

Sexuality Resources

for Family Members and Direct Care Professionals of People with Intellectual / Developmental Disabilities (I/DD)

Sexuality is an important aspect of every person and encompasses so much of who each person is, yet little is ever discussed or taught to people with I/DD. There may be challenges in educating people with I/DD about sexuality, along with myths about their sexuality needs. This resource list is a starting point for family and professional caregivers to learn and become more familiar with sexuality and disabilities. The resources here may also provide information to help better respond to the behaviors and sexaulity needs of people with I/DD.

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Sexuality Education

Training/Online Videos:

PA Office of Developmental Programs

Online videos for family and professionals regarding sexuality. Videos are free. Registration is required on myodp.org to view courses. (Caregivers can receive credit hours for these courses after post-test is taken. Training certificate will be mailed.) To bring up trainings on MyODP, go to “training”, then “Intellectual/Developmental Disabilities”, then “All Intellectual/Developmental Disabilities”, then type in “sexuality” in search box.

www.myodp.org

KEPRO Health Care Quality Unit (KEPRO HCQU) of Southwestern PA

Training on sexuality for direct care professionals and/or family supporting people with I/DD

1-888-321-5856 www.hcqukepro.com

Therapists/Behavior Support:

ASSECT (American Association of Sexuality Educators Counselors and Therapists) – Search list for Certified Sexuality Therapists in PA

<https://www.aasect.org/find-professional/2/PA/T>

Shawn McGill, MSW Consulting, Inc.

Services include classes, group therapy, and education regarding managing risk for problematic sexual behaviors, healthy sexuality, relationships, understanding gender identity, dementia and sexuality, and restrictive procedures. 412-781-3829

<http://shawnmcgillmsw.com/services/professional-training/>

Person Directed Clinical Solutions, provides behavioral and consulting services

www.pdcslc.org/Behavioral-Support-Services.aspx

Sexuality Resource Center for Parents (SRCP)

<http://www.srcp.org/>

Sexuality programs and education for teens in Washington County, PA. Founder Mary Jo Podgurski Offers the “Me Too” program, provides an introduction to sexuality and sexual health for children with disabilities. 724-222-2311

<http://www.healthyteens.com/ourprograms/>

Websites/Articles:

Glossary of terms related to sexuality

<http://www.srcp.org/glossary/index.html>

Sexuality and Disability

Topics include: knowing your body, sex, relationships, violence, health and safety.

www.sexualityanddisability.org

“Sex and Intellectual Disabilities” - American Psychological Association, 2017
<http://www.apa.org/monitor/2017/12/seeking-intimacy-sidebar.aspx>

Kids Health - Explores ways to talk with your partner about condoms, STDs and methods of birth control.

<https://kidshealth.org/en/teens/sexual-health/#cat20015>

Sexuality Information and Education Council of the United States (SEICUS)
This website lists various links and lesson plans regarding sexuality education.
<https://siecus.org/>

The Community Action Kit is designed for all advocates, and provides the tools they need to become knowledgeable about sexuality education, build support in their state or community, work to implement sound policies, and institute or defend an effective comprehensive sexuality education program.

<https://siecus.org/community-action-toolkit/>

Center for Disease Control (CDC)
Provides general information about sexual health, STD's, sexual orientation, sexual violence prevention and LGBT health.
www.cdc.gov/sexualhealth/

Stop it now - Information regarding children's sexual development and behaviors. Assistance in learning about sexual development in order to prevent child sexual abuse. Recognize typical behaviors -- as well as the concerning behaviors that need intervention.

<https://www.stopitnow.org/ohc-content/childrens-sexuality-development-and-behaviors>

“All about sex” - A series of fact sheets for people with I/DD and people who support them. Covers many areas of sexuality, including the body, relationships, safe sex, using simple concrete terms and accurate terminology.

<https://www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex>

King County Public Health

The FLASH Curriculum –Lesson plans on communication, relationships, decision making, saying “no”, the body and sexual health.

