



Mental Health Mondays

IDD & BH Conditions
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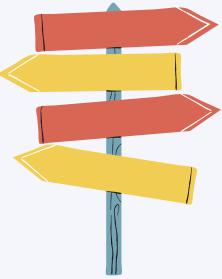


Comparison of Intellectual/Developmental Disability (IDD) & Behavioral Health (BH)

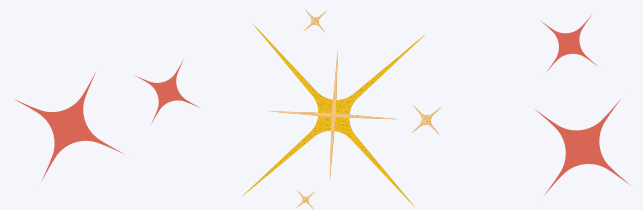
IDD occurs before adulthood, while BH conditions can occur at any time. However, both tend to impact a person's intellectual functioning, make it difficult to form/keep healthy relationships, and can impact the person across their lifespan. With these similarities, it's sometimes difficult to know whether a person's behavior is a result of their IDD or BH condition.

Here are some common signs and symptoms to help recognize when someone might need to seek treatment for a behavioral health condition:

- Behavior changes from what is typical for the person to impulsive, the person can't focus, they are hyper focused, responding to things that are not there, or have a sudden decline in hygiene
- Activity level shifts from what is typical (how busy they are, become lethargic)
- Communication shifts in ability and methods, or disorganized speech
- Appetite becomes more or less, they have new cravings, binges, etc.
- Sleep changes (unable to sleep, sleeping much more, interrupted sleep, change in time of bed or wake)
- Mood (irritability, activity level, hopelessness)
- Increased sensitivity (heightened sensitivity to sights, sounds, smells, touch)



IDD	BH Conditions
Occurs before adulthood	Can appear anytime
Lower than average intellectual functioning	Can impact intellectual functioning during episodes
Lifelong impact	Single episode or recurrent
Teach skills and compensate for limitations	Recovery probable with treatment
Highly likely to impact social skills	Symptoms may impact social competence



To learn more about how to best support individuals with BH/IDD, check out the following resource:

[MOADD Guidebook](#) -- The MOADD Guidebook was made to provide best practice guidelines.



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