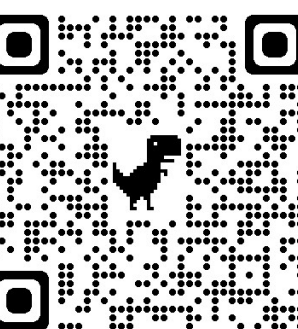


Beth Grosso, MSW; Caitlyn Veenstra, EdD candidate; Sara Stanton, MA; Micah Peace Urquilla, BA  
National Center for START Services™ Institute on Disability/UCEDD University of New Hampshire

Scan the QR to learn more  
about NCSS PD courses



**Mission:** Increase the competence and confidence of professionals to provide effective services, support, and treatment to people with IDD-MH and their families through evidence-informed instruction and best practices.

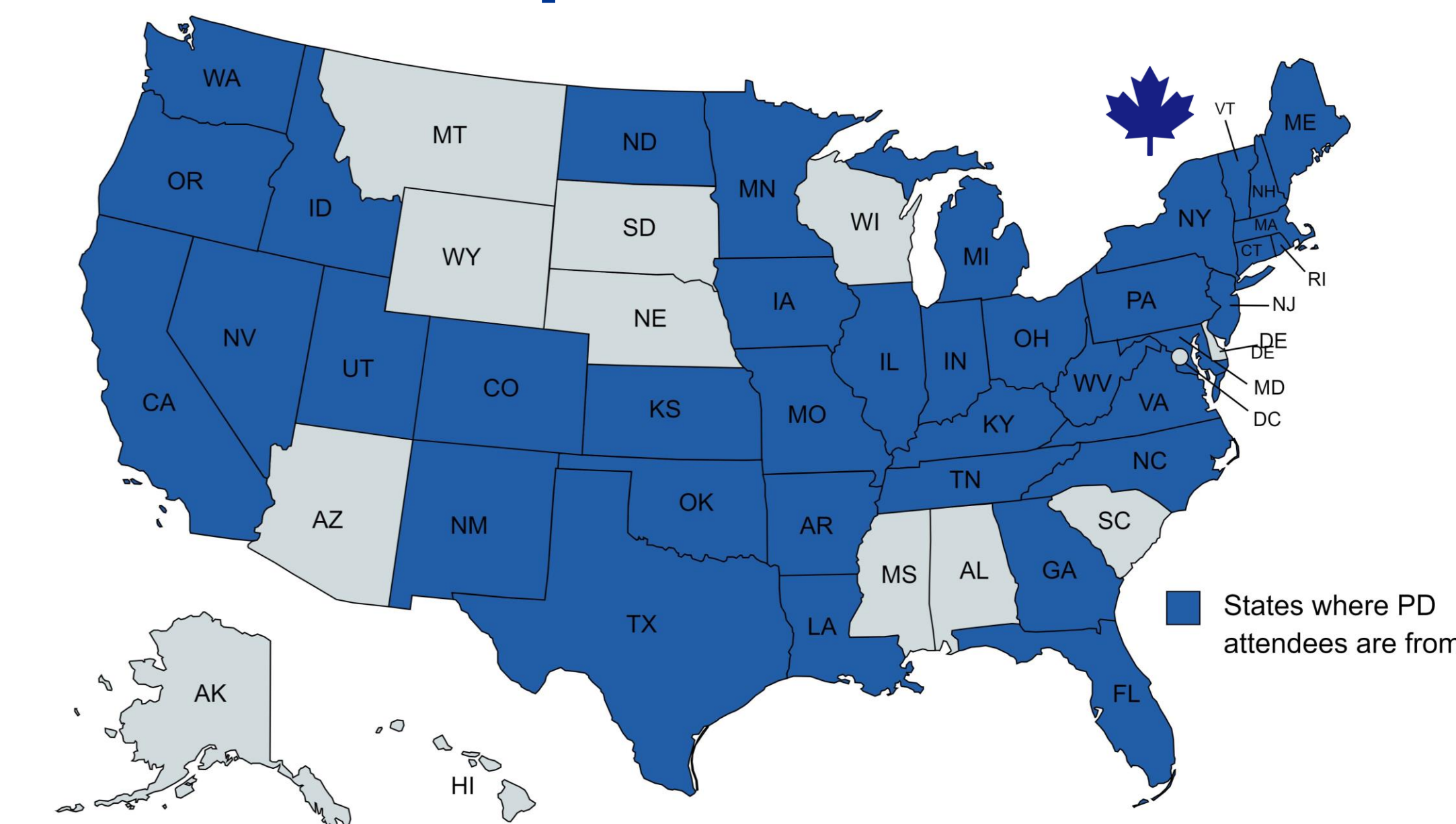
## Poster Objectives

1. Describe key information, characteristics and methodology associated with PD courses
2. Describe the prior experience related to IDD-MH of course participants
3. Quantify changes in perceived abilities after completion of the course
4. Identify additional training needs identified by PD course participants

