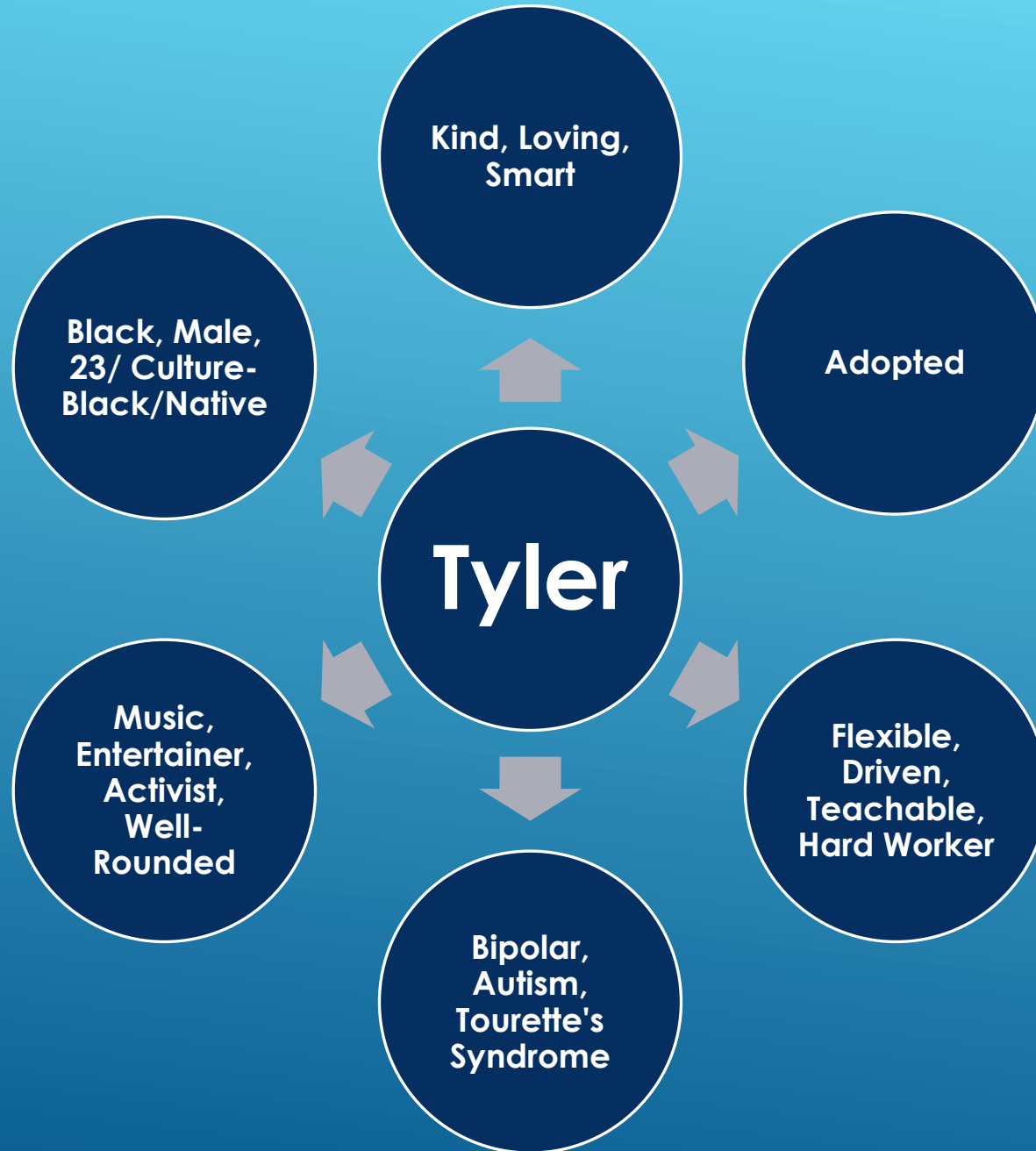


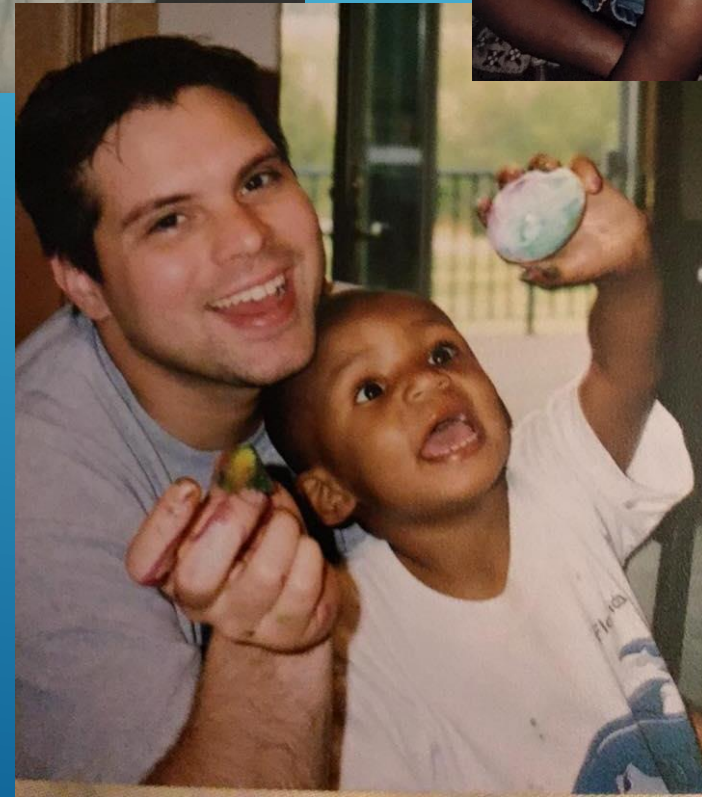
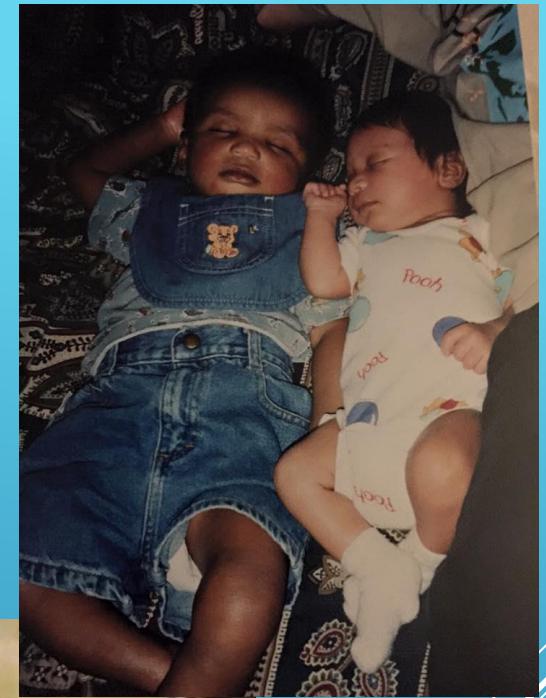
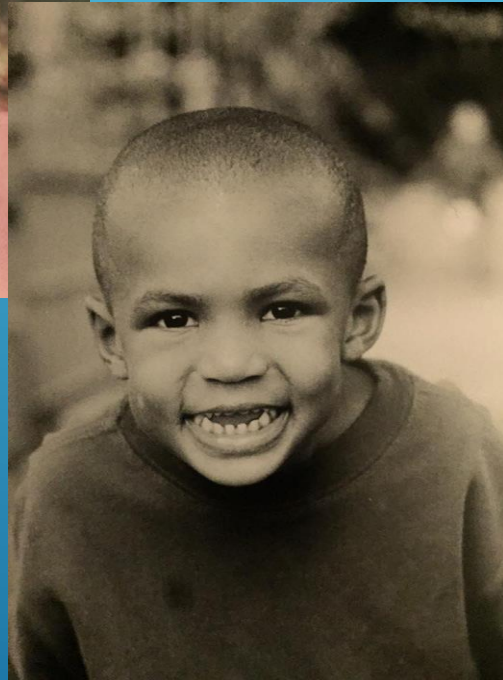


Behavioral Healthcare among Individuals w/ IDD: The Canary in the Coalmine

- ▶ Tyler Fletcher
- ▶ Sam Fletcher, Ph.D., MSW
- ▶ November 2023

WHO IS TYLER?





