A mental health toolkit *for* people with intellectual disability *by* people with intellectual disability

The Inclusive Research Network

at the Centre for Disability Studies

Who we are

We are the **Inclusive Research Network.**

We are called **IRN** for short.

We are a group of people with and without intellectual disability who do research.

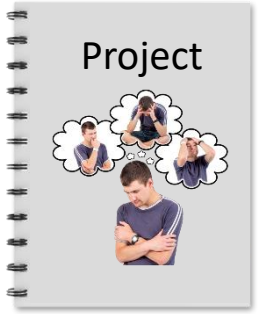
What we do

We do **inclusive research** to make life better for people with intellectual disability.

Inclusive research means people with intellectual disability design and lead research projects.

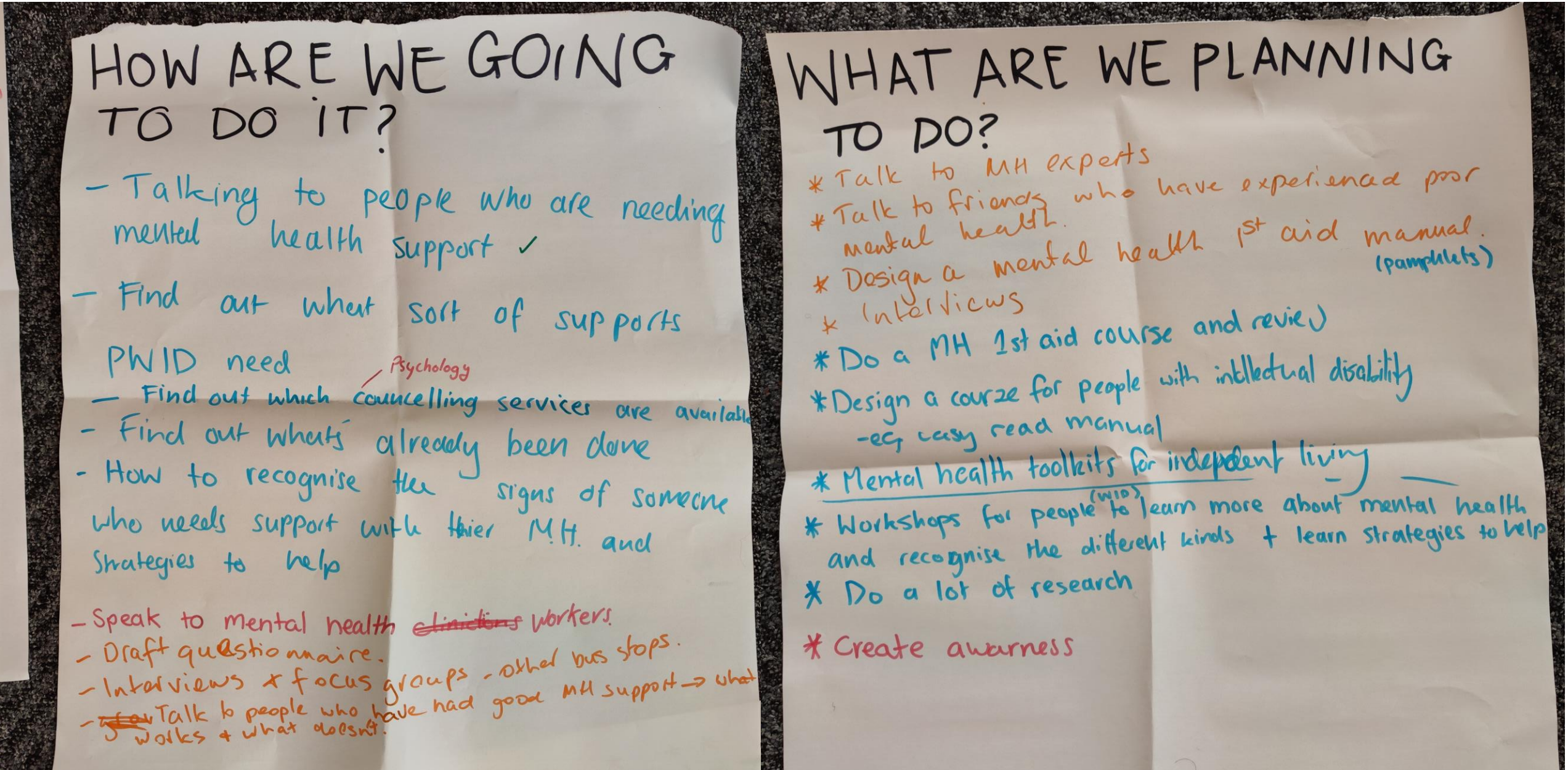
Designing our project

We wanted to do a project that is important to us.



