



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.

Overview

- Introductions
- Understanding Dual Diagnosis
- How families can advocate
- The big picture
- What needs to change

Dual Diagnosis Ireland

- Raise awareness of need to treat mental health and addiction together
- Founded February 2008
- All volunteers
- Set up website (www.dualdiagnosis.ie)
- Mailing List
- Produced [A to Z of Irish mental health services](#)
- Registered Charity & members of Mental Health Reform

A simple aim....

**We want people with a
mental health and
addiction problem to
get the right kind of
treatment at the first
time of asking**

Irish Background-services

- MH & SA treatment services deficient
- Increasing awareness of dual diagnosis issues
- Proposed dual diagnosis clinical programme
- Head of service user engagement & peer support workers
- Peer support groups
- Proposed supervised injection centre
- New National Drug & Alcohol Strategy

Irish Background-services

- Commitment to legal regulation of counsellors 2017
- Mental Health Director's office?
- Alcohol Public Health Bill under threat
- Services not “evidence based”
- Many services not regulated
- Success rates not measured
- Corporate governance issues
- Lack of priority despite €6 billion economic cost

What is Dual Diagnosis?

Dual diagnosis exists where alcohol or drug problem and an emotional/psychiatric problem co exist

Also known as

Co-morbidity or co-occurring disorder

Confusing term – multiple meanings

Diagnoses of mental ill health include...

- Depression
- Bi-polar
- Schizophrenia
- Manic Episode
- Eating Disorder
- Panic Disorder
- Anxiety Disorder
- Obsessive-Compulsive Disorder
- Posttraumatic Stress Disorder (PTSD)
- Personality Disorder

How Common Is Dual Diagnosis?

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

Dual Diagnosis in Ireland

- “76% of services failing to offer a specific service for people with dual diagnosis”(NACD)
- Must be “dry” to access most addiction rehab services
- Can’t get dry because of mental health issue e.g. social anxiety issue-drink to reduce anxiety
- Addiction treatment services usually don’t assess for other mental health problems
- Reduces chances of long term recovery
- Increases risk of suicide attempts

WHAT IS INTEGRATED TREATMENT?

We plan services to treat conditions not people

Diabetes



Psychiatry



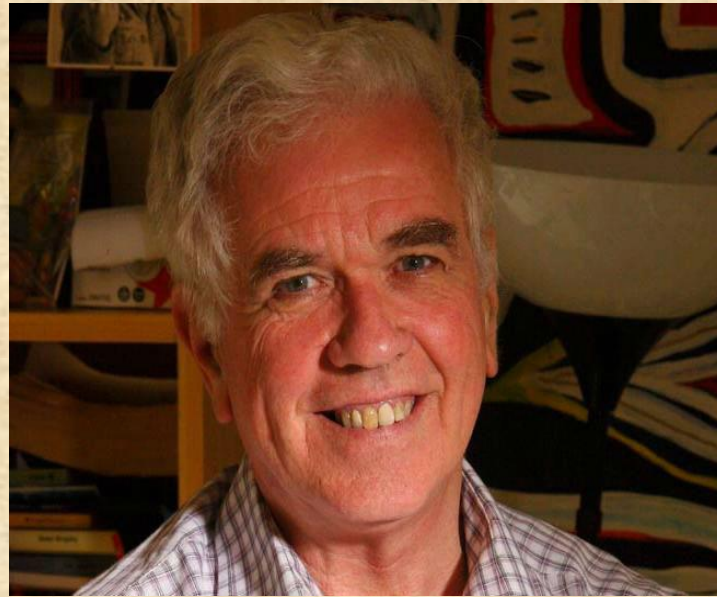
Addiction



Acquired
brain injury



“To put it in the simplest terms if someone has multiple problems you make treatment more difficult by treating each problem in isolation”