**FIRST SIGNS OF HEALTH &
MENTAL HEALTH CHALLENGES**



- ▶ **Infancy and Toddler**
 - ▶ Eczema
 - ▶ Asthma
 - ▶ Temperature regulation
 - ▶ Surgery
 - ▶ Speech/ palate (orthodontist)
- ▶ **Childhood**
 - ▶ Motor movement/ dragging foot
 - ▶ Tics
 - ▶ Pneumonia/ asthma
 - ▶ Stitches/ ER
- ▶ **Teenage**
 - ▶ Body/ mind disconnect (coordination, hands, concussions)
 - ▶ Temperature regulation
 - ▶ PPD
 - ▶ Skin issues/ digestion
 - ▶ Wisdom teeth
- ▶ **Adult**
 - ▶ Achilles heel injury
- ▶ Race and service
- ▶ Medication: Physical/ Mental

LIVED EXPERIENCE WITH PHYSICAL IMPAIRMENTS

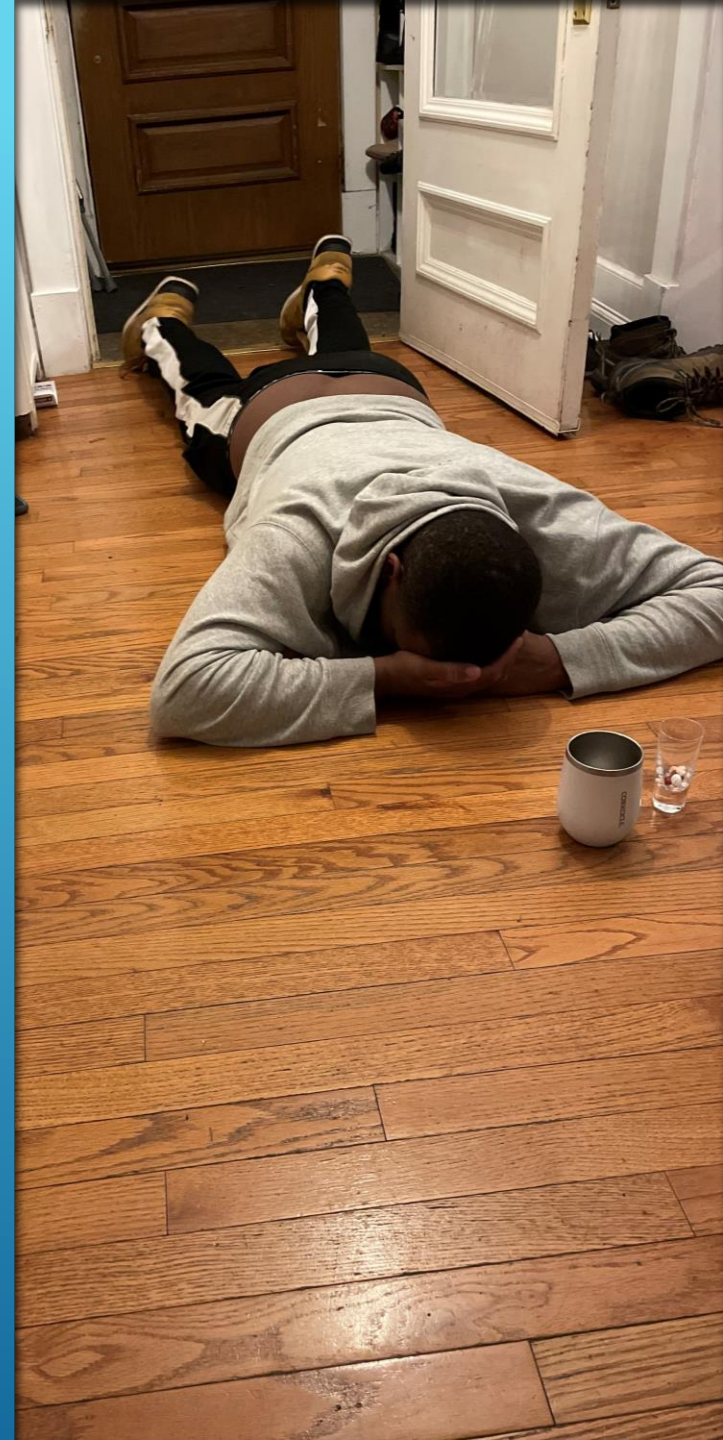
- ▶ **Tourette's Syndrome**- tics, anxiety, impulses (medication)
- ▶ **Bipolar- mania w/ psychotic features** (hallucinations, delusions, adrenalin, pressured speech, facial changes, rapid cycling, pacing, run away, rage, aggression, clouded judgment, deteriorated thinking, "other side of me- Tyrique", suicidal behavior)

