



MENTAL HEALTH AWARENESS MONTH

Looking for more information on DMDD?

Click the link below to learn more from the *Child Mind Institute*.

<https://childmind.org/article/quick-facts-on-disruptive-mood-dysregulation-disorder-dmdd/>

May is Mental Health Awareness Month

This month the Behavior Bulletin will focus on **mental health** issues that commonly co-occur in young people with an intellectual/developmental disability (I/DD). Studies have found that young people diagnosed with I/DD are 3-4 times more likely, than the general population, to have a co-occurring **mental health** disorder. The relationship between I/DD and **mental health** diagnoses is not fully understood. One of the most highly diagnosed **mental health** disorders in young people with I/DD is Disruptive Mood Dysregulation Disorder (DMDD) with symptoms being present in as much as 45% of young people diagnosed with Autism Spectrum Disorder.

Disruptive Mood Dysregulation Disorder

Disruptive Mood Dysregulation Disorder (DMDD) is a children’s mental health diagnosis that impacts social-emotional functioning. In youth with I/DD the symptoms of disability and symptoms of DMDD are likely to amplify one-another leading to an increased severity of symptoms.

Disruptive Mood Dysregulation Disorder is characterized by outbursts that are inconsistent with the current situation, or in other words, a big outburst for a minor upset. The outbursts are generally not age appropriate, occur frequently, and are very intense. Additional symptoms may include: lack of emotional or behavioral self-regulation, persistent irritable mood, challenges with social interactions, and difficulty functioning in multiple settings.

Children demonstrating symptoms associated with **DMDD** may be described as not being aware of the reason for their outbursts, showing genuine remorse, displaying emotional upset for their actions, inability to maintain self-control, emotionally immature, and lacking malicious or vindictive intent.

What Parents Can Do

If this sounds like your child or you are concerned about your child’s mental health:

- Talk to your child’s pediatrician about your concerns
- Ask your physician for a referral to a child psychiatrist or psychologist
- Utilize resources at your child’s school—social workers, teachers, or psychologist
- Link with a counselor that provides cognitive or dialectical behavioral treatment
- Participate in parent training, education, or support groups to learn skills to support your child
- Call 911 or a crisis hotline if your child is at risk of harming themselves or others



Summer on Super Street Kick-Off Event!

Saturday, May 15th
11am-3pm

@Clark & Kent Streets

Click below to see the events calendar and community partners.

<https://eastsidesuperstreet.wixsite.com/1021>

Upcoming Events

Date/Time	Topic	Link
Saturday, May 1 9:00am-1:00pm	Overview of IEPs, 504 Plans, and Special Education	https://parentnetworkwny.org/event/family-empowerment-series-special-education/
Tuesday, May 11 6:00pm-8:00pm	Having the Talk: Sexual Behavior, Reproduction, and Youth with Disabilities	https://parentnetworkwny.org/event/having-the-talk-sexual-behavior-reproduction-and-youth-with-disabilities-2/
Saturday, May 15 11:00am-3:00p	Live and In-Person! Summer on SuperStreet Kick-Off	https://eastsidesuperstreet.wixsite.com/1021/calendar



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