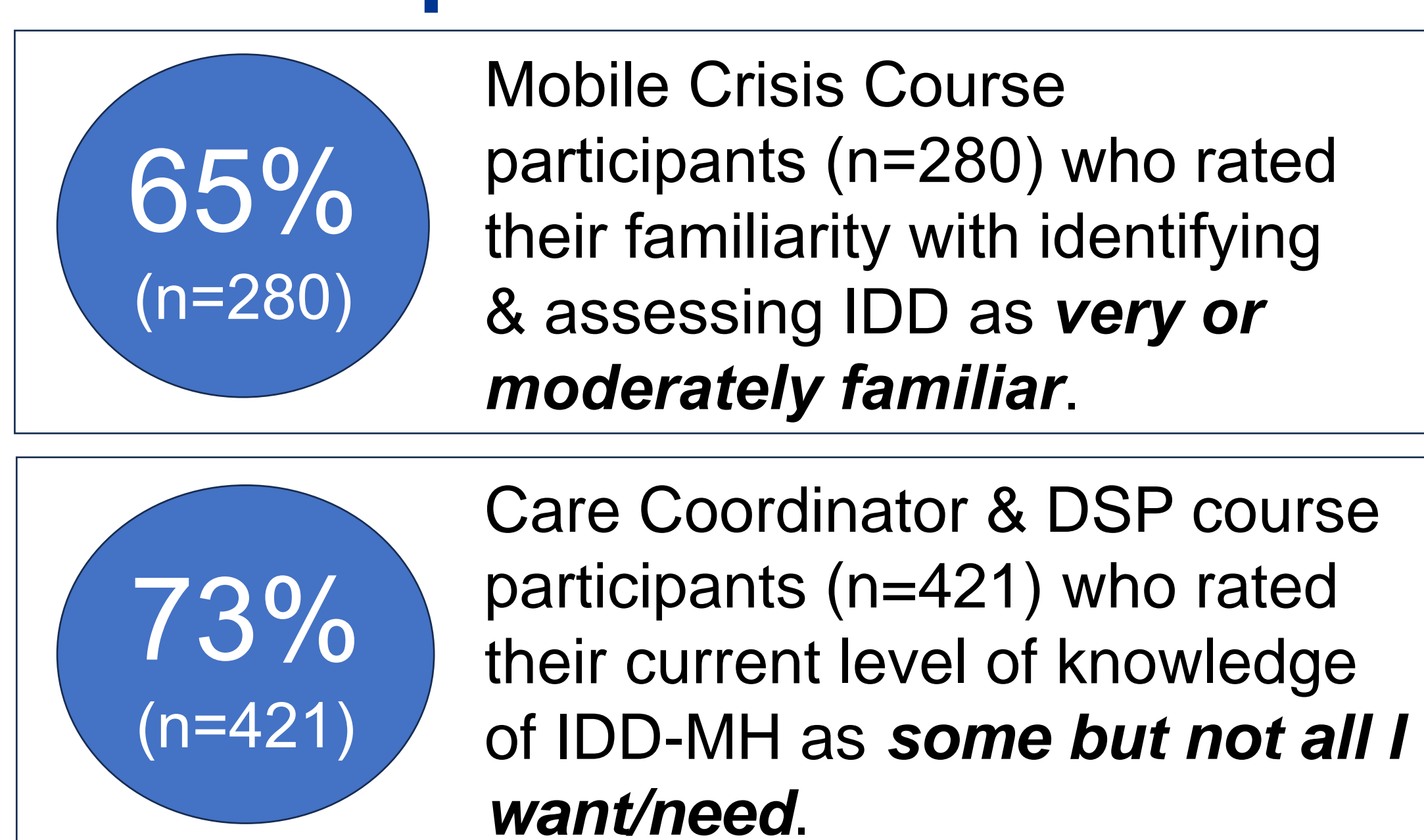
## Course Characteristics

- Six weekly live, virtual sessions
- 105 minutes
- Blend of direct instruction & interactive elements
- Sessions recorded
- Course materials + supplemental materials provided, updated regularly
- UNH CEUs
- Certificate of Completion

