

***“Supports for Professionals
working with Substance Abuse
and Mental Health Issues”***

Dublin, 28th January 2010

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Supports for Dual Diagnosis problems- The Irish & international situations



ADDICTION & MENTAL ILLNESS TWO PROBLEMS. ONE PERSON

Mental illness and addiction can be two sides of the same coin.
If you don't treat them together you can't beat either.

Outline

- **Dual Diagnosis – the problem**
- **The current Irish Situation**
- **What is possible: international initiatives**
- **What we can do**

What is Dual Diagnosis?

Dual Diagnosis is the term used where there is both a

- **Substance abuse/addiction problem and**
- **an emotional/psychiatric problem**

**Also known as Co-morbidity,
Co-occurring Disorders etc**

Common Problems seen in DD

Depressive disorders

- Depression
- Bipolar disorder

Anxiety disorders

- generalised anxiety disorder
- panic disorder
- obsessive-compulsive disorder
- Phobias

Other psychiatric disorders,

- Schizophrenia
- Personality disorders
- ADHD
- PTSD

The Problem of Dual Diagnosis

DD doesn't just mean having more than one diagnosed mental health problem.

The concept arises because addictions are not seen in the same way as other mental health problems – addiction is often not thought of as a mental health problem.

Why is dual diagnosis a problem?

- An artifact of the way services are constituted
Addiction services separate from mental health services
- Different level/type of stigma
Addiction has often been seen as a moral issue, a behavioural issue, about irresponsibility
- Treatment required seen as different
Traditional addiction treatment often against medication
- Ability to use addiction treatment services may be impaired by mental health difficulties

How Common Is Dual Diagnosis?

37% of people abusing alcohol
53% people abusing other drugs
have at least one serious mental illness.

29% of people diagnosed as mentally ill
abuse either alcohol or drugs.

American Medical Association

74% of users of drug services
85% of users of alcohol services
experience mental health problems.

44% of mental health service users report drug
use.

UK Dept. of Health

Also, the **relationships** between addictions and psychiatric may be complex, as seen in the following **classification model**:

(Landry et al., 1991a; Lehman et al., 1989; Meyer, 1986)

- 1. Addictions can cause psychiatric symptoms and mimic psychiatric disorders.**
- 2. Acute and chronic addictions can prompt the development, provoke the re-emergence, or worsen the severity of psychiatric disorders.**
- 3. Addictions can mask psychiatric symptoms and disorders.**

- 4. Withdrawal from active addiction can cause psychiatric symptoms and mimic psychiatric syndromes.**
- 4. Psychiatric and addictive disorders can coexist.**
- 6. Psychiatric behaviours can mimic behaviours associated with addiction problems.**

Clues to Primary Psychopathology

- Began before serious substance abuse
- Persists during periods of abstinence
- Emerges during periods of stable substance use
- Severity of symptoms in relation to moderate levels of abuse
- Chronic and acute
- Family history
- Uniqueness of symptoms

McDowell & Spitz

Treatment of Dual Diagnosis

- Sequential?
- Parallel?
- Integrated?

The current Irish situation

Most mental health services and addiction treatment centres in Ireland are currently not organised to treat dual diagnosis sufferers holistically.

