

Statewide Intellectual Disability Mental Health Outreach Service (SIDMHOS)

SIDMHOS is a psychiatry led multi-disciplinary team, funded by the Ministry of Health, and based in Sydney Local Health District. It is a tertiary service, providing consultation and training across NSW.

Referrals to SIDMHOS are open to professionals who are seeking advice for an adult with intellectual disabilities where there are significant concerns about their mental health or behaviour. This includes those working in public mental health services, as well GPs and NDIS providers.

The expectation is for local specialist intellectual disability health services to have been explored before referring to SIDMHOS.

Our [website](#) has full details of the eligibility criteria and the services offered. You are encouraged to discuss potential referrals with the team prior to completing the [online referral form](#).



Project ECHO training

SIDMHOS uses Project ECHO (Extension for Community Healthcare Outcomes) as a model to provide training to professionals on supporting adults with intellectual disabilities with mental health needs. This is a series of weekly sessions held via videoconference (Zoom). Each of the nine sessions starts with a formal presentation followed by one participant presenting a case for group discussion and guidance.

This training is targeted at those working in public mental health services and the NDIS sector within NSW. Psychiatrists and GP are particularly encouraged to participate.

[Registration](#) is open for our next two series:

- Thursdays 10-11.30 am, 1 February 2024 – 4 April 2024 (no session 14 March).
- Thursdays 10-11.30 am, 2 May 2024 – 4 July 2024 (no session 23 May).

The presentations will be:

- Assessment of intellectual disability in adults
- Assessing mental illness in adults with intellectual disability
- Psychological interventions for mental disorders in adults with intellectual disability
- Role of psychotropic medication use in adults with intellectual disability
- Adults with intellectual disability in contact with the criminal justice system
- Physical health comorbidity and its role in mental health presentations
- Approach to sexuality and sexual behaviours of concern.
- Safeguards for adults with intellectual disability
- Support for people with intellectual disability ageing

Please contact David Thompson, CNC /Coordinator for any further information about referral and training opportunities, or to be included on our mailing list.

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www.slhd.nsw.gov.au/MentalHealth/SIDMHOS.html