

**Resources from the New Jersey Governor's Council on Mental Health Stigma's  
2025 Learning Collaboratives on the Dual Diagnosis of Intellectual and Developmental  
Disabilities (IDD), Autism, (ASD), and a Co-Occurring Mental Illnesses**

**Professional and Provider-focused Toolkits** exist for supporting individuals with dual diagnoses. These provide guidance for medical doctors, psychiatrists, social workers and therapists, professionals, families, and individuals to navigate their diagnoses, create care plans, and improve collaboration between mental health and intellectual/developmental disability services.

- [\*\*IDD Toolkit\*\*](#) offers best-practice tools for primary care providers regarding the medical, mental, and behavioral health concerns of adults with IDD.
- [\*\*The DM-ID-2 \(Diagnostic Manual: Intellectual Disability\)\*\*](#) provides guidance on assessing and diagnosing mental disorders in individuals with IDD, including recognizing behavioral changes that may indicate mental health problems:  
[\*\*DM-ID-2 & Accompaniments - The NADD\*\*](#)
- [\*\*DDCMHT Tool Kit 4.0\*\*](#) The DDCMHT (Dual Diagnosis Capability in Mental Health Treatment) Toolkit is for service systems to assess and improve their capacity to treat people with co-occurring substance use disorders and mental illness. *This toolkit can be adapted for serving individuals with IDD.*
- The [\*\*KAER Toolkit\*\*](#) provides resources for medical doctors to avoid [\*\*diagnostic overshadowing\*\*](#) and accurately diagnose conditions in people with IDD. KAER stands for Kickstart, Assess, Evaluate, Refer.
- [\*\*The Understanding Dual Diagnosis Guidebook\*\*](#) was written for family members and caregivers. It explains how mental illness manifests in people with IDD, and provides information on what to do and where to seek help:  
[\*\*Dual Diagnosis: Health Care Advocacy: Programs: The Arc of New Jersey\*\*](#)
- [\*\*The CAMH Dual Diagnosis Guide\*\*](#) from the Centre for Addiction and Mental Health provides information about dual diagnoses and explains services and supports. It also focuses on prioritizing self-care for caregivers: [\*\*Dual-Diagnosis-Guide-en.pdf\*\*](#)

**Key Programs and Resources.** Individuals and their families can access dual-diagnosis mental health services and programs through a combination of state agencies, community organizations, and specialized treatment centers. The State of New Jersey prioritizes integrated treatment approaches that address the Dual Diagnosis.

Details on and links to these resources begin on the next page.

**The Boggs Center on Disability and Human Development** offers training and assistance to community providers caring for persons with IDD and mental health conditions: [Overview](#)

**The National Association of Developmental Disabilities** (NADD) offers trainings and certifications to work with the IDD population, plus more: [Home - The NADD](#)

**The National Association of State Directors of Developmental Disabilities Services (NASDDDS)** represents the nation's agencies in 49 states, Puerto Rico, and American Samoa providing services. IDD and Mental Health Integration was highlighted in the recent workshop at the NASDDDS Conference, which provides an excellent outline of the paradigm change that is needed to serve this population. [About - NASDDDS](#)

**The Arc of New Jersey** provides advocacy, resources, and support for people with developmental disabilities, including those with dual diagnoses. They offer webinars on dual diagnoses and other relevant programs.

**Division of Developmental Disabilities (DDD):** This state agency provides services and support for individuals with IDD, including those with dual diagnoses. They offer screening for eligibility, individualized planning, and various service options.

**Division of Mental Health and Addiction Services (DMHAS):** This state agency focuses on mental health and addiction services for the general population. DMHAS also plays a role in supporting individuals with IDD who have co-occurring disorders.

The [Co-occurring Disorder Learning Community \(COD-LC\)](#) initiative, launched by DMHAS in partnership with Rutgers University Behavioral Health Care, provides training and consultation to community agencies on implementing integrated dual-diagnosis treatment.

**The National Alliance for Direct Support Professionals (NADSP)** is an organization that works to elevate the status of direct support professionals (DSPs) by improving practice standards, promoting system reform, and advancing knowledge and skills. [NADD-DSP Certification](#) training covers topics, including understanding dual diagnoses, trauma-informed care, and crisis intervention.