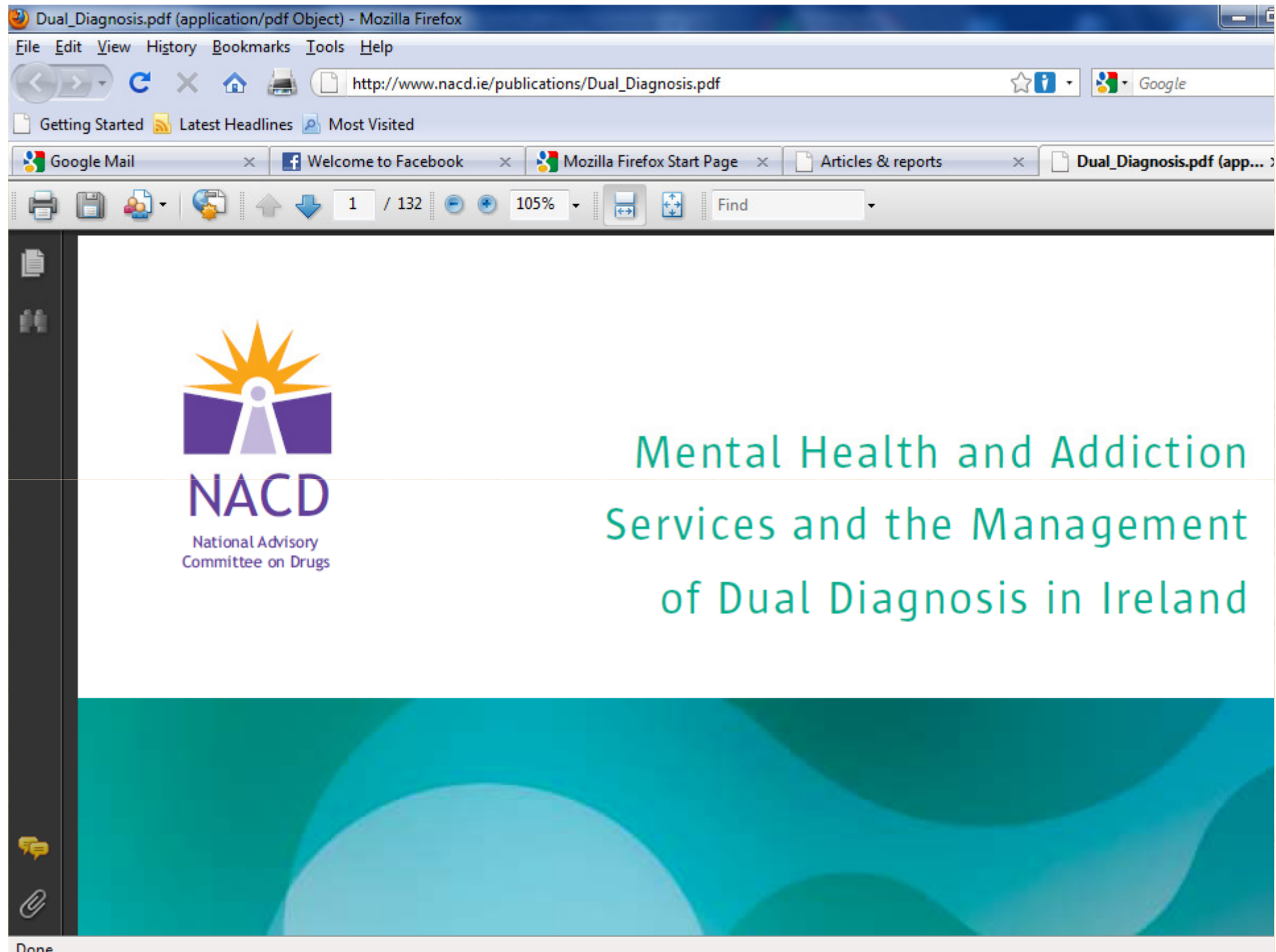
For example, if you have difficulties abstaining from alcohol due to anxiety, you cannot enter many rehabilitation services (most residential drug services insist you must be “dry” before entry).

So you cannot get your mental health problem treated until your addiction to alcohol has been addressed or vice versa.

Dual Diagnosis in Ireland

- 76% of services failing to offer a specific service for people with dual diagnosis
- Dual Diagnosis not clearly understood or formally recognised
- Service models used are aligned to organisations rather than complex needs of people with dual diagnosis

“Mental health & addiction services and the management of dual diagnosis in Ireland” - National Advisory Committee on Drugs 2004.





