

Treating Clients with Dual Disorders

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Agenda

- History and Information
- Effects of Mental Health Dx on D/D Tx?
- Effects of Chemical Health Dx on D/D Tx?
- Treatment of Clients with D/D
- Clients with Dual Disorders
- What Do Clients with Dual Disorders Need?
- What is Dual Disordered Treatment
- Multidisciplinary Teams

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History and Information

Historically the disciplines of chemical dependency and mental health treatment have often been at odds and working at cross purposes to the detriment of clients.

It is estimated that close to 10 million people in this country experience at least one mental health disorder in combination with substance abuse.

This training will assist behavioral health professionals in both disciplines to address the needs of clients with dual disorders and thus facilitate lasting change in the lives of clients.

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History and Information

Mental health treatment providers often fail to accurately assess the role that chemical health issues play in the lives of their clients.

Chemical health treatment providers often make the same mistake.

With the drive to cut costs, third party payers are requiring more efficacious treatment interventions. Outcome based measurement of success is here.

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History and Information

The recent changes instituted by DHS regarding the expectations for programs for clients with dual disorders are a part of the movement towards outcome improvement.

For some programs it will be difficult to meet these requirement (staffing types and levels as well as training requirements).

This training will assist you in meeting those expectations for effective and efficient treatment.

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Effects of Mental Health Diagnoses on D/D Tx?

- **Varies by diagnosis**
 - Depression, Anxiety, Bi-polar
- **Varies by severity**
- **Varies by Stability of Symptom Control**
- **Stage of Change**

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Effects of Chemical Health Diagnoses on D/D Tx?

- **Varies by Drug(s) of Choice**
 - Alcohol, Marijuana, Opioids, etc.
- **Varies by severity**
- **Varies by Stability of Sobriety**
- **Stage of Change**

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Treatment of Clients with D/D

- **How do we traditionally provide chemical health treatment?**
- **How do we traditionally provide mental health treatment?**
- **In the treatment of clients with dual disorders, do either of the previous methods apply alone?**

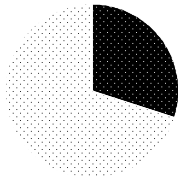
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Treatment of Clients with D/D

- **We know that each type of treatment alone is not enough.**
- **We know that doing them separately does not always work.**
- **We need to provide integrative treatments that address the needs of both sets of disorders. That is where we all come in.**

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People with Mental Disorders (lifetime)

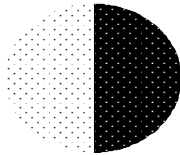


Many people suffering from mental disorders also become alcoholics or drug abusers. At least 30% become chemically dependent.

PS: Having a mental disorder (lifetime) increases the risk for an alcohol disorder by 2X, and the risk for a drug disorder by 4X. (Regier, 1990, 1993)

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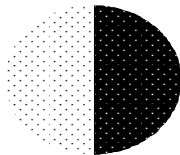
People with Severe Mental Disorders



Half of people with a severe mental disorder have substance abuse problems. (NMHA.org 2011)

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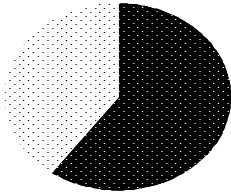
Among People with Chemical Dependency Problems



Half of the people with Substance Abuse Problems also meet diagnostic criteria for a Mental Disorder. The highest co-morbidity rates are among people who are drug addicted. (Regier, 1990)

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People who are Currently in Chemical Dependency Treatment



The data about people who are currently in CD treatment suggests 50- 60% have a co-occurring mental disorder (Regier, 1990)

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Clients with Dual Disorders

- The two sets of diagnoses interact in very client specific and unstable ways.
- Typically the issues clients face in each area are increased exponentially rather than arithmetically.
 - As a result they are difficult to treat in traditional programs in either discipline.

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Clients with Dual Disorders

- Clients often have little to no insight into the ways in which their disorders interact.
- Clients can blame their use or symptoms on the other disorder creating a cycle of reinforcement.
- Clients have typically experienced multiple treatment failures.

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What Do Clients with Dual Disorders Need?

- Programming that is tailored to their specific needs; this makes proper assessment vital.
- Flexibility in programming that allows for mental health decompensation or chemical use relapse.
- Consistent case coordination across treatment providers.
- Hope that things can change for them despite past treatment failures.

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What is Dual Disorder Treatment

- Own our biases before we start to assess
 - Chemical health versus mental health training.
- Dual Disorder Treatment Begins at Intake
 - Information gathering key to understanding our clients.
 - You have to know where you are starting from and where you want to go before you can plan any journey.

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What is Dual Disordered Treatment

- It assesses for the primary issues that face the client and makes those the primary focus.
- While those primary issues are addressed the co-occurring disorder is also addressed.
- Treatment planning thus should include chemical health and mental health goals.

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What is Dual Disordered Treatment

- It is a multidisciplinary process to address the specific needs of each individual client
- Unified goals + unified teams = increased success
- It recognizes the interplay between the mental and chemical health issues.
- It recognizes the need for and encourages use of prescribed medications to support mental health.

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What is Dual Disordered Treatment

- It must be a collaborative process that includes all providers in the care planning and implementation.
- Also recognizes and directly deals with the risk of medication abuse with clients - balancing risk and benefits.
- It works with the client's whole life system.

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What is Dual Disordered Treatment

- It honors the theories, practices and traditions of both disciplines.
 - Addressing the contradictions directly.
- It is bound by the rules and ethics of both disciplines.
- It includes professionals from both disciplines utilizing the expertise of both.

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Multidisciplinary Teams

- **The nuts and bolts:**
 - Internal teams: staff from both disciplines onsite, staff have cross training but may provide group based services jointly.
 - External teams: staff from one discipline with cross training working collaboratively with other agencies.

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Multidisciplinary Teams

- **The nuts and bolts continued**
 - Collaboration with the providers of other services is key to success.
 - Psychiatric services
 - Mental health services
 - Social work/case management services
 - Housing services
 - ARMHS services
 - Medical services

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Multidisciplinary Teams

- **Do's and don'ts**
 - Develop some knowledge about common psychiatric medications. (what they do, side effects, how they may or may not complicate the chemical health picture.)
 - The Internet is your best resource as they keep changing.
 - Know the role your program will play in the treatment of the client.
 - Match the client with the proper program, even if it is not yours.

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