The [New Jersey Department of Human Services](#) has initiatives to enhance direct support professionals' skills in serving individuals with IDD and co-occurring mental health needs. They also offer grants for community wellness centers to support individuals with mental illness at [NJHumanServices](#).

**The NJ Ombudsman for Individuals with IDD and Their Families** maintains a one-stop resource center for New Jerseyans with IDD and their families, and publishes a yearly report: [\*\*Ombudsman - Healthcare Resources\*\*](#)

Advocacy, training, and support services for individuals with IDD and their families are available at [\*\*NAMI \(National Alliance on Mental Illness\) New Jersey - Support for Mental Health\*\*](#)

**The New Jersey Council on Developmental Disabilities** (NJCDD) advances public policy and systems change to help people with disabilities. They work on pressing needs such as housing, work, services, and support systems. They also offer programs and resources for individuals with I/DD, family members and professionals serving this community.

**The New Jersey Legislative Disability Caucus** has served as a bipartisan forum within the New Jersey Legislature for lawmakers to consider the impact on the disability community when developing legislation. People with disabilities, their families, and organizations that serve, support, and advocate for people with disabilities serve as resources for the Caucus. Legislators who are members of the caucus serve as champions for individuals with disabilities by meeting with them; participating in forums; and above all, promoting policies to improve their lives while considering the impact on the disability community in shaping all public policies in New Jersey: [\*\*About the Legislative Disability Caucus – The NJ Council on Developmental Disabilities\*\*](#)

The Department of Children and Families [\*\*DCF | Children's System of Care\*\*](#) serves children and adolescents with emotional and behavioral health challenges and their families; and children with IDD and their families.

**Crisis Response System: [www.nj.gov](http://www.nj.gov)** provides crisis response and stabilization services for adults with IDD, including those with ASD.

**Devereux NJ:** Devereux Behavioral Health provides community-based living services for children and adults with IDD, and integrates their medical, dental, and psychiatric care.

**Services | Friendly Connections** offers social services and traditional mental health care for all individuals, including persons with IDD.

**Legacy Treatment** offers [\*\*Developmental & Intellectual Disability Services\*\*](#), including mental health care.

**The Link Center is led by a steering committee of people who have IDD and a co-occurring mental illness.** It advises on priorities and provides perspectives relative to the Center's work. In collaboration with organizational partners, they shape the Center's efforts to meet the needs of individuals with a dual diagnosis at [\*\*The Link Center - NASDDDS\*\*](#)

**Matheny | Hospital & School in New Jersey** provides education and medical and mental health care for children and adults with special needs and medically complex developmental disabilities.

**Mom to Mom** is a statewide hotline offering peer support to mothers of children with special needs. It is staffed 24 hours a day, 7 days a week by moms of children with special needs who are trained in peer counseling and support. **In NJ call 877-914-6662 (M2M is not a crisis hotline).**

**Oaks Integrated Care** is a New Jersey-based non-profit organization that provides services, including specific programs for individuals with dual diagnoses of a mental illness and IDD. They use an integrated care model.

**Regional Integrated Special Needs Center | School of Osteopathic Medicine | Rowan University** is a primary care practice in Southern New Jersey serving individuals with complex special medical needs, including people with IDD.

**SERV Behavioral Health SERV Centers** are in Hudson, Passaic, and Mercer Counties and care for adults with serious mental illnesses. Programs include residential services; partial-care programs; and outpatient care. Referrals for placements are made through the state hospital system; however, some community referrals can be made. [\*\*Behavioral Health Services\*\*](#)

**START Services NJ** from **YAI** is a short-term program for people with IDD who have significant behavioral health needs. Services include crisis mitigation, crisis response systems support, clinical consultation, education and training, psychoeducation, therapeutic coaching and in-home support services. Unfortunately, services in southern NJ were recently cut. Referrals can be emailed to [NJSTARTReferral@yai.org](mailto:NJSTARTReferral@yai.org). Call the START Services NJ offices at 929.561.5689.

## **Additional Programs for Individuals with Autism Spectrum Disorder (ASD)**

The **Centers for Autism & Early Childhood Mental Health at Montclair State University** offers clinical and family support services, academic education, and research opportunities.

