

Dual Diagnosis in Addiction & Mental Health

An introduction for Service users, family & friends

- You walk down the street and collapse.
- The hospital diagnoses a broken leg which is treated and fixed
- Yet you're still unable to walk when you leave hospital. Your heart is not getting enough oxygen due to blocked arteries
- The hospital treated your broken leg but not your failing heart
- Yet every day this is exactly what happens to people with a dual diagnosis in Ireland.

What is Dual Diagnosis?

Dual diagnosis exists where

- alcohol or drug problem and
- an emotional/ or other mental health(psychiatric) problem

- Also known as **Co-morbidity**
- To fully recover
treat both (all) problems on holistic basis



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.

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
experienced mental health problems.

44% of mental health service users reported drug
use.

UK Dept. of Health

So what?

- Must be “dry” to access most addiction rehab services
- Can't get dry because of mental health issue e.g. anxiety-self medicate- drink to reduce anxiety
- Addiction Treatment centres don't assess for other mental health problems
- Reduces chances of long term recovery

Is addiction a mental health problem?

Common Problems seen in addiction

Depressive disorders

- Depression
- Bipolar disorder

Anxiety disorders

- generalised anxiety disorder
- panic disorder
- obsessive-compulsive disorder
- phobias

Other psychiatric disorders,

- Schizophrenia
- Personality disorders
- ADHD
- PTSD

Why is dual diagnosis a problem?

- Historically addiction seen as
 - Moral issue
 - Form of mania
 - Disease
- Addiction and mental health services separate
- AA: bias against medication
- Ability to use addiction treatment impaired by mental health difficulties
- No “holy grail model” for understanding addiction
- Internationally bio/psycho/social model with person centred focus
- Irish Services generally not set up this way

Discipline focused not person centred

- Medical Doctors- refer AA, medication?
- Psychiatrists- mental health problems, medication?
- Psychotherapy- AA, Analysis
- Community response, AA, social support, wellness

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 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.



