

## United Health Foundation and The Arc: *Improving Mental Health Support for People with IDD*

The Arc is the largest national community-based organization advocating for and with people with intellectual and developmental disabilities (IDD) and serving them and their families. Although up to 40% of people with IDD have a co-occurring mental health condition, people with IDD are often overlooked in conversations about mental health. As a result, people with IDD are three times more likely to experience suicidal ideation, engage with fewer trained providers and experience greater barriers to care.

To address this gap in care, the United Health Foundation, the philanthropic foundation of UnitedHealth Group, began a three-year, \$2.5 million grant partnership with The Arc in 2023. Through this partnership, The Arc launched a national initiative to train the people most likely to support people with IDD to better recognize and respond to mental health needs. Key to this national initiative is a partnership with the National Council for Mental Wellbeing to utilize its evidence-based Mental Health First Aid program with information on IDD, enabling trainees to recognize signs of distress, respond effectively and connect people with IDD to the care they need. Ten chapters of The Arc are leading this work in their communities, utilizing these new resources and building more responsive systems of support for people with IDD.



### COMMUNITY IMPACT\*

**500**

health providers and caregivers trained to recognize mental health needs for individuals with IDD

**53%**

quarter-over-quarter increase in providers and caregivers trained to identify mental health needs in individuals with IDD

**95%**

of trainees feel more prepared to respond to a mental health crisis

*\*as of 6/30/25*

### WHY IS THIS WORK CRITICAL?



People with IDD face barriers from the moment they are born, which can have a direct impact on their mental health. But too often, their mental health needs are going unmet.”

**Katy Neas, CEO of The Arc**

