

Dual Diagnosis Direct Support Curriculum



pennsylvania

DEPARTMENT OF PUBLIC WELFARE

A joint initiative of the:
Office of Mental Health and Substance Abuse Services
Office of Developmental Programs

Mental Health Wellness and Recovery

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Dual Diagnosis Curriculum



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DEPARTMENT OF PUBLIC WELFARE

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

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Disclaimer



- The information presented to you today is to increase your awareness. It is not intended to replace medical advice.
- If you believe you or someone you support have these conditions or concerns, please seek the advice of a physician.

Objectives



By the end of this training, the learner will:

- Define what mental health wellness and recovery means
- Identify ways in which people can practice mental health wellness
- Identify tools that can aid in the establishment and maintenance of mental health wellness and recovery.

What is Mental Health Wellness?



- **Mental Health**-how a person thinks, acts, and copes with life and the stressors and challenges that are part of the human experience
- **Wellness** -recognizing and utilizing skills that are necessary to maintain a healthy and balanced life
- **Mental Health Wellness** -developing the knowledge and coping strategies to think, act and cope most successfully in life



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Good Mental Health Wellness is About...



- Bouncing back from adversity
- Communicating about feelings
- Forming good relationships
- Setting and achieving goals
- Learning to manage the stress of everyday life
- Seeking help when needed
- Living life to the fullest
- Self-appreciation



www.mhww.org

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What is Recovery?



“Recovery is a self-determined and holistic journey that people undertake to heal and grow. Recovery is facilitated by relationships and environments that provide hope, empowerment, choices and opportunities that promote people reaching their full potential as individual and community members.”

- PA Office of Mental Health and Substance Abuse Services, 2005

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Recovery and Dual Diagnosis



Recovery means improving Quality of Life regardless of IQ, mental health diagnosis, or other challenges

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Can an Individual With a Dual Diagnosis "Recover?"



Recovery



Being able to take risks, establish meaningful relationships and have a purpose in life is part of everyone's dream of an everyday life.



Everyday Lives & Recovery



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Things you can do.....



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Recovery Tools for Mental Health Wellness



- Wellness Recovery Action Plans (WRAP®)
- Certified Peer Specialists
- Personal Medicine Tools™
- CommonGround™
- Traditional Mental Health Supports

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Wellness Recovery Action Plan (WRAP®)



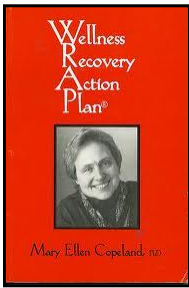
WRAP® is developed by the person for the person and includes:

- Person's symptoms of mental health challenges in their own words
- Triggers that might cause recurrence of symptoms
- Coping strategies that work and those that do not
- Strategies to employ in a crisis
- What to do if all else fails
- MH Advance Directives
 - Who to contact in a MH Emergency
 - Preferred hospital
 - Current Medications
 - Do's and Don'ts during a psychiatric crisis

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Wellness Recovery Action Plan (WRAP®)



- Copeland Center for Wellness and Recovery
<http://copelandcenter.com/>
- Wellness & Recovery through WRAP ®
- “We transform lives by promoting wellness, recovery, and peer support through training, technical assistance, and advocacy. We are the international leaders of the Wellness Recovery Action Plan® and other works developed by Dr. Mary Ellen Copeland.”

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Certified Peer Specialists (CPS)



A CPS ...

- Is a person who has self-identified as having received or is receiving mental health or addiction services and is in his/her personal recovery
- Has undergone training on how to assist others in regaining control over their own lives based on the principles of recovery and resiliency



A CPS's role includes but not limited to ...

- Provide emotional support and insight
- Help individuals expand their social support network
- Assist in:
 - creating recovery and WRAP® plans
 - creatively looking at issues and work on strategies to address issues
 - going out into the community and developing community skills
 - developing independence

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Resources on Certified Peer Specialists



For more information on Certified Peer Specialists, please visit:

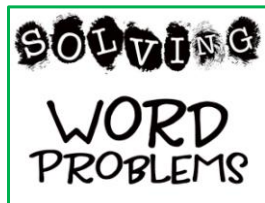
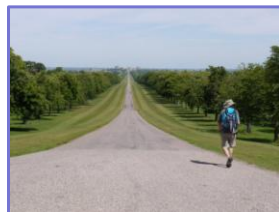
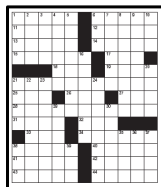
- *Pennsylvania Peer Support Coalition*
 - <http://www.papeersupportcoalition.org/index.html>
- *Pennsylvania Recovery and Resiliency*
 - http://www.parecovery.org/services_peer.shtml
- *Institute for Recovery and Community Integration*
 - <http://www.mhrecovery.org/services/peer.php>
- *Office of Mental Health and Substance Abuse Services (OMHSAS)*
 - <http://www.dpw.state.pa.us/dpworganization/officeofmentalhealthandsubstanceabuseservices/index.htm>



Personal Medicine Tools™



Natural and personal tools to help someone feel better and more empowered in their lives



CommonGround™



- How long is the average psychiatric appointment?
 - Challenge is to share all information necessary
- Common Ground™ is a Web based application which addresses this challenge by:
 - Helping prepare *before* the appointment, so that
 - *During* the appointment we are ready to work with the doctor
 - In order to find the best decisions for our treatment and recovery
- CommonGround is a multifaceted set of tools that can be used in many different ways by:
 - Mental Health Centers, Peer Centers, Medical Homes, A.C.T. Teams, Inpatient Programs, Residential Programs, Substance Abuse Tx Programs, Day Treatment Programs, Federally Qualified Health Centers


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Patricia E. Deegan Ph.D.



Visit the  PDA website for more information and resources on Personal Medicine Tools™, Common Ground™, and the works of Patricia E. Deegan Ph.D.



Pat Deegan & Associates

www.patdeegan.com

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Traditional Mental Health Services and Supports



- Psychiatry
- Therapy/Counseling
- Intensive and Targeted Case Management
- Crisis Supports
- Inpatient Hospitalizations
- Partial Hospitalizations, Intensive Outpatient, Community Integrated Recovery Center, Clubhouses
- Community Treatment

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Barriers to Mental Health Wellness



- Total mental health wellness is contingent and motivated by the individual AND the systems of mental health services.
- It is up to all of us, as a society, to continue advocating and lobbying for equal resources to invoke change and give all individuals, regardless of their disabilities, the chance to add recovery to their *Everyday Lives*.

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Dual Diagnosis: The Road to Recovery For the Person



- Name the problem: mental health diagnosis
- Educate the person about what their mental health challenge means and what that means to them
- Seek support from the mental health system for a named mental health diagnosis as well as information that can aid in the understanding of the mental health challenge

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Dual Diagnosis: The Road to Recovery For the Supporter



- Obtain training:
 - Mental Health Challenges
 - Recovery
 - Mental Health Wellness
 - Certified Peer Specialists
 - Available mental health supports and services
 - Tools that can aid in mental health wellness and recovery

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Food For Thought:



- Without an understanding of ourselves there is no change.
- Without change there is no hope.
- Without hope there is no reason to try.
- Without a reason to try, there is no chance.
- Mental health wellness and recovery is about hope, change and another chance at an *Everyday Life*.

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- Please complete and hand in your Post-test
- Please complete and hand in your Training Evaluation

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Thank You!

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References



- Copeland, M. E. (2013). Wellness Recovery Action Plans (W.R.A.P.)®. <http://www.mentalhealthrecovery.com/wrap/>
- Deegan, P. (2013). Common Grounds™. <http://www.patdeegan.com>
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