**Behavioral Therapies:** Inspira Health Network and other providers offer **applied behavior analysis (ABA)**, which focuses on skill development and reducing challenging behaviors.

**NJ FamilyCare/Medicaid** covers ABA therapy services for individuals under 21 with a diagnosis of ASD. [www.nj.gov](http://www.nj.gov)

**The Crisis Response System** provides crisis response and stabilization services for adults with IDD, including those with ASD. [www.nj.gov](http://www.nj.gov)

**Family Centered Care Services (FCCS)** provides information and support for accessing state, federal, and community resources. [www.nj.gov](http://www.nj.gov)

**West Bergen Mental Healthcare** offers a **Social Discovery Autism Program** with diagnostic and comprehensive treatment services.

**Hackensack Meridian Health** has a Certified Autism Center and other services, including an **EmpowerU program** for families.

## **Legal and Policy Support**

In New Jersey, several organizations provide legal and advocacy support for individuals with IDD and ASD.

**ABCD - The Alliance for the Betterment of Citizens with Disabilities in New Jersey** is an alliance of community providers devoted to improving the lives of individuals with IDD.

**The Arc of New Jersey** advocates for people with IDD by providing a wide range of programs, services, and support, including healthcare and criminal justice advocacy, employment assistance, and family support services. The organization also engages in public policy and legislative work to advance the rights and opportunities for individuals with IDD.

**Autism NJ:** Autism NJ is a resource for information, advocacy, and support for individuals with ASD and their families.

**Biologically-Based Mental Illness (BBMI) Law:** This law, passed in 1999, ensures that health insurance plans cover autism-related treatments and services.

**Colors of Music** is a creative arts therapy collective serving Camden, Gloucester, and Burlington Counties in person and all counties virtually. DDD-approved goods and services include music and dance therapy to the IDD and dually diagnosed populations.

**Community Health Law Project (CHLP):** CHLP provides legal and advocacy services to low-income NJ residents with disabilities.

**Cross River Therapy** requires health insurance providers to cover screening, diagnosis, and treatment for ASD, including ABA and other therapies.

**NJ's Designated Protection & Advocacy Agency | Disability Rights New Jersey** DRNJ is specifically designated as NJ's Protection and Advocacy Agency for individuals with disabilities, with a focus on addressing abuse, neglect, and discrimination.

**Legal Services of New Jersey (LSNJ)** provides free legal aid services for low-income individuals on various issues, including those related to disability.

To find Board Certified Behavior Analysts (BCBAs) in New Jersey, consult the Professional Organization for BCBAs at [\*\*NJ Association for Behavior Analysis \(NJABA\)\*\*](#).

**NJ FamilyCare Medicaid:** Information on coverage for autism-related services is available at [\*\*www.nj.gov\*\*](http://www.nj.gov).

**Office of the Ombudsman for Individuals with IDD:** helps individuals and families navigate the system of care and ensures their voices are heard in decision-making.

#### **Information on Available Trainings (Some are Online and Outside of NJ.)**

Training for mental healthcare providers on dual diagnoses is available through online courses, certifications, and specialized institutes. Organizations such as the NADD and the Mental Health Wellness for Individuals with Intellectual and Developmental Disabilities (MHW-IDD) program offer competency-based certifications and self-paced online courses. Additionally, universities and specialized centers, such as the [\*\*Institute on Human Development and Disability at the University of Washington\*\*](#) and [\*\*The Boggs Center\*\*](#), provide workshops and educational series on this topic.

#### **AUCD [Association of University Centers on Disabilities] News | Accessible Mental Health Care Training Series Is Now Available On-demand for Mental Health Care Professionals**

The University Center for Excellence in Developmental Disabilities at Oregon Health & Science University's Institute on Development and Disability has created a two-part online training to support mental health professionals as they learn to offer quality care for clients with IDD and co-occurring mental health diagnoses.