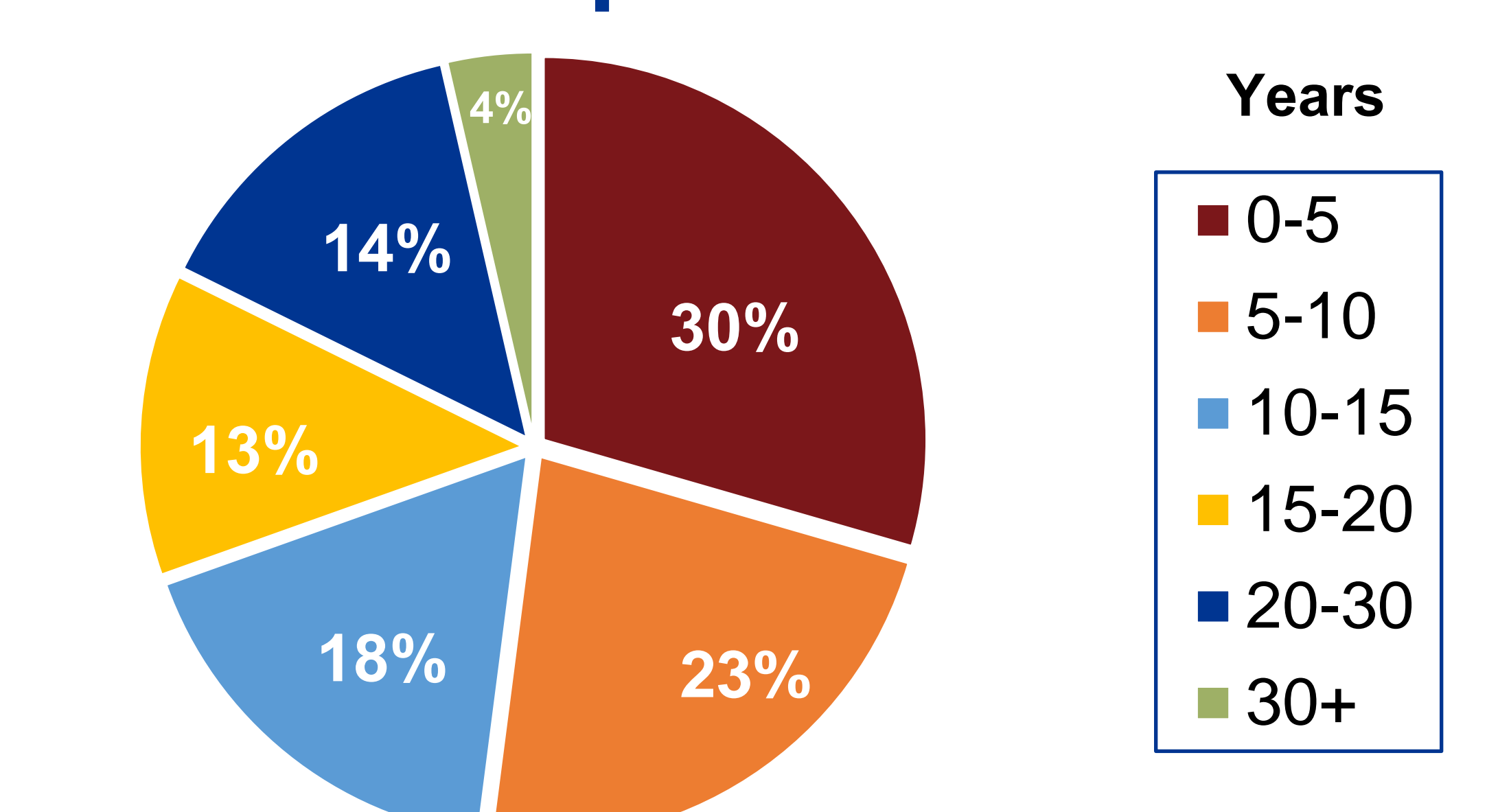
## Participant Locations



## Prior Experience with IDD-MH



## Years of Participant Work Experience (n = 1028)



## Mental Health Aspects of Intellectual and Developmental Disabilities Course for...

### Mobile Crisis Responders (MCC)

Launched January 2020  
# of Cohorts: 10  
Total # of people trained: **736**

### Care Coordinators and Case Managers (CC)

Launched March 2021  
# of Cohorts: 5  
Total # of people trained: **362**

### Direct Support Professionals (DSP)

Launched March 2021  
# of Cohorts: 4  
Total # of people trained: **216**

Total Trained  
**1,314**

## Methods

### Course Development & Design

- **Developed** by IDD-MH subject matter experts
- **Utilizes** universal design for learning (UDL)
- **Values** humanistic andragogy (person-centered)
- **Grounded** in START principles and approaches including:

Wellness-Based Biopsychosocial  
Cultural Competency  
Positive Psychology  
Strength-Based Trauma-Informed  
Family and Person-Centered

### Enrollment

- Shared with START Network via NCSS newsletters; open to all
- Group enrollment process for organizations

### Session Facilitation

- Leveraging technology to promote engagement and collaborative learning
- Diverse facilitator pairings including people with lived experience of IDD-MH
- Weekly intersession meetings to review session surveys with facilitators; build the "You Spoke We Listened" slide based on session survey feedback

### Evaluation Measures

- **Pre survey:** Demographics, prior experience/background, knowledge-based questions
- **Post survey:** Self-assessment, overall evaluation, knowledge-based questions (same as pre)
- **Session survey:** Overall satisfaction & room for comments/questions

