



## FACTSHEET: TRANSITIONING YOUTH WITH A DEVELOPMENTAL DISABILITY AND A MENTAL HEALTH DISORDER

**DISCLAIMER:** Please note programs use varying terminology in describing eligibility for developmental disabilities services. These may include intellectual disability, developmental disability, or specific terminology from the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. Check with your local developmental disability service to confirm diagnostic eligibility for the program.

### WHAT ARE DEVELOPMENTAL DISABILITIES MENTAL HEALTH (DDMH) SERVICES PROGRAMS?

- ▶ Developmental disabilities mental health (DDMH) services programs serve youth aged 14+ (12+ in the Lower Mainland) and adults (aged 19+) who have a diagnosed developmental disability and a mental health disorder.

### MY PATIENT IS ALREADY RECEIVING DDMH SERVICES. WHAT IS THE PROCESS FOR MENTAL HEALTH SERVICE TRANSITION?

- ▶ DDMH staff will manage transition of mental health services for youth who are receiving DDMH services and require adult mental health services.
- ▶ Most responsible physician (pediatrician or family physician) remains responsible for transfer of other medical care services.
- ▶ See also [Services to Adults with Developmental Disabilities \(STADD\)](#) navigator supports, for youth transition support.

### Specialized mental health services for youth and adults with developmental disabilities.



### IS YOUR FIRST NATIONS PATIENT HAVING DIFFICULTY ACCESSING NEEDED SUPPORTS AND SERVICES?

[Jordan's Principle](#) is a federal program to ensure all First Nations children can access the products, services, and supports they need, when they need them. It can help with a wide range of health, social, and educational needs. This program applies to supports and services for First Nations youth age 19 or younger.

For more information, please [click here](#) or enter this link into your browser [bit.ly/bcpsjordan](https://bit.ly/bcpsjordan)



## HOW CAN MY TRANSITIONING PATIENT ACCESS DDMH AS A NEW PATIENT?

### Who Qualifies?

#### Youth (under age 19)

- ▶ Must have established eligibility for Ministry for Children and Family Development Child and Youth Special Needs (CYSN) program (provides services for youth to age 19) before a referral to DDMH will be generated.

#### Adults (age 19+)

- ▶ Must have established eligibility for Community Living BC before a referral to a DDMH program can be generated. Community Living BC is the agency that provides services to adults (age 19+) with developmental disabilities. **The exception to this rule is the Lower Mainland DDMH program.** Individuals living in Lower Mainland communities can be referred to DDMH prior to establishing CLBC eligibility. However, the requirements for service are similar to those needed to establish CLBC eligibility, which include:
  - An IQ below 70
  - An intellectual disability diagnosed prior to age 18
  - A diagnosis of query mental health illness with or without complex behavioural issues

### What is the referral process for new patients?

#### Youth (under age 19)

- ▶ Contact the patient's CYSN worker to discuss a referral to DDMH. Eligibility for CYSN must be established before a referral can be generated.
- ▶ Please [click here](#) for a listing of CYMH community offices, or enter this link into your browser [bit.ly/bcpscysn](http://bit.ly/bcpscysn)

#### Adults (age 19+)

- ▶ Contact the patient's CLBC facilitator to discuss a referral to DDMH. Eligibility for CLBC must be established before a referral can be generated. **The exception to this rule is the Lower Mainland DDMH program.** A referral for eligible individuals can be made directly to the Lower Mainland DDMH program (with the patient's consent) by a pediatrician, a parent, or by CLBC.
- ▶ Please [click here](#) to find your local CLBC office and contact a CLBC facilitator, or enter this link in to your browser [bit.ly/bcpsclbcfac](http://bit.ly/bcpsclbcfac)

### Are referred patients automatically accepted into DDMH programs?

Once referrals are received, they are reviewed by the local DDMH team to determine if the referral meets the program mandate. If a referral is not deemed appropriate, a team member may contact the referring party to offer alternative support options for the individual that may be available in the community.

*The information in this document is drawn from a variety of sources and was accurate at the time of publication. BCPS acknowledges that this information may be subject to change.*



### WHAT IF MY PATIENT IS NOT ELIGIBLE FOR DDMH SERVICES?

Some mental health and substance use programs provide services to individuals with developmental disabilities.

#### Youth (under age 19)

- ▶ Please [click here](#) for contact information for your local Ministry of Children and Family Development (MCFD) Child and Youth Mental Health intake clinic, or enter this link into your browser [bit.ly/bcpsmcfdcymh](http://bit.ly/bcpsmcfdcymh)

#### Youth/Adults (age 19+)

Contact your local health authority mental health and substance use community office.

- ▶ **Interior Health:** Please [click here](#), or enter this link into your browser [bit.ly/bcpsihddmh](http://bit.ly/bcpsihddmh)
- ▶ **Vancouver Coastal:** Please [click here](#), or enter this link into your browser [bit.ly/bcpsvcddmh](http://bit.ly/bcpsvcddmh)
- ▶ **Fraser Health:** Please [click here](#), or enter this link into your browser [bit.ly/bcpsfhddmh](http://bit.ly/bcpsfhddmh)
- ▶ **Island Health:** Please [click here](#), or enter this link into your browser [bit.ly/bcpsvihaddmh](http://bit.ly/bcpsvihaddmh)
- ▶ **Northern Health:** Please [click here](#) to find a list of services by community, or enter this link into your browser [bit.ly/bcpsnhddmh](http://bit.ly/bcpsnhddmh)

Once you are on the website scroll through to find your community, then click on the community name to learn about locally-available services.

### PROVINCIAL TERTIARY CARE DDMH ASSESSMENT SERVICE

#### Provincial Assessment Centre

The Provincial Assessment Centre (PAC) is an inpatient facility mandated to provide multi-disciplinary mental health services for referred individuals ages 14 and up with a developmental disability and a concurrent mental illness or behaviour issue. PAC is a part of Community Living British Columbia (CLBC) and is designated as a tertiary care mental health service under the *Mental Health Act*.

#### Planned admissions only

Referral through MCFD/CYSN worker (youth under age 19) or CLBC Analyst or CLBC facilitator (adults age 19+).

- ▶ Please [click here](#) for more information, or enter this link into your browser [bit.ly/bcpspac](http://bit.ly/bcpspac)