

Instructor: Dr. Katie Saint, PhD, LPC, BCBA-D

Title: Adults with Disabilities and Mental Health

BCBA CEs: 2 Ethics CEUs

QABA CEs: 2 Ethics CEUs

IBAO CEs: 2 Ethics CEUs

### **Presenter/Speaker:**

Katherine Saint, PhD, LPC, BCBA-D, Katherine has her doctorate in Behavior Analysis and is a Licensed Professional Counselor. Katherine presents locally and internationally on topics related to autism, mental health and behavior analysis. Katherine has a private practice focusing on mental health counseling and is the Director of Training at Fox Valley Autism Treatment Program in Appleton, WI. Katherine has designed college courses as well as published books and articles related to mental health. Katherine also teaches master level behavior analytic courses at Pepperdine University.

### Course Overview

This course explores the intersection of mental health and disabilities, focusing on applying ABA principles to improve mental health outcomes. Participants will learn about common mental health challenges, risk factors, and practical strategies to support individuals with disabilities. Topics include anxiety, depression, trauma, and promoting psychological well-being through effective interventions.

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### Course Objectives

By the end of this course, participants will be able to:

1. Identify risk factors contributing to mental health challenges in individuals with disabilities.
2. Understand the application of ABA principles to address mental health issues.
3. Explore strategies to improve mental health through lifestyle adjustments and support systems.
4. Recognize the impact of trauma and generational patterns on behavior and mental health.
5. Develop and apply tailored interventions to enhance quality of life.

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### Lesson Plan

*Lesson 1: Introduction to Mental Health and ABA*

### **Topics Covered:**

- Overview of ABA principles.
- How mental health challenges intersect with disabilities.
- Recognizing common symptoms and their implications.

**Activities:**

- Video presentation.
  - Reflection on the role of ABA in mental health.
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*Lesson 2: Identifying Risk Factors***Topics Covered:**

- Common risk factors (e.g., social isolation, poor eating habits, lack of movement).
- The impact of unmet basic needs and substance use.

**Activities:**

- Interactive matching activity on risk factors.
  - Discussion on how these factors affect mental health.
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*Lesson 3: Addressing Anxiety and Depression***Topics Covered:**

- Patterns of avoidance and escape behaviors.
- Practical tools to manage anxiety.
- Addressing depression through value-driven activities and social connections.

**Activities:**

- Group discussion: Effective accommodations and when they hinder progress.
  - Case study analysis.
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*Lesson 4: Trauma and Generational Patterns***Topics Covered:**

- How trauma influences behavior and mental health.
- Generational patterns and their long-term effects.
- Trauma-informed care and systematic desensitization.

**Activities:**

- Role-playing scenarios to practice trauma-informed approaches.
- Written reflection on personal values and their role in mental health.

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*Lesson 5: Strategies for Improvement*

**Topics Covered:**

- Lifestyle adjustments (e.g., diet, physical activity, sleep).
- Balancing online friendships with in-person connections.
- The importance of outdoor activities.

**Activities:**

- Creating a personal action plan for self-care.
- Interactive quiz to reinforce key concepts.

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*Lesson 6: Final Assessment and Summary*

**Topics Covered:**

- Review of course content.
- Integration of strategies to support individuals with disabilities.
- Practical applications of learned techniques.

**Activities:**

- Final comprehensive quiz (requires 80% or higher to pass).
- Group discussion on takeaways and future implementation.

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Assessment

1. Quizzes after each lesson to check understanding.
2. Case study evaluations and written reflections.
3. Final comprehensive quiz to assess overall learning.

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Course Materials

- Video lectures and downloadable resources.
  - PowerPoint presentations.
  - Recommended reading: Baer, R. A. (2003). "Mindfulness Training as a Clinical Intervention."
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## CEU Requirements

To earn the 2 General CEUs, participants must:

1. Actively participate in all lessons and activities.
2. Complete the final quiz with a passing score.
3. Submit all required assignments on time.

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## Contact Information

For questions or additional support, please contact [support@behaviorwebinars.com](mailto:support@behaviorwebinars.com)