<https://www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH/special-education.aspx>

Books/DVDs

Planned Parenthood

Provides free videos regarding consent, relationships, STDs and general sexuality issues.

www.plannedparenthood.org

Dave Hingsburger

Dave has authored books and DVDs regarding sexuality, victimization and abuse prevention, condom use, and masturbation.

www.diverse-city.com

Lesbian, Gay, Bisexuality, Transgender, and Questioning People (LGBTQ)

Training/Online Videos:

This is a PowerPoint for direct care professionals to help them support people with I/DD who may be LGBTQ and help them discuss the issue.

https://www.academia.edu/1679207/Supporting_and_working_with_lesbian_gay_and_bisexual_people_with_intellectual_disabilities

Allegheny County LGBTQ resource guide

<https://www.county.allegheny.pa.us/Human-Services/Resources/LGBTQ/LGBTQ-Resources.aspx>

PA Office of Developmental Programs - “The Transgender Spectrum: Promoting Healthy Relationships”, by Michele Angello, Ph.D., will cover the transgender spectrum: from language to pronouns; promoting healthy relationships amongst co-workers, peers and employers; and factors that contribute to the mental health and stability of transgender people.

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<https://www.myodp.org/login/index.php>

www.myodp.org

Therapists/Behavior Support:

Shawn McGill, MSW Consulting, Inc.

This group/class offers people with disabilities who identify as being lesbian, gay, bisexual or transgender an opportunity to meet in a safe place and learn more about who they are and how they can live as safely and successfully as possible. All participants must be at least 16 years of age.

412-781-3829 <http://shawnmcgillmsw.com/groups/lgbt/>

Websites/Articles:

National Alliance for Mental Illness - This site provides general LGBTQ information.

<https://www.nami.org/Find-Support/LGBTQ> I know mine – This site provides information about transgender, LGBTQ, and definitions of sexual identity, orientation, gender, and sex.

<https://www.iknowmine.org/ikm-blog/gender-unicorn>

Health and Safety

Training/Online Videos:

PA Office of Developmental Programs- “The Illusion of Sexual Safety: Perceptions vs. Reality”, by Bev Frantz, Ph.D. This workshop is designed to provide skills for supporting individuals with autism who are struggling to navigate the social roadmap for building meaningful relationships. It will also address how “silent assumptions,” influence the manner in which social/sexual information is provided and the impact that has on individuals with autism.

<https://www.myodp.org/login/index.php> (Please note you will need to log in to myODP and then search for the course by title)

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www.myodp.org

Dave Hingsburger - speaker and consultant who addresses issues of sexuality, problematic behavior and other issues regarding people with developmental disabilities.

By subscribing below, you can access videos regarding sexuality anytime.

<https://conversationthatmatter.org/presenters/hingsburger-dave>

Therapists/Behavior Support:

Shawn McGill, MSW Consulting, Inc. 412-781-3829

<http://shawnmcgillmsw.com/>

Person Directed Clinical Solutions - provides behavioral and consulting services.

www.pdcslc.org/Behavioral-Support-Services.aspx

ASSECT (American Association of Sexuality Educators Counselors and Therapists) – Search the list for Certified Sexuality Therapists in PA.

<https://www.aasect.org/find-professional/2/PA/T>

Websites/Articles:

NPR Series on Sexual Assault Epidemic Among People with Intellectual Disabilities, 2018

<https://www.npr.org/2018/01/08/570224090/the-sexual-assault-epidemic-no-one-talks-about>

“For Some with Intellectual Disabilities, Ending Abuse Starts With Sex Ed” - NPR Series on Sexual Assault in People with I/DD, 2018

<https://www.npr.org/2018/01/09/572929725/for-some-with-intellectual-disabilities-ending-abuse-starts-with-sex-ed>

Overview of the male and female reproductive systems

<https://courses.lumenlearning.com/boundless-ap/chapter/overview-of-the-reproductive-system/>

Pittsburgh Action Against Rape

<https://paar.net/>

“Medications that Affect Sexual Function” – Cleveland Clinic

<https://my.clevelandclinic.org/health/articles/9124-medications-that-affect-sexual-function>

The ASERT (Autism Services, Education, Resources and Training)- Be Safe Resource Collection.

