Dual Diagnosis in the United States: Past, Present, and Future

Joint initiative: Office of Mental Health and Substance Abuse (OHMSAS) and Office of Developmental Programs (ODP)

- Address needs of people with Dual Diagnosis - intellectual disability (ID) and mental health (MH) challenges
- Provide information to help you understand:
  - Complexity of dual diagnosis
  - Factors to consider to best support people
Disclaimer

The information presented here is meant to increase your awareness.

The content and images contained in some of the videos used in this presentation may be disturbing or may bring up unpleasant memories for those who lived it, or know someone who lived it.

Terminology used during the course of history will be used in this presentation. Many of these terms are considered offensive today. They are used here to provide historical perspective.

Objectives

By the end of this training, the learner will:

- Have working knowledge of the history of intellectual disability
- Understand the importance of remembering the past to enhance the future
- Recognize the history of abuse and neglect in both the mental health and intellectual disability systems
- Identify ways in which the future of dual diagnosis services can benefit individuals with an intellectual disability
Paying attention to our history helps us:

- Avoid making past mistakes again
- Understand the present
- Plan for the future
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Understanding History

- **1799**: First documented ID program
  - Marc Gaspard Itard

- **1883**: Eugenics

- **1884**: First School for People with ID

- **1888**: Byberry

- **1893**: Polk Center

- **1897**: Pennhurst

- **1907**: Byberry

- **1912**: The Kallikak Family by Henry H. Goddard

- **1918**: World War I Ends

- **1920**: Vocational Rehabilitation for Soldiers

- **1929**: The Great Depression

- **1930**: Mental Retardation occurs in all classes

- **1940**: The National Mental Health Foundation

- **1943**: The National Association of Retarded Children (ARC)

- **1953**: The National Association of Retarded Children

- **1954**: World War II Ends

- **1959**: The Threat of the Feeble Minded (Pamphlet)

Understanding History

- **1820**: Crime and poverty blamed on the feebleminded; public was fearful

- **1840**: 2nd half of 1900s

- **1848**: First School for People with ID

- **1860**: Hope of rehabilitation, reintegration, “normal” life Early-mid 1800s

- **1880**: Early-mid 1800s

- **1900**: Institutions Early-mid 1800s

- **1910**: Early-mid 1800s

- **1920**: Early-mid 1800s

- **1930**: Early-mid 1800s

- **1940**: Early-mid 1800s

- **1950**: Early-mid 1800s

- **1960**: Early-mid 1800s

Civil Rights & Self Help Movements
"We as a Nation have long neglected the mentally ill and the mentally retarded. This neglect must end, if our Nation is to live up to its own standards of compassion and dignity and achieve the maximum use of its manpower."

Understanding History

- Pennhurst Population = 2,864, 1967
- Autism caused by mother’s inability to bond, 1967
- Suffer the Little Children, 1968
- PARC v Commonwealth of Pennsylvania, 1971
- Willowbrook: The Last Disgrace, 1972
- Education for All Handicapped Children Act, 1975
Stories from the Darkness

- What changes have occurred to prevent this from happening again?
- How does this help you in your role to provide supports?
- What might you do differently?
Stories from the Darkness

Suffer The Little Children

Final Asylum: The Closing of Philadelphia State Hospital

Dual Diagnosis Direct Support Curriculum

The Dual Diagnosis Direct Support Curriculum includes stories from the darkness to help support professionals in their roles. Here are some questions to consider:

- What changes have occurred to prevent this from happening again?
- How does this help you in your role to provide supports?
- What might you do differently?
Different Meanings of Dual Diagnosis

- Intellectual Disability Field
  - Intellectual Disability and Mental Health Challenges
- Mental Health Field
  - Mental Health Challenges and Substance Abuse or Dependence Issues

Can People with an Intellectual Disability Experience Mental Health Challenges?

The answer: **YES!**
Lawsuits Creating Change

- Improving institutional conditions (Wyatt v. Stickney; Alabama)
- Forcing diversification of services, institutional improvements and deinstitutionalization (New York ARC v. Carey)
- The replacement of institutional care with community-based services (Halderman v. Pennhurst; Pennsylvania)

Mid 1970s-1980s

- Group home zoning change adopted
  - Opening of group homes is opposed
  - Suit filed over home for adults
  - Group homes ruling awaited
  - Judge hears request to ban group homes
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1990s: Everyday Lives

People Want Everyday Lives

- Community Integration
- Choice
- Control
- Quality
- Stability
- Safety
- Individuality
- Relationships
- Freedom
- Success
- Contributing to the Community
- Accountability
- Mentoring
- Collaboration

Individuals and their families have the passion to make everyday lives a reality.

