

**At the Adult Intellectual/
Developmental Disability (I/DD)
Behavioral Health Clinic, we offer:**

ASSESSMENT

- DD evaluation
- Adult autism spectrum disorder
- Psychological evaluation
- Functional behavior assessments (FBA)

BEHAVIORAL CONSULTATION

- Outpatient behavioral consultation (oppositional, defiant, aggressive, or destructive behaviors)
- Adherence with medical treatment
- Elimination problems (enuresis/bed wetting, encopresis/soiling, toilet training)
- Behavior support plans for:
 - » Residential service providers (group homes, extended family homes)
 - » Supported and competitive employment settings
 - » Day service sites
 - » Transitional (employment and educational) settings

INDIVIDUAL THERAPY

- Anxiety
- Depression
- Obsessive compulsive disorder
- Bereavement
- Adjustment
- Social skills/boundaries
- Transition into adulthood
- Fears and phobias
- Personality and mood disorders

FAMILY THERAPY

- Psychoeducation
- Problem solving
- Communication

**There are a variety of departments at the
Munroe-Meyer Institute, including:**

- Integrated Center for Autism Spectrum Disorders
- Developmental Medicine
- Occupational Therapy
- Physical Therapy
- Recreational Therapy
- Speech-Language Pathology
- Education & Child Development
- Genetic Medicine
- Human Genetics Laboratory
- Pediatric Feeding
- Psychology



Munroe-Meyer Institute
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unmc.edu/mmi

Adult Intellectual/ Developmental Disabilities Behavioral Health Clinic

Munroe-Meyer Institute



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The Munroe-Meyer Institute's mission is to be a world leader in transforming the lives of all individuals with disabilities and complex health care needs, their families and the community through outreach, engagement, premier educational programs, innovative research and extraordinary patient care.



The Adult Intellectual/Developmental Disabilities (I/DD) Behavioral Health Clinic at the Munroe-Meyer Institute serves transition-aged adolescents (14-22) as well as adults with intellectual or developmental disabilities. Clinicians work with individuals, families, and caregivers to provide comprehensive evaluation and behavioral therapy.

At the Adult I/DD Behavioral Health Clinic:

- We are devoted to the assessment and effective treatment of behavioral and emotional disorders, and we use learning principles to help adolescents and adults develop adaptive abilities as well as healthy coping skills while decreasing problem behaviors.
- We provide problem-focused treatment, where we work together with individuals and (when relevant) caregivers to establish meaningful short-term goals and formulate a treatment plan.
- We are collaborative and consult with physicians, psychiatrists, therapists, and community service providers to best implement treatment plans.

Who we serve:

- Individuals
- Families
- Vocational services
- Day habilitation services
- Group homes
- Extended Family Homes (EFH)
- Schools

What to expect at an Adult I/DD Behavioral Health appointment:

WHO OPERATES THE CLINIC?

Services are provided by the faculty, staff and students from the University of Nebraska Medical Center (UNMC) Munroe-Meyer Institute who are specially trained in behavioral psychology and adult ID/DD services.

HOW IS TREATMENT CONDUCTED?

Unless individual therapy is warranted, the patient and the caregivers attend the session. During the first session, the patient and caregivers are interviewed to determine the nature of the issue and a potential course of treatment. Additional sessions are usually scheduled weekly or every other week. The number of sessions depends on the nature and severity of the issue.

WILL MY HEALTH INSURANCE COVER IT?

Services are covered under the mental health portion of most insurance plans, including Medicaid and Medicare. If you are not sure about coverage, contact your insurance carrier or the benefits office at your place of employment and ask about your coverage. Individuals seen at the Adult I/DD Behavioral Health Clinic are registered as patients in the UNMC Munroe-Meyer Institute system, which is responsible for all billing and record management. Financial assistance may be provided for those who do not have insurance coverage.

Service hours

9 A.M. TO 5 P.M. TUESDAY AND THURSDAY

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HOW DO I MAKE AN APPOINTMENT?

Contact the Munroe-Meyer Institute Patient Information Office and ask to schedule an appointment with the Adult I/DD clinic.

Patient Information Office: 402-559-6418

For additional information, please contact:
UNMC Munroe-Meyer Institute, Psychology
402-559-6408 or 800-656-3937 ext. 4025596408

VISIT OUR WEBSITE

unmc.edu/mmi/departments/psychology

WHERE WE ARE

444 S. 44th St., Omaha, Neb.

For more information: unmc.edu/mmi