Clues to Primary Psychopathology

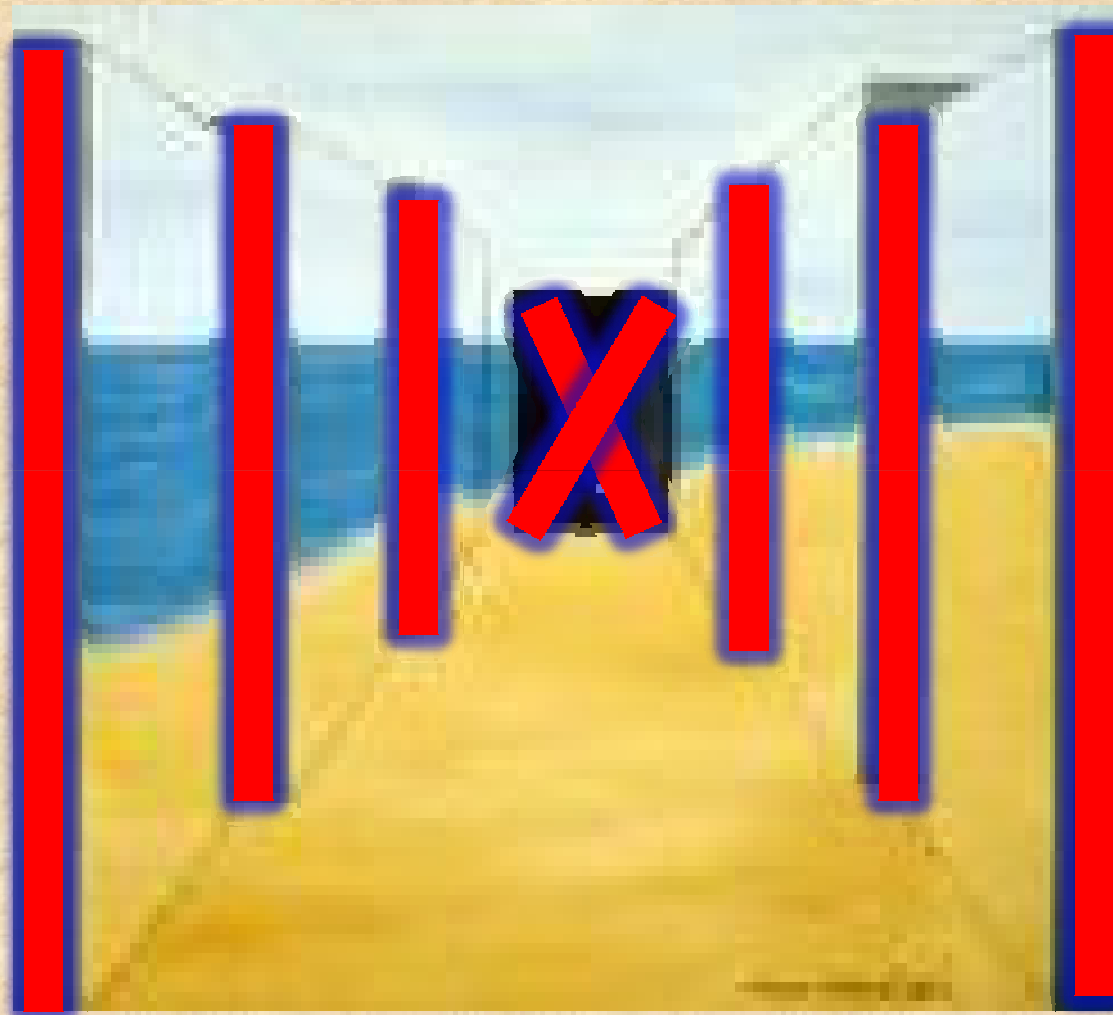
- Began before serious substance abuse
- Persists during past periods of abstinence
- Emerges during periods of stable substance use
- Severity of symptoms in relation to moderate levels of abuse
- Chronic and acute
- Family history
- Very specific symptoms

Person Centred Services

- Services centred on the needs and wishes of the client- not service organisation/discipline can provide
- Person centred plan includes assessment of need and recommendations on what service will be provided to best meet these needs
- All services provide encouragement and support to reach full potential
- Reviewed at regular intervals and modified according to progress or present difficulties
- Client must be in control & have choice
- Respect is key



The ideal
Client & professionals can see and easily access different services
at all times in different ways.



The grim reality

What can I do in absence of services?

- Not a “*get out of jail*” card!
- Still need to do the personal work
- Any recovery starts with taking responsibility
- Is there a mental health issue?
- Can I enhance my own mental health?

Enhancing Mental Health

addresses many
Areas/Issues:

- Addictions
- Depression/anxiety
- Trauma e.g. childhood abuse,
- Sexual dysfunction
- Anger management
- Lack of skills in daily activities
- etc

Enhancing Mental Health

- Physical health/fitness
- Motivation/choice/influence
- Mood/attitude
- Knowledge
- **Awareness** (emotional, cognitive, behavioural, physiological)
- **Skills** (behavioural, emotional, cognitive, relational)
- Connection
- Inspiration/meaning
- Environment
- Nutrition

Dual Diagnosis resolution therefore requires

- Many relevant professional disciplines
- Many relevant Schools of Counselling/Psychotherapy
- Many relevant techniques/interventions

Further Information

www.dualdiagnosis.ie

www.doubletroubleinrecovery.org/

Dual Recovery Anonymous™ is an independent, non professional, twelve step, self-help fellowship organisation for people with a dual diagnosis.

A website of a group for people with “double trouble” dual diagnosis. Has good support materials for setting up a group

Also explains why separate groups and aids are necessary for people with dual diagnosis.

Further Information

**Amnesty International
currently running campaign
on mental health**

www.amnesty.ie

- Reports
- Mental health