

Increasing Access to Quality Healthcare for People with Disabilities: A Co-Designed Educational Curriculum for Family Medicine Residents

Module 3: Mental and Behavioral Health

Additional Resources

Thank you for engaging with the content in Module 3 of this project. Here are additional resources which can be used in your personal learning or applied to practice, including many organizations to share with your community.

Crisis Centers & Crisis Lines

[Crisis Intervention by County](#) - Provides information for every county in Pennsylvania to contact via website, phone, and their crisis services number.

Suicide and Crisis Lifeline: Call or text 988. Available 24/7.

National Domestic Violence Hotline: 1-800-799-7233 (SAFE) or text START to 88788. Available 24/7.

[National Alliance on Mental Illness – Navigating a mental health crisis resource guide](#). Provides information to be proactive before an event takes place, what to do during a crisis, information about potential admissions and treatment, and resources for caregivers.

Mental Health Resources

[Finding a Therapist that Fits You Well](#) – This is a resource for individuals with IDD about finding a mental health professional.

[Behavioral Health Managed Care Organizations \(BH-MCOs\)](#) - People with disabilities who have HealthChoices, a managed care program for Medicaid and Medical Assistance recipients, have an assigned behavioral health organization to help them find qualifying providers.

Vanderbilt Toolkit for Primary Care Providers Resources

[Initial Management of a Behavioral Crisis in Intellectual and Developmental Disabilities](#)

[Identifying Symptoms and Signs of Mental Distress in Adults with Intellectual and Developmental Disabilities](#)

[Risk Assessment for Adults with Intellectual and Developmental Disabilities in Crisis](#)

[My Coping Tool: How I Deal with Stress](#) - For patients to complete with a supporter to better understand how to handle stressful situations.

Future Planning for Family Caregivers

[Future Planning Guidebook, NY Office for the Aging](#) – Provides a resource for older caregivers of adults with IDD including steps to consider for healthcare, finances, decision making, and housing.

[The Arc Center for Future Planning](#) – National resource providing information about future planning, tools for families and individuals with IDD to build a future plan and see how other individuals have planned for the future.

[State Policies and Practices to Support Person-Centered Planning Across the Lifespan for Individuals with Intellectual and Developmental Disabilities and Their Aging Caregivers](#) – A guide from Centers for Medicare and Medicaid on person-centered planning including spotlights on successes in different states.

Got Transition

[Parents and Caregivers](#) - Support for parents and caregivers of individuals with disabilities to manage healthcare transition to adulthood and prepare for future decision making.

[Youth & Young Adults](#) - Information for individuals with disabilities to learn about medical transition to adulthood.

Caregiver Support Networks

[ASERT Support Groups](#) - Support groups and social groups across the state of Pennsylvania by county.

[Association for Autism and Neurodiversity](#) - Offers a wide variety of virtual support groups for individuals with ASD, their family, and supporters.

[The Global Tracheostomy Collective](#) - Offers online forums for family caregivers and individuals who use tracheostomy.

[National Task Group \(NTG\) on Intellectual Disabilities and Dementia Practices](#) - A central resource for caregivers and healthcare professionals offering family support committees, online events and webinars, diagnostic resources, publications, research, and trainings.

[Parent to Parent of PA](#) - Empowers and supports parents across Pennsylvania through connection with one another. Matches parents with others who are experiencing similar circumstances.

[Parents Helping Parents](#) - Provides support, information, and training for parents and caregivers of individuals with disabilities throughout the lifespan, including support with transitions to adulthood.

Vision for Equality

[Philadelphia Support Groups](#) - Support group for families, parents, caregivers, and friends of people with disabilities. Provides support for individuals in childhood through their transition into adulthood.

[Family Support Projects](#) - Offers workshops for individuals with disabilities and their families about topics including future planning, health equity, technology, participant directed services, and wellness to expand community engagement and engaging with supports through adulthood.

Other Resources

[Smart 911](#) – Individuals can register and provide health information to first responders ahead of an emergency.

[Health Passports](#) - Completed by an individual ahead of time, a health passport helps healthcare professionals know about health history, medication, preferences, and behavior needs prior to a provider visit or an emergency health situation.

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