"I cannot tell you how much I am enjoying this series. Having served this population for years it feels like a breath of fresh air to discuss these services with such compassion and hope!"  
-PD Course Participant

## Participant-Identified Training Needs

Systemic collaboration Suicide & IDD  
Leadership/advocacy/management  
Sensory-based considerations  
Linguistic competency (esp. disability terms)  
Character strengths/PERMA  
Therapy Adaptations for People with IDD  
Psychopharmacology

## Looking Ahead

1. Addition of Applied Positive Psychology course (October 2023)
2. Developing a course for **counselors/therapists**
3. Designing "Level II" options for those who wish to continue their learning
4. Adjusted outreach schedule to raise post-survey completion

What do you think?



**Acknowledgement**  
The University of New Hampshire (UNH) recognizes the decades-long contributions of Dr. Joan Beasley, to the field of therapeutic interventions for individuals with intellectual and developmental disabilities and mental health needs. Beginning in 1992, Dr. Beasley and co-authors published a series of papers describing protocols that would ultimately become the Systemic, Therapeutic, Assessment, Resources, and Treatment (START) Sooner Center Model. The National Center for START Services™ (NCSS) was founded in 2011 at the University of New Hampshire's Institute on Disability. Through the efforts and dedication of Dr. Beasley and her colleagues, the National Center for START Services™ provides technical assistance, training, evaluation, and certification to START programs and resource centers in more than 15 states, serving the mental health needs of thousands of individuals with intellectual disabilities. Today, START is an evidence-informed and evidence-based model which strives to build capacity across systems to meet the needs of individuals with IDD-MH.

## Self-rated abilities pre & post

