



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/>

Foster Care: Attachment, Development, and Mental Health

May 4, 2022 @ 6 - 7:30pm
Via Zoom

May 11, 2022 @ 6 - 7:30pm
In-Person

May 18, 2022 @ 6 - 7:30pm
Via Zoom

May 25, 2022 @ 6 - 7:30pm
In-Person

[Click here to register](#)

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

MAY IS MENTAL HEALTH AWARENESS MONTH



Round up your change for Mental Health Advocates of WNY

For 60 years, Mental Health Advocates of WNY has been deeply committed to providing essential non-clinical services that address the needs of individuals, families and communities living with mental illness.




Since 1962

Advocacy has been at the core of what we do.

When you or a family member is struggling with mental illness, it can be hard to know where to turn. If you are looking for answers, we can help navigate the mental healthcare system and offer links to treatment and other support services. There is hope and we are here to help.

BE HEARD. BE HELPED.

 (716) 886-1242



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