Nexus

Dual Diagnosis Consultation Service

Practical Integrated Treatment Tools made in Victoria

Acknowledgement of Country

Nexus acknowledges the traditional owners of the land, the Wurundjeri people of the Kulin Nations, on whose unceded lands our work in the community takes place. We respectfully acknowledge their Ancestors and Elders past, present and emerging.

Nexus

- Funded by DoH to build capacity of AOD and MH to respond to dual diagnosis (co occurring MH and AOD)

- We have been working on integrated treatment for many, many years

- We have developed and tested workforce tools for staff in AOD and MH service

- I will discuss 3 of these tools today

Here's some examples of our work...

Victorian Dual Diagnosis Initiative
Capacity Building
Implementation
Change Management
Cross Sector Networks
NEDDY (North East Dual Diagnosis Youth network)
Yarra Mental Health Alliance
Boroondara Mental Health Alliance
North East Mental Health Service Coordinating Alliance (NEMHSCA)
Yarra Drug and Health Forum (YDHF)
Building Up Dual Diagnosis in Youth Services (BUDDYS)
Building Up Dual Diagnosis in Aged Services (BUDDHAS)
Trauma Training
Dual Diagnosis Practice Tools
Reasons for Use Package (RFUP)
Carers Can Ask (CCA)
Before During After Harm Reduction Tool (BDA)
Dual Diagnosis Capability Audits
Dual Diagnosis Foundation Training
SAPP and SNAPP
Tuesdays with Nexus
The Panel with Nexus

Reflective Practice
Primary, secondary & tertiary consultations
Journal Articles
Develop Resources
Lived Experience - Straight Up
Identify Opportunities
Create Cross Sector Links
Support Service Delivery
Research
Advocate to Government
Support of CMHL
Nursing Graduates Training
Student Placement
Cross Sector Case Reviews
DD Information
Training & Consultation
Intersectorial Collaboration
Conferences & Events
MHCSS, MH & AOD
Motivational Interviewing
Policy & Procedure Advice
Mentoring
Sharing Relevant Articles

Reputation Counts

- Nexus have worked with many stakeholders (MH, MHCSS & AOD), for over 20 years and have an established reputation providing training, consultation, networks, reflective practice etc

- The tools we have made were designed and tested here, in Victoria, to fit the current service system. Tested in workplaces NOT a lab!

What the Evidence Says about implementation

- "Although training is widely assumed to be a key strategy in promoting implementation, its impact on fidelity is at best uncertain, and training at the expense of other implementation activities appears to be counterproductive" (Torrey et al 2012)

- Evidence based tools and practices need to be acceptable, practicable, and cost-effective (Powell, Proctor and Glass 2014).

Mental Health and Wellbeing Bill 2022

- Principle 22 Health needs

"The medical and other health needs of people living with <u>mental illness or psychological distress</u> are to be identified and responded to, including any medical or health needs that are related to the use of <u>alcohol or other drugs</u>. In doing so, the <u>ways in which a person's physical and mental health needs may intersect should be considered</u>".

Why Use Tools/Why not use them?

- Tools, properly implemented, are a doorway to improved practice (in multiple domains). Each tool (RFUP, BDA and CCA) has an implementation focus

- The tools we have developed are based on supported decision making and are consumer and carer centred

- Simple tools for complex conversations!

Reasons for Use Package (RFUP)

- A resource that facilitates therapeutic conversations with consumers to explore issues relating to the interaction between their mental health and alcohol and/or other drug use.

- Been in use since 2012 by YRR, PARC, CCU, AOD, Counsellors etc etc etc

Staff Comments RFUP

- "The RFUP increased insight for me, the consumer and for our workplace"

- "Simple, meaningful and related to work practice"

- " Great way to build dual diagnosis into core practice"

The Before During After harm reduction tool (BDA)

- The BDA is a user friendly harm reduction treatment planning tool

- The BDA has been extensively used at CCU, CYMHS, PARC and Youth Residential MH Services

Staff Comments BDA

"…this is such a practical and easy to use tool …"

"The response from consumers, when using BDA & HR focus was more engaging, with consumers readily talking about their use, and it promoted empowerment, with consumers feeling more in control of decisions about their life"

Carers Can Ask (CCA)

- The CCA was co designed to assist carers to have an informed conversation with a service about treatment, discharge planning and post discharge support.

