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Susan Fawcett PhD, RSLP

SATURDAY
January 25, 2025



Mental Health Trends and Mental Wellness Support for Individuals with Down Syndrome

In this presentation, participants will learn about mental health issues in adolescents and young adults with DS. Topics include the trajectory of mental health across the lifespan, the relationship between behaviour and mental health, and issues more common in individuals with DS, e.g., processing of grief, fantasy worlds, and self-esteem and identity issues.

Susan began her career at DSRF as the head Speech-Language Pathologist from 2003 to 2019, and helped develop the therapy, adult, and summer programs during that time. Susan has particular interest in the areas of social communication, mental health and problem behaviour in people with Down syndrome, as well as giving families the positive reinforcement they deserve. As part of completing her doctoral degree, she completed a dissertation project evaluating a preventative parent training program for families of young children with Down syndrome who exhibit mild-to-moderate problem behaviour. During her schooling, Susan also trained with a clinical psychologist at the Vancouver CBT Centre, where she learned how to provide cognitive-behaviour therapy techniques to adolescents and adults with developmental disabilities and mental health diagnoses.