One page resources to help educate about being safe – body autonomy, touch and privacy.

<http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8988/Be-Safe-Resource-Collection>

Books/DVDs:

DVD’s for teaching people with I/DD about masturbation “Handmade Love” and “Finger Tips” by Dave Hingsburger. DVD’s can be purchased at <http://diverse-city.com/>.

Relationships and Sexuality

Training/Online Videos:

Dave Hingsburger, “Sexuality and Relationships”

<https://www.youtube.com/watch?v=hX6xe1KqGg>

American Association on Intellectual and Developmental Disabilities (AAIDD)

Video “Supporting Adults with I/DD to Develop Healthy and Meaningful Relationships” (1 hour)

<http://aaidd.org/education/education-archive/2017/10/03/default-calendar/supporting-adults-with-idd-to-develop-healthy-and-meaningful-relationships#.WmjF7q6nHDc>

Part of the ASERT (Autism Services, Education, Resources and Training)- Be Safe resource collection.

A collection of social stories describing different types of relationships that people can have. A tool to use when talking about relationships and boundaries.

<http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/9334/Be-Safe-Relationships-Social-Stories>

Therapists/Behavior support

ASSECT (American Association of Sexuality Educators Counselors and Therapists) – Search list for Certified Sexuality Therapists in PA

<https://www.aasect.org/find-professional/2/PA/T>

Shawn McGill, MSW Consulting, Inc.

Consulting that teaches skills that are often needed in order to successfully navigate both platonic and intimate relationships; discuss opportunities in which a person may be able to meet a potential person to date; how to utilize online dating and employee teaching safety skills of internet use; learn how to plan for a date and utilize specific safety skills to reduce the risk of victimization; review and discuss aspects of sexual consent.

412-781-3829 <http://shawnmcgillmsw.com/relationships-dating/>

Websites/Articles:

“The Importance of Belonging” by David Pitonyak

<http://oasiscommunity.info/wp-content/uploads/2017/12/The-Importance-of-Belonging.pdf>

Books/DVDs

Circles program on intimacy and relationships. Videos can be purchased below.

<https://stanfield.com/product/circles-curriculum-intimacy-relationships-level-1-w1004-18/>

“This Emotional Life: Family, Friends, and Lovers”

This three-part series explores ways to improve social relationships, learn to cope with depression and anxiety and become more positive, resilient individuals. The first episode looks at the importance of relationships and why they are central to emotional well-being.

<https://www.kpbs.org/news/2009/dec/21/emotional-life-family-friends-and-lovers/>

Autism and Sexuality

Training/Online Videos:

PA Office of Developmental Programs - “Sexuality, Relationships, & Individuals with ASD”, by Isabelle Hénault, Ph.D. This program explores interpersonal relationships and sexuality among people with ASD as well as strategies to improve the social and sexual skills of adolescents and adults with ASD. The following topics will be addressed: friendship (personal values and personality factors), emotions (expression and recognition), communication (verbal and nonverbal, “Theory of Mind”), sexual behavior (enhancing appropriate behaviors, sexuality and the law) and intimacy (relationships, affection).

<https://www.myodp.org/login/index.php>

Online videos for family and professionals regarding sexuality. Videos are free. Registration is required on myodp.org to view courses. (Caregivers can receive credit hours for these courses after post-test is taken. Training certificate will be mailed.) To bring up trainings on MyODP, go to “training”, then “Intellectual/Developmental Disabilities”, then “All Intellectual/Developmental Disabilities”, then type in “sexuality” in search box.

www.myodp.org

“Autism & Sexuality”, by Peter Gerhardt, Ed.D, provides an overview of the issues people with autism face regarding sexuality.

Dr. Gerhardt shares perspectives, recommendations and helpful resources to educate people on the challenges faced by the autism community and how to help individuals learn about their sexuality.