- The resource provides questions that may assist carers to find out about treatment and discharge planning.

- This resource is also assists services to understand the information needs of carers and to encourage carer engagement in treatment and discharge planning.

Carer Comments CCA

- "The resource provides many ideas to think about especially when carers can be distraught."

- "Useful and practical and empowering."

Summary

- These tools work!

- They are evidence based and tested in real world settings

- Practical and cost effective

- Provide a more consistent response that is measurable and can be developed through QI processes

Relevant Link

- https://www.svhm.org.au/our-services/departments-and-services/n/nexus/resources

- Contact: nexus@svha.org.au

Articles

- Kroes, S. and Myers, K., 2022. 9 Engaging with Mental Health and Substance Use Recovery. Social Work Practice in Health: An Introduction to Contexts, Theories and Skills. Chapter 9 . Routledge

- Kroes, S., Myers, K., McLoughlan, G., O'Connor, S., Keily, E. and Petrakis, M., 2022. Coproduction in evaluating a dual diagnosis tool with youth in a residential mental health service. Advances in Dual Diagnosis, (ahead-of-print). Read the article: https://www.emerald.com/insight/content/doi/10.1108/ADD-06-2022-0017/full/html

- Myers, K., Kroes, S., O'Connor, S. & Petrakis, M. (2020). Reasons for Use Package: Outcomes From a Case Comparison Evaluation. Research on Social Work Practice, 1049731520915636.

- Kroes, S., Myers, K., Officer, S., O'Connor, S. & Petrakis, M. (2019). Dual Diagnosis Assessment: A Case Study Implementing the Reasons for Use Package to Engage a Marginalised Service User. Cogent Medicine (2019), 6: 1630097.

- Myers, K., Kroes, S. and Petrakis, M. (2018). A foundation for dual diagnosis practice: wisdom, tools and resources. In Social Work Practice in Health: An introduction to contexts, theories and skills. pp. 135-152. Allen & Unwin.

- Myers, K., Kroes, S., O'Connor, S. and Petrakis, M. (2018). The Reasons for Use Package: how mentoring aids implementation of dual diagnosis practice. New Paradigm, pp.25-29.

- Petrakis, M., Robinson, R., Myers, K., Kroes, S. and O'Connor, S. (2018). Dual diagnosis competencies: A systematic review of staff training literature. Addictive behaviors reports, 7. pp.53-57.

- Morrison, B., Kroes, S., Owens, C., Fairclough, F., Myers, K. and Petrakis, M. (2017). Before During After: A Harm Reduction Tool. 27th TheMHS Conference, 'Embracing Change: Through Innovation and Lived Experience' 29 August-1 September (2017), Sydney, Australia. (full article on BDA Resource page)

- Myers, K., Kroes, S., O'Connor, S. and Petrakis, M. (2017). The reasons for use package: Development research and implementation lessons for the field. In 26th Contemporary TheMHS in Mental Health Services, 'People: Authenticity starts in the heart': (2016) TheMHS Conference Proceedings, Australia pp. 1-10 (full article on RFUP Resource page)

- Bixby, Robyn, Myers, Kevan and Kroes, Simon. (2015). Homeground pilots new dual diagnosis resource!!! [online]. Parity, Vol. 28, No. 1.

Thank You & Questions?

- References
  - Torrey, W.C., Bond, G.R., McHugo, G.J. and Swain, K., 2012. Evidence-based practice implementation in community mental health settings: The relative importance of key domains of implementation activity. Administration and Policy in Mental Health and Mental Health Services Research, 39(5), pp.353-364.

  - Powell, B.J., Proctor, E.K. and Glass, J.E., 2014. A systematic review of strategies for implementing empirically supported mental health interventions. Research on social work practice, 24(2), pp.192-212.

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