We decided to do a project about people with intellectual disability and their mental health.

Bus stop


HOW ARE WE GOING TO DO IT?
- Talking to people who are needing mental health support ✓
- Find out what sort of supports PWID need
- Find out which counselling / Psychology services are availabl
- Find out whats already been done
- How to recognise the signs of someone who needs support with thier M.H. and Strategies to help
- Speak to mental health ~~clinicians~~ workers.
- Draft questionnaire.
- Interviews + focus groups - other bus stops.
- ~~Talk~~ Talk to people who have had good MH support → what works + what doesn't.
WHAT ARE WE PLANNING TO DO?
* Talk to MH experts
* Talk to friends who have experienced poor mental health.
* Design a mental health 1st aid manual. (pamphlets)
* Interviews
* Do a MH 1st aid course and review
* Design a course for people with intllectual disability -eg easy read manual
* Mental health toolkits for independent living
* Workshops for people (WID) to learn more about mental health and recognise the different kinds + learn strategies to help
* Do a lot of research
* Create awarness

TO ARE WE GOING TO STUDY? → People we might do interviews with

- People with ~~behaviours~~ ID and mental health issues.
- Community Population – Sydney based
- over 18 years

* Friends
* Support people
* Co-workers
* Family
* Yourself
* Psychologists / psychiatrists specialising in ID
* Friends
* All ages
* Support groups for mental health eg depression
* Advocacy groups
* Disability orgs / Support services

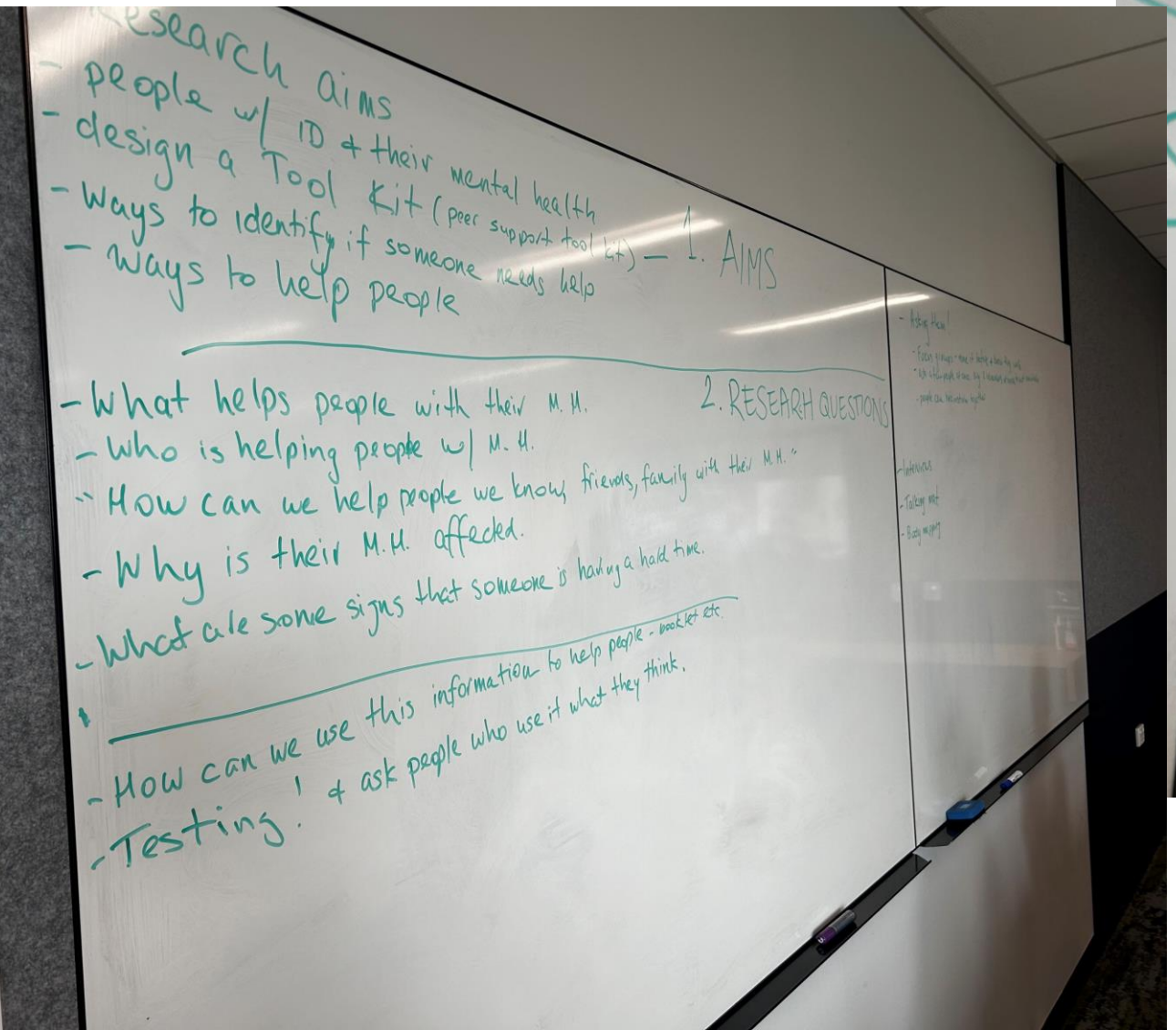
WHY DO WE THINK IT IS IMPORTANT TO DO IT?

