**FEASIBILITY OF AN ADAPTED CBT INTERVENTION FOR PEOPLE WITH INTELLECTUAL DISABILITIES: WHAT DO SERVICE LEADERS THINK?**

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**Objectives**: Evidence for Cognitive Behavioural Therapy’s (CBT) effectiveness in addressing anxiety and depression in the general population is robust and self-help resources are widely available to the general public. Yet despite the increasing evidence towards CBT for individuals with intellectual disabilities (ID), they are predominantly reliant on mainstream mental health professionals (predominantly psychologists and psychiatrists) to access this type of intervention. The current study is part of a larger initiative aimed to increase access to evidence-based mental health resources for individuals with ID by developing and testing self-directed interventions using a community development approach. The objective of this project is to study the feasibility and acceptability of an adapted CBT-based guided self-help intervention for individuals with ID and common mental health challenges within Ontario-based Developmental Services organizations.

**Method**: Up to n=30 interviews will be conducted with allied health professionals and directors/leaders within developmental service agencies and organizations using a semi-structured format examining four dimensions of feasibility. Interviews will be used to assess the demand, acceptability, practicality and resources for implementation required for integration of the intervention in mainstream care.

**Results**: Preliminary results will be presented, with a focus on emerging themes pertaining to the feasibility of a CBT-based guided self-help intervention as well as key considerations on community capacity building from a community development process framework.

**Discussion/Conclusions**: Developmental Services organizations often express the need for more psychological-based support for individuals with ID but have limited resources. This study will report on the views towards a guided self-help intervention designed to address this need, from individuals who are key stakeholders and have the power to influence access to and delivery of, such resources.