

Strengthening Good Practice in Supporting People with Learning Disabilities and their Mental Health

Report on Sussex Wide Training Program



Easy Read Summary

June 2021



Mental health difficulties are common and can happen be experienced by everyone.

We know from research that people with learning disabilities are more likely to experience mental health difficulties.



There is clear advice and evidence on what good support should look like for people with learning disabilities and mental health problems. Examples include:

- Stopping mental health problems from starting
- Looking out for mental health problems
- Having good assessments
- Accessing things that can help
- Specialist care

We wanted to make sure people with learning disabilities across Sussex are getting the help and support they need around their mental health.

To do this we created a menu of care and training program


Sussex Partnership
NHS Foundation Trust

How we can help and support you: A Guide
for Mental Health in Learning Disabilities
Learning Disability and Neurobehavioural
Clinical Academic Group (NCAAG)





The Training Programme

The training was made up of 2 parts.

The first part was a large - scale introduction to mental health in learning disabilities training. This included a range of topics for example, risk factors, signs and symptoms of mental health difficulties and what helps. They were attended by nearly 300 people, over 6 days. This included, clinicians, social workers and family carers.

The second part of the training was a series of smaller training masterclasses, open to clinicians who work with people with learning disabilities and mental health issues on specific topics. These were:

- Stopping over medication of people with Learning disabilities
- People with Learning Disabilities can hear voices too: How to help
- Working with networks of support during crisis (the open dialogue model)
- Working with mainstream services/reasonable adjustments
- Trauma and trauma-informed care- (Supporting people where bad things may have happened to them)



How did It go?

All the training was well-received and people found it helpful.

For both training sessions the content and quality of training was rated highly.



Those who went on the training understood more after training, compared to before.

Attendees also wrote a pledge at the end of the training saying how they would put in practice what they had learnt.

They were keen to improve their practice around mental health and people with learning disabilities!



Conclusion and next steps

The introductory training felt especially helpful in offering training across professionals, paid carers and family carers.

The training has meant that people now know what good practice (according to research, and what clinical experts and experts by experience tell us) should look like and how to offer it.

It is planned to do continue to roll out this training in the future

One key recommendation has been that peer trainers with learning disabilities are a key part of future training