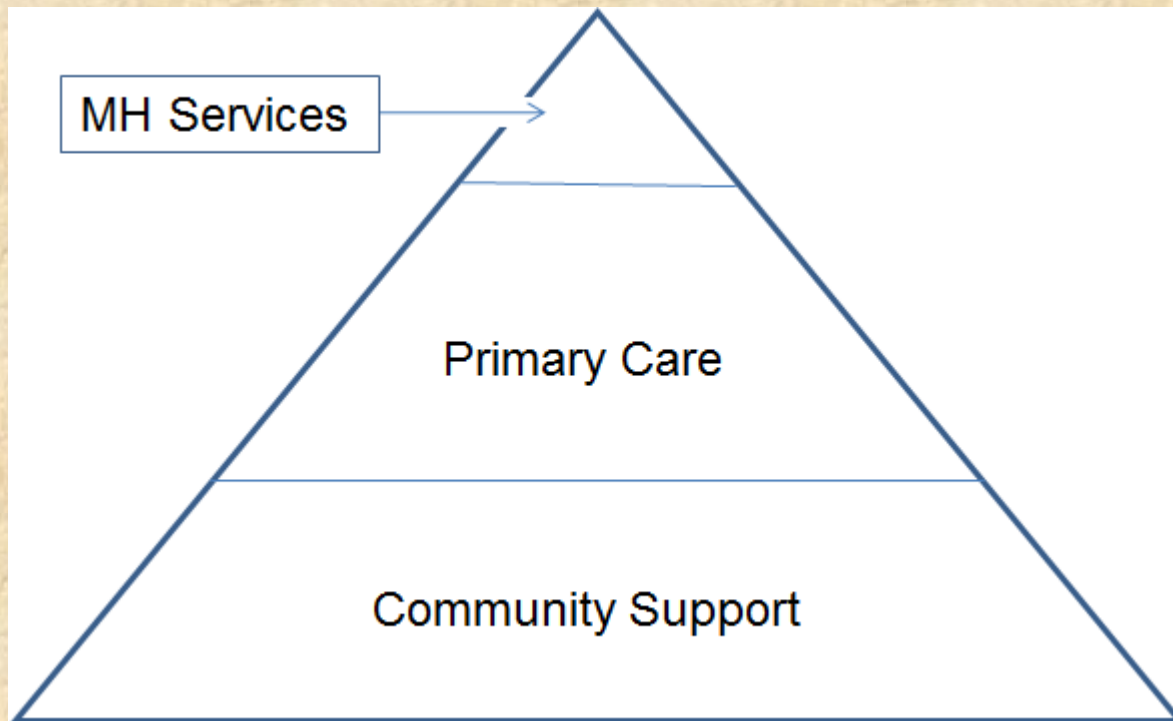
Interventions / Do use sample templates

- Asking who has overall clinical responsibility
- Samples of agreement to share information
- Letter of support to raise issues at appointment
- Letters requesting review-individual issues and overall case management
- Letter requesting case conference
- Letter requesting provision of services
- Letter making complaint
- A to Z guide

Available on DDI website at <http://ow.ly/vW26306QaiB>

A Vision for Change : 2006 Policy Framework

The mental health service pyramid



Excellent policy but flawed on substance abuse

The medical reductionist paradigm



Paradigm does not work with people



A paradigm shift is needed

Services planned to treat **people** not conditions

Accept SA with MH problem is the norm



What's needed – No wrong door principle



What's needed

- Mental health environment screening
- Independent regulation
- Person centred principle
- Family count principle
- Service user feedback

Do not create an environment where staff refuse to accept responsibility for complex cases and are risk adverse

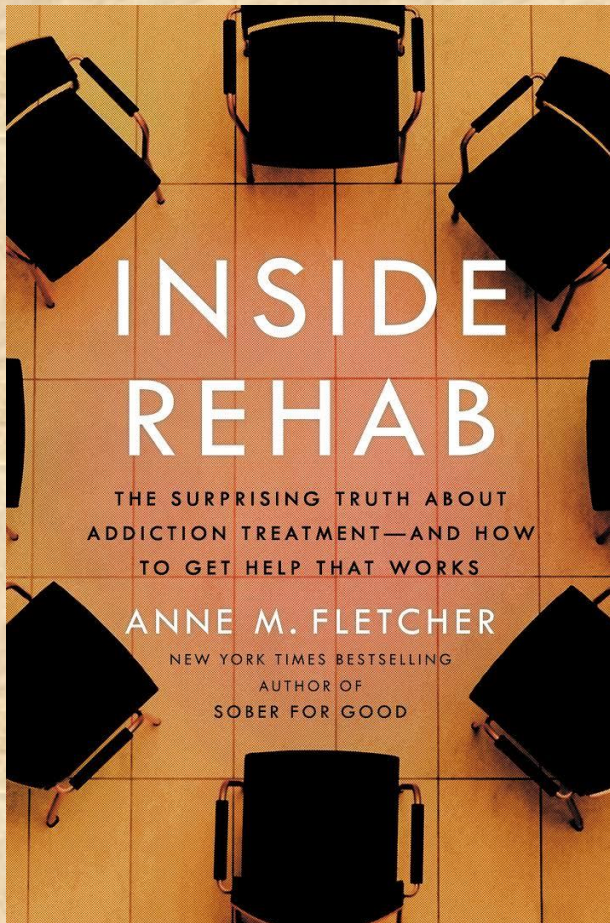


Key Takeaway's



- Do not create a super specialism
- Do not argue about what is primary problem
- Do not use a “No motivation, no service argument”
- Tailor support to client’s stage of readiness
- Do not assume abstinence is the only goal

Global Clinical Leadership?



“No where else in medicine is it okay to blame the patient when treatment doesn’t work”

Conclusion

**“THE POWER OF COMMUNITY
TO CREATE HEALTH
IS FAR GREATER
THAN ANY PHYSICIAN,
CLINIC OR HOSPITAL”
(Mark Hyman)**

Thank you

Dual Diagnosis Network Conference

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Dual Diagnosis Ireland