NACD

National Advisory
Committee on Drugs

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NACD
1st Floor
Dún Aímhirgín
43/49 Mespil Rd
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... [Mental Health and Addiction Services and the Management of Dual Diagnosis in Ireland](#)



Title:

[Mental Health and Addiction Services and the Management of Dual Diagnosis in Ireland](#)

Author:

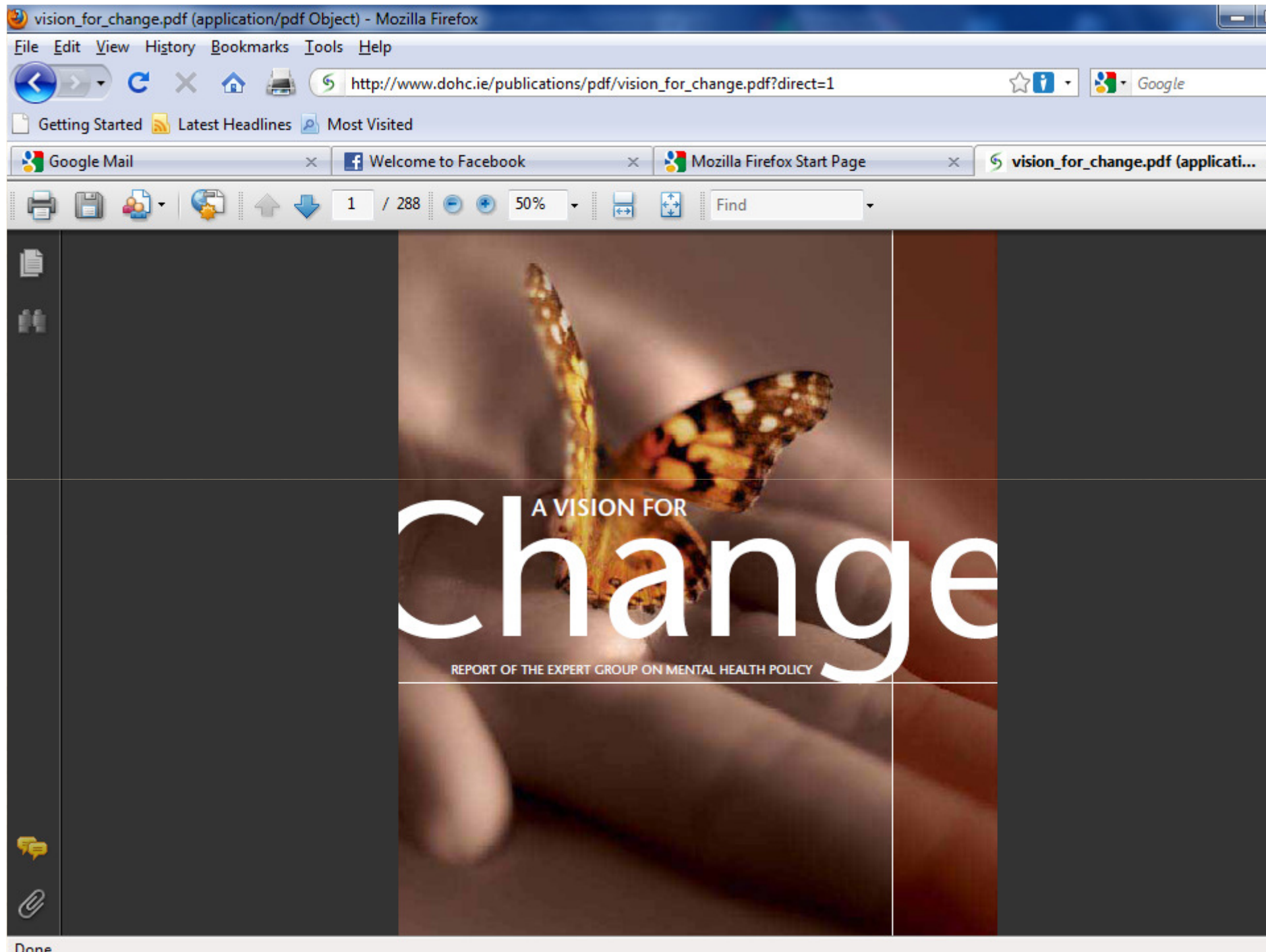
Liam MacGabhann
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Dr Pamela Gallagher
Dr Pádraig MacNeela
Gerry Moore
Mark Philbin

