

## The Mental Health and Developmental Disabilities National Training Center

The Mental Health and Developmental Disabilities National Training Center invites you to check out the carefully curated content on their website. You will find:

- **Webinars** and **podcast episodes** presented by experts in the disability and mental health fields,
- **Stories of lived experience** from individuals with dual diagnosis,
- **Fact sheets and plain language summaries** of up-to-date research and issues,
- **Culturally focused resources,**
- And much more!

MHDD Webinar

### Universal Design in Mental Health for Individuals with Developmental Disabilities

  
Elaine Eisenbaum,  
PhD, MSW

  
Patti Singleton

  
Jason Jones

**Tuesday, August 17, 2021**  
**2:00-3:00 PM Eastern**  
 Optional Q&A Session 3:00-3:30 PM

#### Webinar Description:

People with intellectual and developmental disabilities are an underserved population in the field of mental health. Universal design is an approach for inclusive access that can enhance ability to serve people with intellectual and developmental disabilities. A universal design approach ensures there are a variety of means for making things accessible and usable for everyone with a variety of ways of presenting information, and a variety of ways clients express information. This presentation by professionals from the Human Development Institute at the University of Kentucky will provide an overview of universal design, as well as recommendations and practical tips for using a universal design framework in a therapeutic setting.



**Use your camera  
for more info!**

#### Learning Objectives:

After the completion of the webinar, participants will be able to:

1. Define universal design and describe the use of a universal design framework,
2. Identify communication methods to better meet the needs of diverse clients, and
3. Explore how universal design can increase engagement of individuals with co-occurring mental health conditions and developmental disabilities.

#### CEU's:

Association of Social Work Boards  
 KY Board of Social Work\*  
 KY Psychology Board of Examiners\*  
 KY Board of Nursing\*  
 \*Please check your state chapter  
 for CEU reciprocity.

Register here: <https://bit.ly/MHDDWebinar8-17-21>



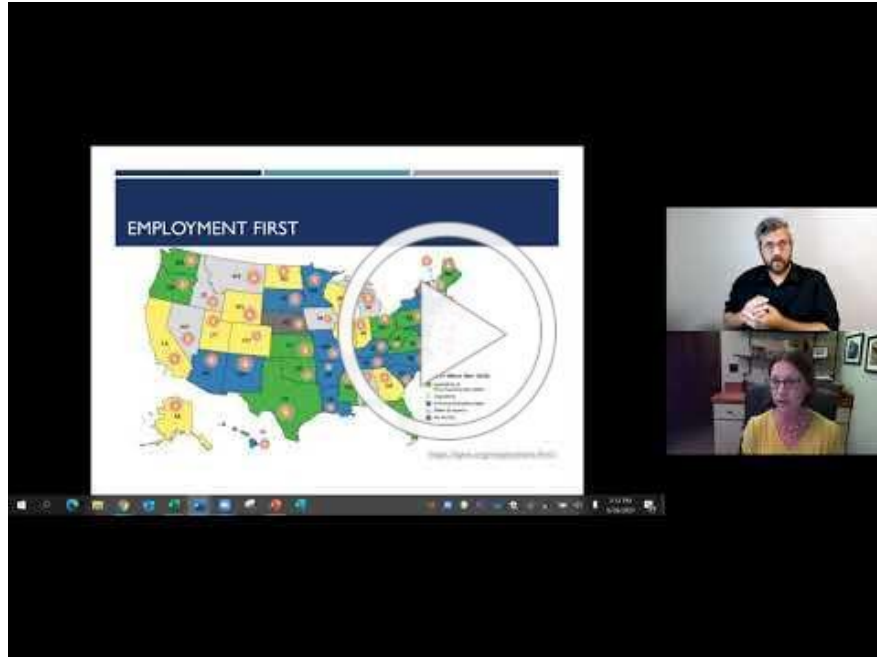
This webinar is cosponsored by the AUCD Mental Health Special Interest Group.



The MHDD NTC and its activities are funded by the Administration for Community Living (ACL), funding opportunity number HHS-2018-ACL-AOD-DDTI-0305.

Register now!

Check out the recording of last month's **webinar**:



**Effective Supports to Lead to Success on the Job:  
Toward Recovery and Empowerment**  
Presented live on 6/29/2021 by Dr. Paul Wehman & Katie Wolf Whaley

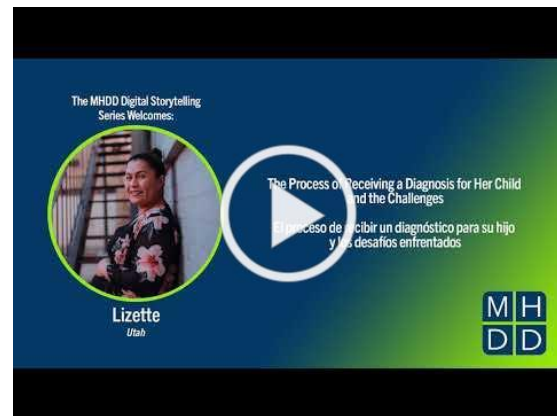
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## MHDD Digital Storytelling Series

**MHDD's digital storytelling series** highlights the lived experience of individuals with developmental disabilities and mental health conditions. We produce these episodes in English and Spanish.



**Jeiri's Story**



**Lizette's Story**

# MHDD Training Module

## Post-Traumatic Stress Disorder 101

People who have experienced or witnessed a traumatic event may have strong emotions after.

Post-traumatic stress disorder (PTSD) is a treatable mental health condition resulting from experiencing or witnessing scary, dangerous, or traumatic events or conditions. This module will explore:

- the nature of trauma,
- the human stress and survival systems,
- post-traumatic stress and related disorders,
- signs and symptoms of post-traumatic stress, and
- ways to support yourself and others who may be experiencing PTSD.



Check out the rest of our online modules to learn about specific mental health disorders, developmental disabilities, and details about therapy sessions. There is useful information for both clinicians AND individuals with disabilities or their families.

### MHDD Training Modules

#### MHDD Fact Sheets

- [Family Therapy](#)
- [Cognitive Behavior Therapy](#)
- [Acceptance and Commitment Therapy](#)
- [Dialectical Behavior Therapy](#)
- [Trastorno por déficit de atención y hiperactividad \(TDAH\) y su bajo tratamiento en jóvenes hispanos/latinx \(Attention-Deficit/Hyperactivity Disorder and Its Undertreatment in Hispanic/Latinx Youth\)](#)
- [Grief & Loss in Individuals with I/DD](#)

#### MHDD Blog

[Success in Employment: It Takes Work](#)

[Be Prepared for Adulthood](#)

[Visit our website](#)



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