The [\*\*NJ Boggs Center\*\*](#) offers training on mental health and co-occurring disorders (dual diagnosis) for individuals with IDD, including workshops on trauma, depression, and anxiety, as well as Positive Behavior Support training to help understand the intersection of mental health and behavior. Training is available with current opportunities listed on The Boggs Center's [\*\*Online Registration System\*\*](#) [\*\*Training Courses Listing\*\*](#)

## Online Courses and Programs

- [\*\*Mental Health Wellness for Individuals with Intellectual and Developmental Disabilities \(MHW-IDD\)\*\*](#): This is a self-paced, six-module online series designed to help direct service workers and others understand the behavioral health needs of individuals with IDD and co-occurring conditions.
- **Other online options:** Resources from organizations such as [\*\*Relias Academy\*\*](#) also offer on-demand training on supporting people with co-occurring conditions.

## Certifications:

- [\*\*NADD-DSP \(Direct Support Professional\) Certification\*\*](#): This is a competency-based certification that validates professionals' understanding of standards for supporting individuals with IDD and mental health needs.
- [\*\*NADD-DDS \(Dual Diagnosis Specialist\) Certification\*\*](#): This is a competency-based certification for professionals who deliver or manage services for individuals with IDD and co-occurring mental health needs.

## Workshops and Institutes

- [\*\*Mental Health Institutes\*\*](#): Various universities offer specialized institutes and training series. For example, the University of Washington [\*\*Institute on Human Development and Disability\*\*](#) holds virtual training sessions, and the [\*\*Mental Health Institute – IDD | SPIRIT Center at the University of Washington\*\*](#) has a Mental Health Institute focused on IDD.

## Information on Assessment Tools for Dual Diagnoses

Assessment tools for mental illness in persons with IDD or autism include diagnostic tools such as the [\*\*Autism Diagnostic Observation Schedule-2 \(ADOS-2\)\*\*](#) and the [\*\*Autism Diagnostic Interview-Revised \(ADI-R\)\*\*](#), which are standardized observational and interview-based methods. Other tools include adaptive behavior scales such as the [\*\*Vineland Adaptive Behavior Scales\*\*](#) and screening questionnaires such as the [\*\*Social Communication Questionnaire \(SCQ\)\*\*](#). The choice of tool depends on each individual's age and abilities, and a combination of methods is often used to gain a complete picture, as none of these is specifically designed to assess mental illness.

[\*\*The Glasgow Scales\*\*](#) are self-report questionnaires, designed to help individuals with IDD identify and express symptoms of anxiety and depression they may be experiencing. They

provide a reliable and valid way to screen for, monitor, and evaluate these conditions in a population that may have difficulty using standard assessment tools.

### **Glasgow Anxiety and Depression Scales** for People with Intellectual Disability (GAS-ID)

- Purpose: A 27-item self-report scale to measure anxiety symptoms.
- Development: Based on the **Three Systems Model of Anxiety** and developed through consultation with people with intellectual disabilities, clinicians, and existing literature.
- Features: Can discriminate between anxious and non-anxious individuals, has good test-retest reliability, and is correlated with other anxiety inventories such as the **Beck Anxiety Inventory (BAI)**.
- Limitations: It is designed only for individuals with mild intellectual disabilities

### **Glasgow Depression Scale for people with a Learning Disability** (GDS-LD).

- Purpose: A self-report scale for assessing current depressive symptoms in people with mild or moderate intellectual disabilities.
- Features: Can be used for population screening, monitoring symptom changes, and as a tool for clinical dialogue with each individual.
- Carer Supplement (GDS-CS): A supplementary version designed for a carer or caregiver to complete when the individual with a learning disability is unable to reliably answer the self-report questions.

[Glasgow Anxiety Scale for people with an Intellectual Disability \(GAS-ID\): development and psychometric properties of a new measure for use with people with mild intellectual disability - PubMed](#)

[Assessment and diagnosis of depression in people with intellectual disability](#)

Published by PubMed, January 2003.

[Glasgow depression scale 03252025 \(2\).pdf](#)

[Glasgow-depression-scale-easy-read.pdf](#)

[Glasgow-anxiety-scale-easy-read.pdf](#)

[Psychometric assessment of psychiatric disorders in people with learning difficulties \(mental handicap\): a review of measures](#). Published by *Psychol Med*. February 1991.

[General Measurement Tools for Assessing Mental Health Problems Among Children and Adolescents with Intellectual Disability: A Systematic Review - PMC](#) Published by Springer, January 2022.

