

DEAFplus in the US

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Individuals who are deaf or hard of hearing and who also experience challenges with intellectual and developmental disabilities have very few options for support that is culturally and linguistically appropriate in their communities. If these individuals also experience challenging behaviors (often the result of this lack of culturally and linguistically appropriate support) they have even fewer options. Many end up in the most restrictive levels of care without adequate communication access, a path to recovery, and over time without hope.

This presentation will give an overview of a new training program that offers a new approach- training support staff for individuals at the Tennessee School for the Deaf (our cottage parents and staff) in Julie Brown's DBT Skills System* so they will have the tools that they need to effectively coach the students in emotion regulation. It is a different way to address the problem of too few mental health professionals who work with persons who are DEAFplus. We will train the people in the culturally and linguistically appropriate community of our deaf individuals to be better prepared to support them in how to manage their own emotions in day to day life from an early age. Rather than teaching the staff how to provide care for the students, we will teach them how to be in relationship with the individuals helping them to develop and practice emotion regulation skills in real life situations.