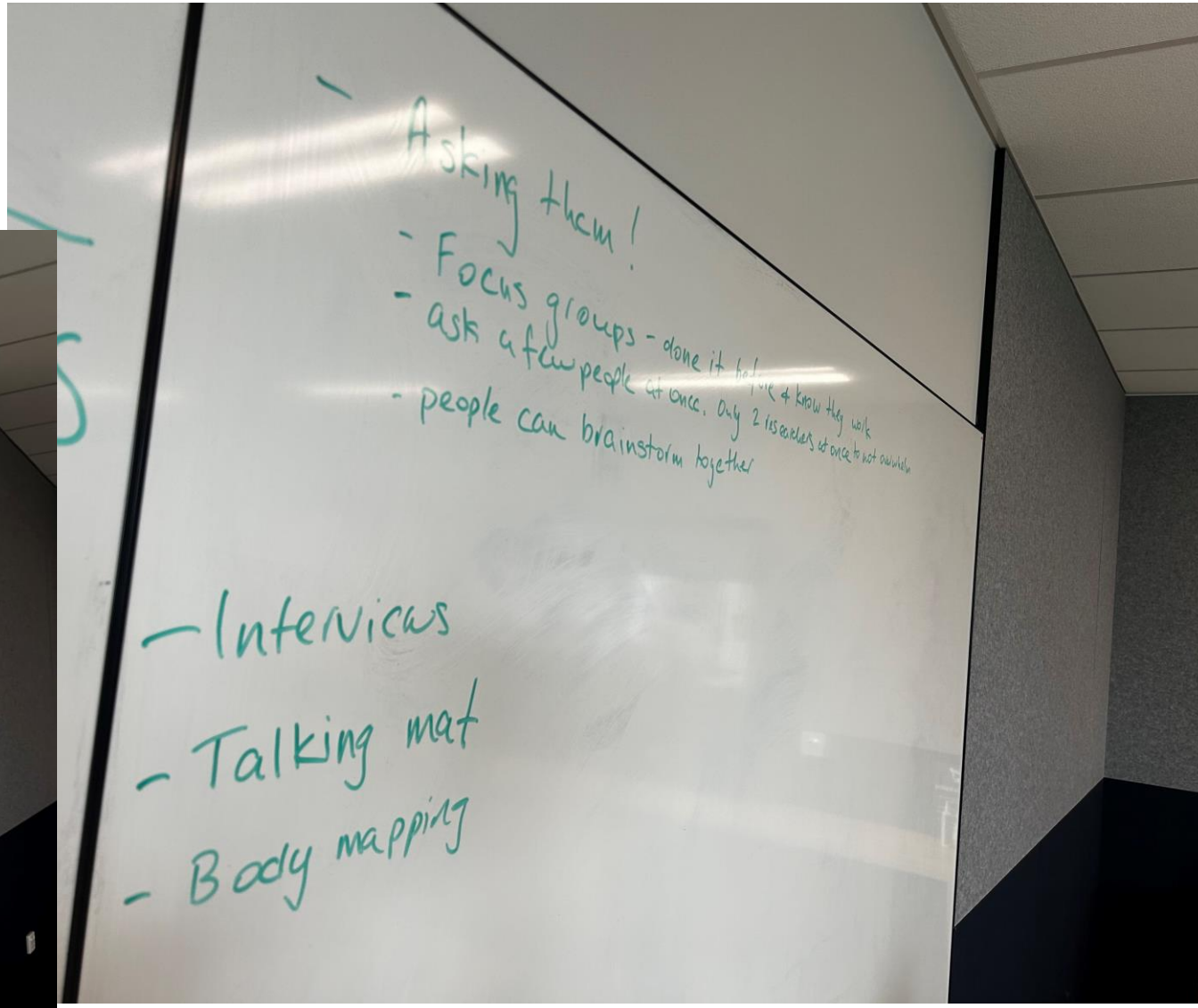
- It is important to us
  - Building skills to look after ourselves
  - Support independant living