Depression (isolate, feel nothingness, suicidal thoughts)

(medication, wellness plan, journey of appreciation of whole self)

- ▶ **Autism**- rigidity ("I want what I want"), getting stuck in thoughts, food issues
- ▶ **Physical impairments**- inability to regulate temperature, decreased sensory awareness, tremors, undiagnosed joint problems, Raynaud's syndrome, psoriasis, eczema, chemical imbalance throughout body and systems, decreased motor control, asthma & allergies, palmoplantar keratoderma
- ▶ **Side effects**- drooling, shaking

SYMPTOMS & ADAPTATIONS (TREATMENT)



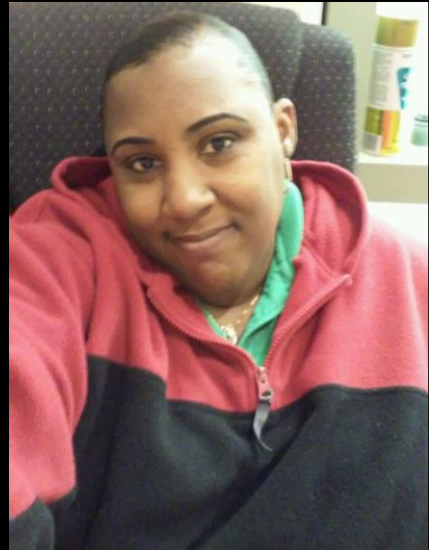


MOMS

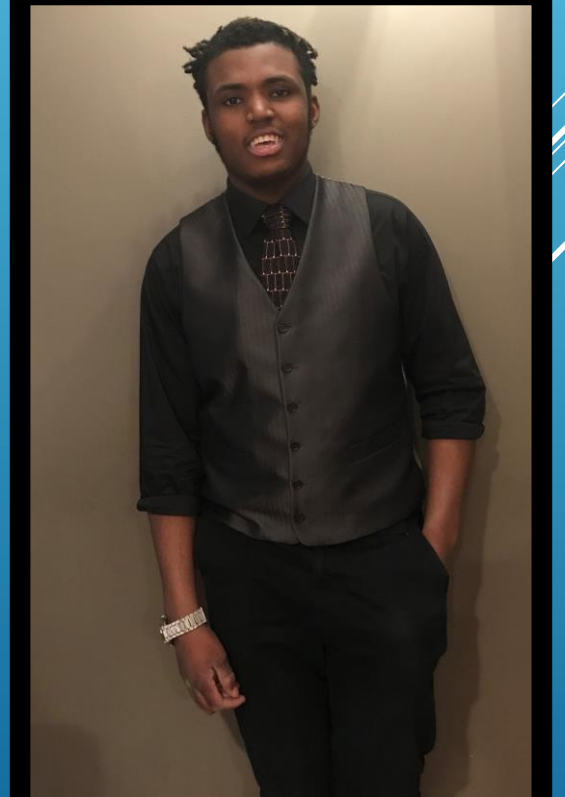


WELLNESS PLAN

**TYLER
2000**



**TYLER
2020**





- ▶ Social worker- Alice
- ▶ Stay at home parent (Dad)
- ▶ Socialization (family and friends)
- ▶ Work (COVID-19)
- ▶ Medication (injection)
- ▶ Food/ diet (no sugar)
- ▶ Sleep, rest, exercise
- ▶ Music and YouTube
- ▶ Activism
- ▶ Living on my own
- ▶ Goals (transportation)

WELLNESS PLAN

LAST THOUGHTS & QUESTIONS