<https://www.myodp.org/login/index.php>

The ASERT (Autism Services, Education, Resources and Training) - Online learning tools about sexuality and people with Autism.

<https://www.paautism.org/eLearning>

Websites/Articles:

The ARC Autism Now. The website below contains various helpful links to websites and books regarding sexuality.

<https://autismnow.org/articles/resources-for-learning-about-sexuality/>

Books/DVDs:

“Autism-Asperger’s and Sexuality: Puberty and Beyond” written by Jerry and Mary Newport.

Sexual Consent Screening

Therapists/Behavior Support:

Shawn McGill, MSW Consulting, Inc.

A sexual consent screenings is a consultative service provided to both males and females with disabilities who are at least 16 years of age. The intended purpose of a sexual consent screening is to determine level of knowledge within the five areas of sexual consent.

Those who are typically referred for a sexual consent screening meet one or more of the following criteria:

- The client is sexually active and has the pre-requisite skills needed in order to be evaluated.
- The client has expressed an interest in becoming sexually active and has the pre-requisite verbal skills needed in order to be evaluated.
- The client has been sexually active within the past five (5) years and has the pre-requisite skills.
- The client has been involved in a case in which they may have been a victim of abuse and the team is attempting to determine their knowledge and understanding in the areas of sexual consent.

412-781-3829

<http://shawnmcgillmsw.com/consultation/sexual-consent-screenings/>

Websites/Articles:

- Pennsylvania Coalition Against Rape (PCAR) - Adults with Intellectual Disabilities: Capacity to Consent to Sexual Activity

http://www.pcar.org/sites/default/files/resource-pdfs/tab_2017_consent-capacity-id.pdf

Pennsylvania Coalition Against Rape (PCAR) - Understanding the Impact of Guardianship on Adults with Intellectual Disabilities Engaged in Sexual Activity and/or Victimized by Sexual Abuse.

http://www.pcar.org/sites/default/files/resource-pdfs/tab_2017_guardians-and-people-with-id.pdf

Problematic Sexual Behaviors

Training/Online Videos:

KEPRO Health Care Quality Unit (HCQU) of Southwestern PA

Training on problematic sexual behaviors for direct care professionals and/or family supporting people with I/DD

1-888-321-5856

www.hcqu.kepro.com

Therapists/Behavior Support:

David Gentile, Psychologist, Hampton Township, PA - Provides counseling to people with sexually offending behaviors or problematic sexual behaviors.

(412) 487-3660

Project Point of Light - Specializes in the assessment and treatment of sexual offenders, individuals with problematic sexual behavior and victims of sexual abuse.

<https://projectpointoflight.com/>

Shawn McGill, MSW Consulting, Inc.

Risk Screenings for sexual behaviors is a comprehensive evaluation. Screenings are provided to males with intellectual and developmental disabilities, who are at least 18 years of age, who have a history or presenting issues with regard to problematic sexual behaviors.

412-781-3829 <http://shawnmcgillmsw.com/consultation/risk-screenings-problematic-sexual-behaviors/>

Person Directed Clinical Solutions - provides behavioral and consulting services. They are able to conduct a sexuality risk assessment.

www.pdcslc.org/Behavioral-Support-Services.aspx

Pennsylvania Coalition Against Rape (PCAR) - Locating trauma-informed therapists

http://www.pcar.org/sites/default/files/resource-pdfs/locating-trauma_informed_therapists.pdf

Websites/Articles:

Counterfeit Deviance – Revisited. Counterfeit deviance is a term used to describe problematic sexual behavior that appears to be deviant on the surface, but upon investigation is due to other factors. To read the article, visit:

<https://www.semanticscholar.org/paper/'Counterfeit-deviance'-revisited.-Griffiths-Hingsburger/c704d8a2c7faf0f59fa1503170bb390dd3c6379c>

Sex Offenders with intellectual/developmental disabilities: A call to action for the criminal justice
Information about registered sexual offenders is available to the public through the internet. Knowledge whether a person is a registered sexual offender could be a significant factor in protecting yourself, family members or persons in your care from recidivist acts by registered sexual offenders.