- Because a lot of people don't know how to help people who need support with thier M.H
- Because happiness is very important!
- So people can learn how to live with their condition
- Because it's more common for PWID and harder for them to get the support they need

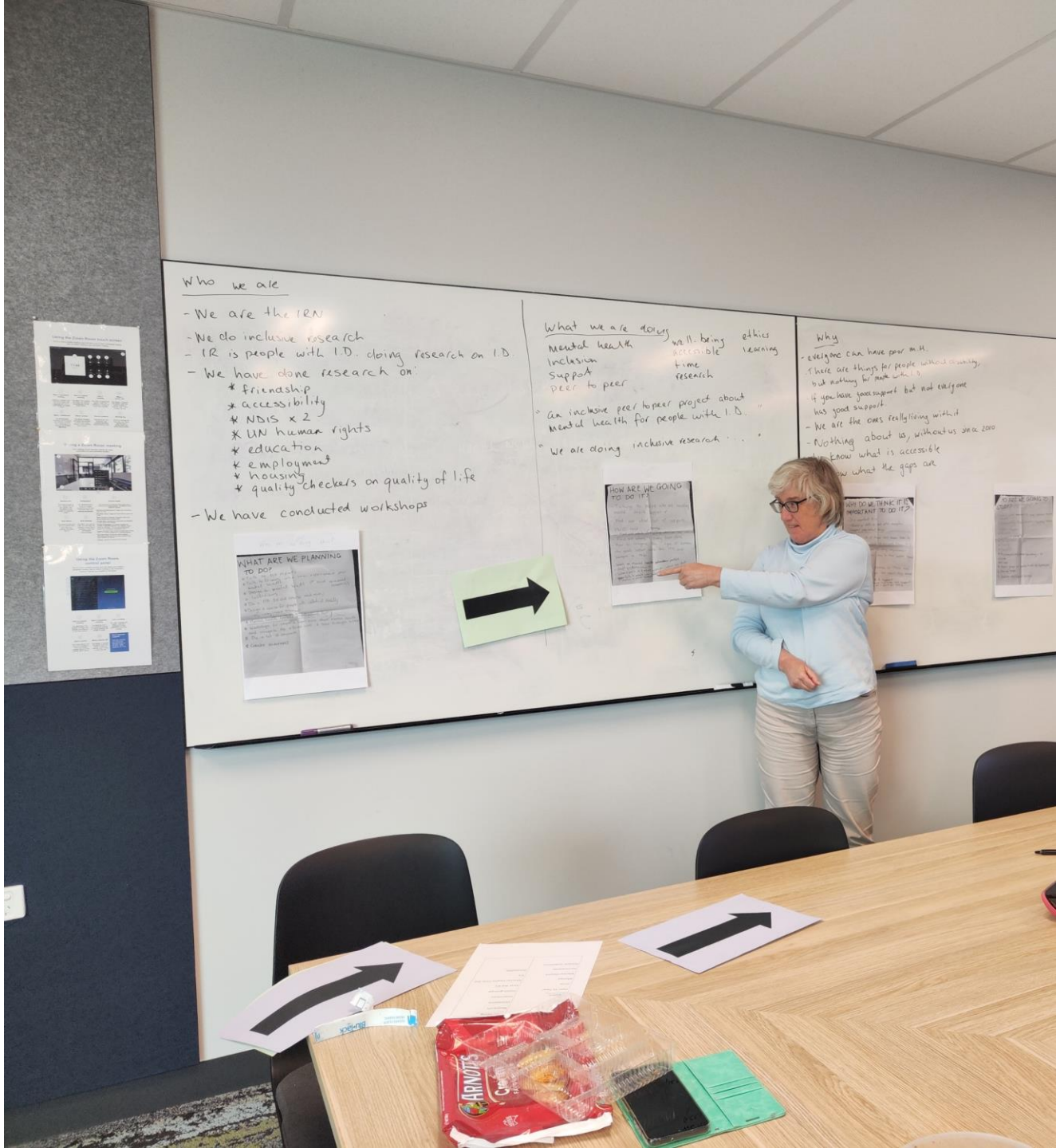
- PWID need Specific M. H Support
- Important everyone has the same high level MH support.
- Because there isn't much MH support for PWID.
- Improve services.

