated resources from [Surrey Place's Developmental Disabilities Primary Care Program](#) and others.

Purpose: To increase knowledge about the health care needs of adults with developmental disabilities and help direct support professionals to effectively communicate with health care professionals.

Audience: Direct support professionals in the developmental services sector

Resource type: Toolkit and videos

[VISIT WEBSITE](#)

[DOWNLOAD TOOLKIT](#)

This page provides a comprehensive collection of tools and resources for individuals, caregivers, health care professionals, researchers, and policymakers seeking information and support related to the health and health care of individuals with developmental disabilities in Canada.

<https://www.camh.ca/en/science-and-research/institutes-and-centres/azrieli-adult-neurodevelopmental-centre/clinical-innovations-and-tools>

Questions?

Thank you!



H-CARDD is a research partnership to improve the health of Canadians with developmental disabilities.

Visit our website to find health care tools for clinicians and patients, as well as to watch our health care practice videos.

Follow us on social media **@hcardd** for news and updates. Please contact us for more information

www.hcarddcovid.com/info

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@HCARDD



@HCARDD



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RESOURCES

Know your normal/Strong Minds

<https://www.ambitiousaboutautism.org.uk/know-your-normal>

https://www.porticonetwork.ca/documents/38773/0/UMSM_Longform+.pdf/dbdb60ad-0b9a-49fd-86bd-3254892b0ead

Booklets about mental health for people with intellectual disabilities

<https://www.camh.ca/en/health-info/mental-health-and-covid-19/faq-and-resources/self-help-booklet-series>

<https://booksbeyondwords.co.uk/>

Family matters Toolkit to help with healthcare

<https://familymatters.ddtoolkits.com/>

[Family Matters Toolkit: HELP model for Families](#)

What's your 10 minutes of Britney?

<https://www.sscr.nihr.ac.uk/whats-your-10-minutes-of-britney-spears-the-key-to-a-flourishing-life/>

Other resources can be found at

<https://www.camh.ca/en/science-and-research/institutes-and-centres/azrieli-adult-neurodevelopmental-centre/clinical-innovations-and-tools>