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132



15.3 : MENTAL HEALTH SERVICES FOR PEOPLE WITH CO-MORBID SEVERE MENTAL ILLNESS AND SUBSTANCE ABUSE PROBLEMS

RECOMMENDATION 15.3.1: Mental health services for both adults and children are responsible for providing a mental health service only to those individuals who have co-morbid substance abuse and mental health problems.

RECOMMENDATION 15.3.3: The post of National Policy Coordinator should be established to deliver national objectives and standards pertaining to primary care and community interventions for drug and alcohol abuse and their linkage to mental health services.

Person Centred Services

- Services centred on the needs and wishes of the client, not the service
- Person centred plan includes assessment of need and recommendations on what service will be provided to best meet these needs
- Reviewed at regular intervals and modified according to progress or present difficulties
- Client must be in control & have choice

***Enhancing Mental Health* model** **addresses many areas/issues (Multi-Diagnosis):**

- Addictions
- Depression/anxiety
- Trauma
- Sexual dysfunction
- Anger management
- etc

What is possible – international initiatives

- **UK**
- **USA**
- **Canada**
- **Australia & New Zealand**

UK

Middlesex University
MSc in Dual Diagnosis

► **January start**

Part time

Open days

- Flexible structure
- Online materials and discussion areas to support studies
- You can study as part of a multidisciplinary cohort from the statutory and non-statutory sectors

USA

Cottonwood de Tucson centre

***Mood Disorders/Co-occurring
Disorders Program***

Kathleen Sciacca web resources

***Video: Integrated Treatment For
Mental Illness, Drug Addiction And
Alcoholism (MIDAA)(R) Dual
Diagnosis, Co-Occurring Disorders:
The Alaska Example.***



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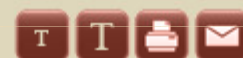
Mood Disorders

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Mood Disorders

Mood disorders, sometimes referred to as *affective disorders*, refer to a group of diagnoses whose main characteristic is a disturbance of mood. Over 40 million Americans suffer from some kind of mood disorder – most commonly depression and anxiety.

Mood disorders are caused by a complex dysregulation of the brain's neurobiology. Environmental factors and substance abuse can also cause or exacerbate a range of mood disorders. Importantly, if the affected person is using alcohol or other mood-altering substances to medicate an unpleasant mood, this issue must be effectively addressed for the mood disorder to be successfully treated.



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Contact Us Today

Name

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Video Title:

Integrated Treatment For Mental Illness, Drug Addiction And Alcoholism (MIDAA)(R) Dual Diagnosis, Co-Occurring Disorders: The Alaska Example.

This program is applicable nationally.

Producer: Kathleen Sciacca, M.A.

To Order: Send **\$79.95 plus \$6.00 shipping** per copy payable in US Dollars to: Kathleen Sciacca.

Outside of USA include \$10.00 for shipping.

Send To: Kathleen Sciacca, Sciacca CSD For MIDAA

299 Riverside Drive, New York, N.Y. 10025

Include your complete mailing address, agency affiliation, and telephone number.