Community: <http://www.thearc.org/document.doc?id=5253>

Meghan's Law: <https://www.pameganslaw.state.pa.us/>

Center for Sex Offender Management (CSOM)

<https://www.csom.org/>

Books/DVDs:

Treating Intellectually Disabled Sex Offenders: A Model Residential Program by James Haaven

Victimization / Therapy

Training/Online Videos:

The Pennsylvania Coalition Against Rape (PCAR) and the Office of Developmental Programs (ODP) - "But, They Didn't Call it Rape: Unpacking the Dynamics of Sexual Violence and Effectively Responding to Sexual Abuse in the Lives of People with Developmental Disabilities".

The Pennsylvania Coalition Against Rape (PCAR) has partnered with the Office of Developmental Programs (ODP) to offer this free training opportunity. This multidisciplinary, skilled-based training will provide a framework for understanding the challenges sexual assault survivors with autism and intellectual disabilities face related to sexual violence.

<https://www.myodp.org/course/search.php?search=sexual+abuse+>

Therapists/Behavior Support:

Shawn McGill, MSW Consulting, Inc.

Abuse Prevention and Safety-Client Specific, explores feelings with the person while correlating good touch from bad touch. Focuses on identifying what abuse is, or what may constitute a harmful situation and how to respond in a situation that makes them feel uncomfortable, unsafe or hurt.

412-781-3829 <http://shawnmcgillmsw.com/services/individual-training/abuse-prevention-safety/>

Blackburn Center – Greensburg, PA

Provides counseling for victims of sexual abuse.

24-hour hotline 1-888-832-2272 to speak with a counselor anytime.

724-837-9540 <http://www.blackburncenter.org>

Project Point of Light

Therapists utilizes therapeutic interventions for victims of abuse including cognitive behavioral therapy, play therapy, expressive therapy, family therapy, individual and group therapy.

<https://projectpointoflight.com>

Pennsylvania Coalition Against Rape (PCAR) - Locating trauma-informed therapists

http://www.pcar.org/sites/default/files/resource-pdfs/locating-trauma_informed_therapists.pdf

ASSECT (American Association of Sexuality Educators Counselors and Therapists) – Search list for Certified Sexuality Therapists in PA

<https://www.aasect.org/find-professional/2/PA/T>

Websites/Articles:

Pennsylvania Coalition Against Rape (PCAR) - How We Respond to Sexual Violence Matters

http://www.pcar.org/sites/default/files/resource-pdfs/how_we_respond_to_sexual_violence_matters.pdf

Pennsylvania Coalition Against Rape (PCAR) - Provides information on sexual violence or any unwanted sexual contact.

<https://pcar.org/about-sexual-violence/women>

Pennsylvania Coalition Against Rape (PCAR) - Trauma-informed interventions for sexual assault survivors who self-injure.

http://www.pcar.org/sites/default/files/resource-pdfs/selfinjury2014_508.pdf

Pittsburgh Action Against Rape
24-hour hotline 1-866-END-RAPE

<https://paar.net/>

The Blue Knot Foundation – Nation Centre of Excellence for Complex Trauma.” This foundation provides resources for people who been traumatized by sexual abuse. There are 2 PDF’s available for download. -The first document is “Talking about Trauma: Guide to conversations and screening for Health and other Service provider”. This is aimed at helping service providers to know when and how to ‘talk about trauma’ or to screen for trauma. This is not about clinical or specialist treatment.

<https://www.blueknot.org.au/Resources/Publications/Talking-about-Trauma-For-Health-and-Other-Service-providers/Download>

-The second document is “Talking About Trauma - Guide to Everyday Conversations for the General Public” This document is aimed at helping to understand the nature of trauma and memory, which can be helpful in caregiving education and support.

https://www.blueknot.org.au/Resources/Publications/Talking-about-trauma/Talking_About_Trauma_Public

Books/DVDs:

“Just Say Know! Understanding and Reducing Sexual Victimization”

<http://diverse-city.com/> and/or <https://www.amazon.com/>

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