

Individuals with Co-Occurring Mental Health Disorders and Intellectual and Developmental Disabilities

People with intellectual and developmental disabilities (IDD) die 16 years earlier, on average, than the rest of the population. Health care clinicians too often fail to understand their health care needs, resulting in the denial of critically needed services — especially related to mental health. Not only do many clinicians generally lack the knowledge and skills to serve people with IDD, but they also frequently misunderstand whether behaviors are associated with the person's IDD or mental health condition. Individuals with IDD face a higher prevalence of mental health conditions, and policy must better promote health equity for this population.

ENSURING ACCESS TO EFFECTIVE CARE

By more intentionally considering the intersecting needs of individuals with IDD and mental health conditions, federal policy can ensure that they receive access to meaningful care.

ACTION ITEMS

- The federal government should **provide long-term funding to states to continue programs like Money Follows the Person (MFP) and the Balancing Incentive Program (BIP)** to ensure that people with IDD and mental health conditions have consistent access to comprehensive and high-quality services and supports outside of institutional settings.
- The federal government should **put in place incentives in federal funding streams** in both mental health and IDD to strengthen the coordination between the two systems on the ground and ensure that individuals with IDD and mental health conditions get access to effective care.