Dual Diagnosis Direct Support Curriculum
www.dpw.state.pa.us

Dennis’s Journey

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www.dpw.state.pa.us
Supporting People

- Day Programs/Workshops
- Institutional Living
- Special Schools
- Competitive Employment
- Family
- Public Education
- Community Employment
- Shared Living
- Technical Schools
- Job Coaching
- Own apartment or home
- Attend college classes
- Community Living

The Power of Words

- Feebleminded
- Emotionally Disturbed
- Idiot
- Mentally Defective
- Crazy
- Mongoloid
- Looney
- Retarded
- Nuts

Dual Diagnosis Direct Support Curriculum

www.dpw.state.pa.us
Person First Language

Instead of saying:

- He is mentally retarded
- She is autistic
- He’s mentally ill

We say:

- He has an intellectual disability
- She has Autism
- He has a mental health challenge

www.disabilityisnatural.com

Dual Diagnosis Direct Support Curriculum

A Tale of Two Systems

Intellectual Disability

- Everyday Lives
- Supports Coordination
- Community living arrangement, family living, boarding home
- Community employment, vocational support, workshops

Mental Health

- Recovery
- Case management
- Community residential rehab, long term structured residence, boarding home
- Partial, clubhouse
- Assisted work community

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1990s: Positive Approaches

Health Care Quality Units

Dual Diagnosis Direct Support Curriculum

PA Office of Developmental Programs - Health Care Quality Units (HCOUs)

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Dual Diagnosis Initiatives

- Office of Development Program (ODP) and Office of Mental Health and Substance Abuse Services (OMHSAS) Partnership Program

- Positive Practice Resource Team (PPRT)
  [Link](http://www.dpw.state.pa.us/ucmprd/groups/webcontent/documents/communication/p_011463.pdf)

Dual Diagnosis Initiatives

Dual Diagnosis Mobile Crisis Teams

- For individuals in crisis and at immediate risk of institutionalization

- Based on the specific needs and challenges of the person.

- Can include specialists from both the mental health and intellectual disability service system

- Focused on providing strategies and support for the person and the team to be able to continue services in the community
Local Dual Diagnosis Options

Services differ county to county but focus on:
- Prevention, support, consultation & crisis stabilization
- Supporting maintenance or return to community
- For individuals with a broad range of DD level of care needs

For more information of services:
- Local mental health managed care organization
- Local Health Care Quality Unit
- Special Needs Unit

Dual Diagnosis Needs

- Dual Diagnosis specific, mental health treatments and programs
- Continued integration of mental health and intellectual and developmental disability systems
- Increased training and education to the:
  - Mental health system about various intellectual/developmental disabilities
  - Intellectual disability system about mental health challenges
The National Association for the Dually Diagnosed (NADD)

- Ongoing research into the complex nature of having an intellectual/developmental disability and a mental health challenge
- The Multi-Modal Case Conceptualization Model (Biopsychosocial Model)
- Clinical, agency, and direct support certifications

NADD Certifications

- Direct Support Professional (DSP) Certification that demonstrates a DSP possesses strong understanding and knowledge of complexity in support for a dually diagnosed individual.
- Agency certification for agencies that want to support people with dual diagnosis

http://acp.thenadd.org/dsp.htm
The purpose of the Dual Diagnosis training curriculum is to:

- provide information that can aid in the understanding of the struggles and the triumphs of those you support or will support.
- demonstrate the complexity of dual diagnosis and the factors you will need to consider to best support people.
- demonstrate that all people in this world, regardless of their challenges, are much more alike than they are different.

Why is the Past So Important?

The past reminds us of what can happen so that we can:

- Avoid repeating our mistakes
- Understand where we are today
- Plan for the future
The past also reminds us of the mission that people with a dual diagnosis have spent decades striving for:

- A Voice
- Advocacy
- Community
- Respect
- Everyday Lives
- Recovery

Thank You!
• Please complete and hand in your Post-test.

• Please complete and hand in your Training Evaluation Survey.

References

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