

FAST is a community based support service for those affected by substance misuse & mental health issues

Strategic Priority – To develop recovery focused integrated care pathways to better meet the needs of clients presenting with dual diagnosis

“To put it in the simplest terms, if someone has multiple problems you make treatment more difficult by treating each problem in isolation” (Fr Peter Mc Verry)



Presenting Issues

1. Substance Misuse (Polydrug use)
2. Mental Health Issues
 - Anxiety
 - Childhood Abuse
 - Depression
 - Early trauma**
 - Suicidal thoughts
 - Bipolar
3. Family Relationships
 - Dynamics /Dysfunction
 - Drug debts/Intimidation
4. Violence – Extreme Anger Issues
5. Housing – Inappropriate accommodation
6. Environment

Dual Diagnosis=complex needs

Approaches

CARE (Community Alcohol Response and Engagement) Pilot Project

Cross task force initiative (2 LDATF's, 1 RDATF), HSE
Addiction Service and local partner psychosocial services

Standardised elements across 3 sites

- Clinical Nurse Specialist(s)
- Specialist GP Clinical Lead
- Community GP/Pharmacy Involvement & Liaison
- Use of existing Drug/Alcohol Psycho-Social Services

Acutes, GP's, Mental Health Services Liaison Work

- Mental Health Case Worker

Service Delivery

- **Accessibility**
- Integration
- Case Management/Shared Care Plans
- DBT & CBT Interventions

Challenges

- Access to medical & mental health partners
- **Clients turned away from A&E when in crisis/suicidal**
- Inconsistent communication leading to subpar care

Outcomes

- Reduction in Alcohol/Drug use
- Reduction in Mental health issues
- Ensured wraparound services were provided
- Reduction in isolation/stigmatisation
- Increased cohesion between services

Research

FAST in partnership with DCU are currently conducting a dual diagnosis community needs analysis

- Community Participatory Action Methodology (PAR)
- Research with the stakeholders as opposed to about them
- Co-participants in the inquiry – transform the system from within

Priorities/Challenges

- **Lack of 24/7 services**
- **Bureaucracy**
- **Access to medical & mental health partners**
- **Stigma**
- **Integrated care**
- **Environment i.e. socio/economic factors**
- **Resources**
- **Housing crisis**
- **Governance**

Barbara Condon



Conclusion

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

(Mark Hyman)

Thank You