Mind maps


Research aims
- people w/ ID & their mental health
- design a Tool Kit (peer support tool kit) — 1. AIMS
- ways to identify if someone needs help
- ways to help people
- What helps people with their M.H. 2. RESEARCH QUESTIONS
- Who is helping people w/ M.H.
- How can we help people we know, friends, family with their M.H.?
- Why is their M.H. affected.
- What are some signs that someone is having a hard time.
- How can we use this information to help people - booklet etc.
- Testing! & ask people who use it what they think.


Asking them!
- Focus groups - done it before & know they work
- ask a few people at once. Only 2 researchers at once to not overwhelm
- people can brainstorm together
- Interviews
- Talking mat
- Body mapping

Meetings


Who we are
- We are the IRN
- We do inclusive research
- IR is people with I.D. doing research on I.D.
- We have done research on:
* friendship
* accessibility
* NDIS x 2
* UN human rights
* education
* employment
* housing
* quality checkers on quality of life
- We have conducted workshops
What we are doing
mental health
inclusion
support
peer to peer
well-being
accessible
time
research
ethics
learning
an inclusive peer to peer project about mental health for people with I.D.
We are doing inclusive research
Why
WHAT ARE WE PLANNING TO DO?
HOW ARE WE GOING TO DO IT?
ARNOTTS

Designing our project

We are doing a **participatory action** project**.**

Participatory action means that the research includes people who will be impacted by the results.

This means that we can include our own experiences in the research.

Designing our project

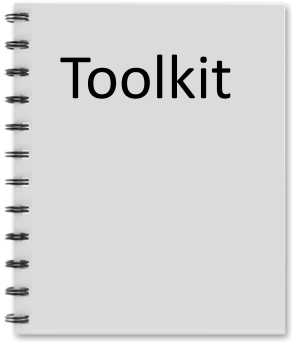
We will ask people what they think about their mental health.

We are going to interview people to find out this information.

We are also going to use **talking mats.**

Talking mats use symbols to make interviews more accessible to people who do not talk.

Designing our project



We are going to design a toolkit with strategies to help people with their mental health.

This toolkit will help people support the people around them as well.

We will change the toolkit when we learn new things during the research project.

Challenges

The ethics application is not accessible.

Making sure we do not hurt anyone’s feelings when we make decisions as a group.

Making sure everyone feels heard when we work as a group.

Lessons

We have learned how to make the ethics process easier to understand.

We split tasks up to make them easier to complete.

We make sure everyone knows they can choose which tasks they want to do.

Challenges with the ethics application

We used the ethics application to help us plan our project.

It would have been easier to plan our project if the ethics application was easy to understand.

We had to translate the ethics application into Easy Read.

Ethics application

What is the project about?

How will you collect information?

Why did you choose to collect information this way?

Literature review

We looked at research that has already been done.

We took notes on what they did.

We also thought about what was missing from their research.

Practicing our methods

Our next step is practicing our interview techniques.

We are also going to practice our **Talking Mats** techniques.

Talking Mats are an inclusive method for people who are non-verbal.

Thank you for listening!

Thank you for listening!

Email us at irn@cds.org.au if you would like to be a participant in our project.