The [NICE Guideline for depression](#) (NG222) provides evidence-based recommendations for the identification, treatment, and management of depression in adults aged 18 and over. It emphasizes shared decision-making, outlines principles of care, and provides specific advice on

treatment choices based on the severity of depression, with a focus on non-medicinal options for less severe cases.

[Overview | Depression in children and young people: identification and management | Guidance | NICE](#)

## Key Dual-Diagnosis Articles and Studies

*Persons with Intellectual and Developmental Disabilities in the Mental Health System: Part 1. Clinical Considerations.* Published on psychiatryonline.org August 4, 2021

[Persons With Intellectual and Developmental Disabilities in the Mental Health System: Part 1. Clinical Considerations | Psychiatric Services](#)

*The Mental Health Crisis of Individuals with Intellectual and Developmental Disabilities.*

Published on psychiatryonline.org March 1, 2022

[The Mental Health Crisis of Individuals with Intellectual and Developmental Disabilities | Psychiatric Services](#)

*Co-Occurring Mental Illness and Behavioral Support Needs in Adults with Intellectual and Developmental Disabilities.* Published by the National Institutes of Health's National Library of Medicine, National Center for Biotechnology Information, February 5, 2023.

[Co-Occurring Mental Illness and Behavioral Support Needs in Adults with Intellectual and Developmental Disabilities - PMC](#)

*Interventions for mental health problems in children and adults with severe intellectual disabilities: a systematic review.* Published by the National Institutes of Health's National Library of Medicine, National Center for Biotechnology Information, June 19, 2018.

[Interventions for mental health problems in children and adults with severe intellectual disabilities: a systematic review - PMC](#)

*Mental health problems in children with intellectual disability.* Published by *The Lancet*, June 2022. [Mental health problems in children with intellectual disability - The Lancet Child & Adolescent Health](#)

Behavioral Therapy Techniques for Intellectual Disabilities, published on specialstrong.com  
[Behavioral Therapy Techniques for Intellectual Disabilities - Special Strong](#)

*Therapy for Intellectual Disability: Effective Approaches and Interventions.* Published by NeuroLaunch, October 1, 2024. [Effective Therapy Approaches for Intellectual Disability](#)

*Counseling Persons with Disabilities.* Practice brief published by the American Counseling Association, September 2016. [persons-with-disabilities.pdf](#)

## Board Certified Behavior Analysts (BCBAs)

BCBAs, while not clinically trained in mental illness, are professionals who provide [Applied Behavior Analysis](#) (ABA) to support individuals on increasing adaptive skills and reducing challenging behaviors. BCBAs bridge gaps between IDD services and mental health support. They design interventions to boost communication and social skills by working with families and other professionals.

What BCBAs Do for Individuals with IDD and Agency Staff:

- **Assessment:** Conduct [Functional Behavior Assessments](#) to understand why behaviors occur.
- **Intervention Design:** Create personalized ABA treatment plans to teach skills, social interaction, and self-care. ABA is an evidence-based therapy for all people with developmental disabilities, not just autism.
- **Behavior Management:** Decrease challenging behaviors (e.g., aggression, tantrums).
- **Skill Building:** Focus on core developmental areas, including communication (verbal/non-verbal), and social and daily living skills.
- **Family & Team Training:** Educate parents, teachers, and staff to implement strategies.
- **Team Supervision:** Oversee staff to ensure high-quality service delivery.

To find BCBAs in New Jersey, consult the Professional Organization for BCBAs at [NJ Association for Behavior Analysis \(NJABA\)](#).

## National BCBA Directories:

- [Psychology Today](#) has a BCBA directory that allows filtering by location.
- [Healthgrades](#) provides behavioral analysts working in specific areas of NJ.

## Local NJ ABA Providers:

- [Every Piece Counts](#): Offers a clinic in Livingston and home-based ABA in many NJ counties (Essex, Bergen, Morris, etc.).
- [The COR Behavioral Group](#): Provides in-home, center-based, and virtual ABA.
- [Achieve Beyond](#): Specializes in autism therapy (ABA); offers home and telehealth options.
- [Behavior Therapy Associates \(BTA\)](#): BCBAs experienced with autism and other behavioral challenges
- [BrainBuilders](#): Provider in NJ