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SEPTEMBER 2020



Health Care Access Research  
and Developmental Disabilities

## *In Case You Missed It*

*Information and resources for the developmental  
disability community*

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*Announcing*  
**Virtual Course for Families**



## Mental health for adults with developmental disabilities during COVID: A virtual course for family caregivers

*November 3 - December 8, 2020  
Tuesdays from 1:00-2:30 PM EST*

The Azrieli Adult Neurodevelopmental Centre at CAMH is hosting a new virtual course beginning November 3, 2020. This course is for family caregivers of adults with intellectual/developmental disabilities (IDD). The curriculum will specifically address the mental health challenges that this population can face during the COVID-19 pandemic.

For more information about this course please contact Tiz Volpe at [Tiziana.Volpe@camh.ca](mailto:Tiziana.Volpe@camh.ca) or by phone at 416-535-8501 ext 30751.

[Register Now](#)

# ECHO for Service Providers

*November 6 - December 11, 2020  
Fridays from 10:00-11:30 AM EST*

Applications for **ECHO Canada Adult Intellectual & Developmental Disabilities: Mental Health in the Time of COVID-19** are officially open. This program is for mental health and primary care providers and developmental service providers who support adults with intellectual/developmental disabilities (IDD). The curriculum will specifically address the mental health challenges that this population can face during the COVID-19 pandemic. For more information about this course, view the flyer below.

[View the ECHO AIDD Flyer](#)

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*New Blog Post*

## **Mental health matters, now more than ever**



*Written by Yona Lunsky*

Mental health is health, and it matters. It mattered before the COVID-19 pandemic, and it matters even more now. This year during Mental Illness Awareness Week and beyond, we want to bring awareness to mental health and developmental disabilities. While many of us have access to a bounty of information at our fingertips, this is not always the case.

[Keep Reading](#)

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## *Research Course*

# Let's Learn Research

Join a virtual course for adults with developmental disabilities to learn about mental health research. Let's Learn Research is led by researchers at the Azrieli Adult Neurodevelopmental Centre and will run every **Thursday from October 22 to November 26 from 1:30 to 3:30 pm.**

### **Interested?**

Email Irfan at [Irfan.Jiwa@camh.ca](mailto:Irfan.Jiwa@camh.ca) or call 416-535-8501 ext 37823.

[Read the Flyer](#)

*Why is it important to involve people with developmental disabilities in research? Self-advocates from the Azrieli Adult Neurodevelopmental Centre at CAMH shared some thoughts with us.*



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*New Resource*  
**HELP During COVID-19**

HELP is the acronym we use for a way to understand and respond to “behaviours that challenge” and mental health concerns. Family caregivers of people with developmental disabilities can use the HELP frame summarized in this resource, adapted from an [article originally written for direct support professionals](#).



[Learn more about HELP](#)

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*In the Media*

## **Globe and Mail: Isolation for people with disabilities**

H-CARDD Director, Yona Lunsky and Mindfulness Leader, Sue Hutton contributed to a Globe and Mail article this month discussing the mental health impacts of isolation on people with developmental disabilities during the COVID-19 pandemic. The article calls for more

mental health supports for people with disabilities and their families to help them navigate next steps in a trauma-informed way.

[Read the Article](#)

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