

Resource List for Supporting Individuals with Intellectual and Developmental Disabilities

Websites & Organizations

- **National Association for the Dually Diagnosed (NADD):**
 - **Website:** thenadd.org
 - An association for persons with developmental disabilities and mental health needs. They offer conferences, publications, and training resources on dual diagnosis, including mental health crises.
- **American Association on Intellectual and Developmental Disabilities (AAIDD):**
 - **Website:** aaidd.org
 - Publishes leading journals and books on IDD. Their resources often cover mental health and well-being, providing evidence-based information.
- **The ARC:**
 - **Website:** thearc.org
 - A major US-based organization advocating for and serving people with IDD. They have resources and articles on health, wellness, and navigating crises.
- **Autism and Suicide - AAS (American Association of Suicidology):**
 - **Website:** aas.autism.org
 - A committee dedicated to understanding and preventing suicide in autistic individuals, providing resources, research summaries, and links to support.
- **Centre for Addiction and Mental Health (CAMH):**
 - **Website:** camh.ca
 - Based in Toronto, CAMH is a leading mental health and addiction research hospital. Their website has information on dual diagnosis and crisis support. They have specific resources on Developmental Disabilities and Mental Health.

Key Research Papers & Articles

- **Lynch, V., & Clemans-Cope, L. (2025, January 16). *Exploring practice and research gaps for suicidality among adults with a disability: Screening* (Research Report). Urban Institute.**
<https://www.urban.org/sites/default/files/2025-01/Screening%20Exploring%20Practice%20and%20Research%20Gaps%20for%20Suicidality%20Among%20Adults%20with%20a%20Disability.pdf>
- **Lunsky, Y., et al. (2021). "Suicidality in a population-based sample of adults with and without intellectual and developmental disabilities." *Journal of Affective Disorders*.**
 - This recent study provides critical data on the prevalence of suicidal thoughts and attempts among adults with IDD compared to the general population.
- **Cassidy, S. A., et al. (2018). "Suicidal ideation and suicide plans or attempts in adults with Asperger's syndrome attending a specialist diagnostic clinic: a clinical cohort study." *The Lancet Psychiatry*.**
 - A landmark study highlighting the extremely high rates of suicidal ideation among adults with Asperger's syndrome (now part of ASD).
- **Totsika, V., et al. (2020). "Risk Markers for Suicidal Self-Harm in Adults With Intellectual Disability: A 12-Year Follow-up of a Population-Based Cohort." *Journal of the American Academy of Child & Adolescent Psychiatry*.**
 - This paper explores the long-term risk factors associated with self-harm and suicidality in the IDD population.

Books

- **"Mental Health, Intellectual and Developmental Disabilities and the Ageing Process" edited by Anne-Sophie Rebillat, et al.**
 - This book provides a comprehensive overview of the mental health needs of individuals with IDD as they age, including crisis management.
- **"Guide to Good Health for Teens and Adults With Down Syndrome" by Brian Chicoine and Dennis McGuire.**
 - While focused on Down syndrome, this book contains valuable sections on identifying and managing mental health conditions, which are often precursors to suicidal ideation.
- **"The Complete Guide to Getting a Job for People with Asperger's Syndrome" by Barbara Bissonnette.**
 - Though focused on employment, this book addresses the significant social stressors (unemployment, social isolation) that can contribute to mental health crises and offers practical strategies for building self-esteem and community integration.