(Video is available in VHS standard 1/2 inch tape)

Abstract:

This video addresses dual diagnosis of co-occurring mental illness and substance disorders: It includes education and training in:

- a) Elements of getting started and the issues inherent in the need for special treatment and programs for persons who have Dual or Multiple disorders that include Severe Mental Illness, Drug Addiction, and Alcoholism (MIDAA) in both urban and rural settings;
- b) Working definitions of various profiles of persons who have Dual or Multiple disorders developed by K. Sciacca;
- c) Consumer self-report descriptions of their symptoms and experiences of dual disorders;
- d) Direct clinical content provided by footage from an actual MIDAA seminar, including examples of MIDAA trainee provider participation, and some content of training by K. Sciacca;
- e) Educational content pertaining to program development for MIDAA, and treatment interventions for MIDAA;
- f) Inter-agency model of training and program development adapted to teleconference training across the state of Alaska, and providers' experiences in large urban settings, small villages, and in working with the Native American Consumer;
- g) outcome, including consumer's experiences of participating in MIDAA treatment, and future directions.

The video is designed to be viewed in segments of topics of interest, or in its entirety, **55 minutes**.

AUDIENCE: This video received an excellent review in the *Psychosocial Rehabilitation Journal 1995*, and special notice at the Hospital and Community conference in 1994. *It is must for program administrators, service providers in both M.H. and S. A., educators, students, consumers, and their families.*

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Canada

Centre for Addiction & Mental Health

***Concurrent Disorders: Beyond the Label
An Educational Kit to Promote Awareness
and Understanding of the Impact of Stigma
on People Living with Concurrent Mental
Health and Substance Use Problems***



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Concurrent Disorders: Beyond the Label

An Educational Kit to Promote Awareness and Understanding of the Impact of Stigma on People Living with Concurrent Mental Health and Substance Use Problems

[Beyond the Label](#) (PDF only; 4.95 MB) has been developed to support people working in the fields of mental health and/or addictions by providing them with an interactive framework to discuss, learn, understand and reflect on the impact of stigma on people living with concurrent mental health and substance use problems. Inside this easy-to-use kit you will find:

- 10 specially-created [group activities](#) (PDF; 1 MB)
- A presentation outline to set the stage for your workshop presentation
- Master-sheets, in print and CD format, for use as photocopy handouts or to make [transparencies](#) (PDF; 1 MB)
- Background information on concurrent disorders and stigma for facilitators

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Related Links

- [Concurrent Substance Use and Mental Health Disorders: An Information Guide](#)
- [Information about Concurrent Disorders](#)

Australia/New Zealand

**Dual Diagnosis Australia
& New Zealand website**

***BUDDYS - Building Up Dual
Diagnosis Youth Services***

Dual Diagnosis - Australia and New Zealand - Mozilla Firefox

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http://www.dualdiagnosis.org.au/home/index.php?option=com_contact&task=view&cor

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Dual Diagnosis - Australia and New Z...

better outcomes for persons with co-occurring mental health and substance use disorders

Australia & New Zealand

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Dual Diagnosis Directory.

Welcome. This directory lists Australian and New Zealand initiatives, projects, services and agencies whose work includes a specific dual diagnosis capacity building, education and training or research focus. Our hope is that the DDx Directory contributes to collaboration and sharing across the various A&NZ dual diagnosis services and initiatives.

- Click on a state or region to see a list of their services.
- Click on a service for service profile and contact details.
- Use the [online form](#) to submit your service's details for inclusion in the directory.

BUDDYS - Building Up Dual Diagnosis Youth Services

State wide

03 9288 2380

BUDDYS

Building Up Dual Diagnosis Youth Services

Victorian Dual Diagnosis Initiative (VDDI) & Improved Services Initiative (ISI)

Download the Buddy's flyer

A collaborative statewide working alliance enhancing dual diagnosis services for children, young people & their families.

The group has been established to:

- Enhance dual diagnosis responsiveness to children, adolescents,

Done

What can be done in the absence of best practice services?

- Developing a good theoretical understanding of Dual Diagnosis through education
- Awareness raising
- Mutual support and networking
- Lobbying

What we can do

- **Provide point of contact**
- **Provide place to share information**
- **Facilitate discussions**
- **Provide sounding board**
- **Facilitate networking & learning from each other**
- **?**

Further Information

www.dualdiagnosis.ie