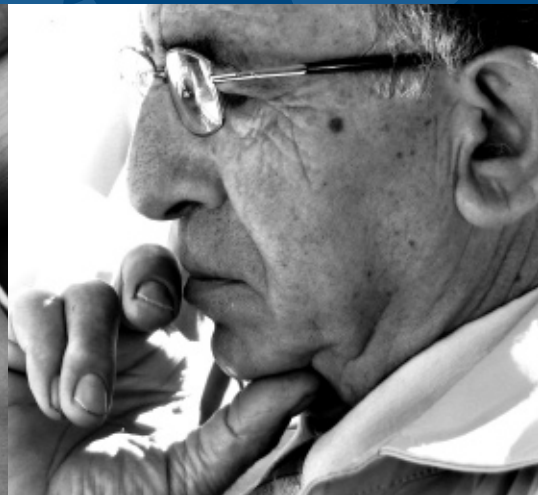
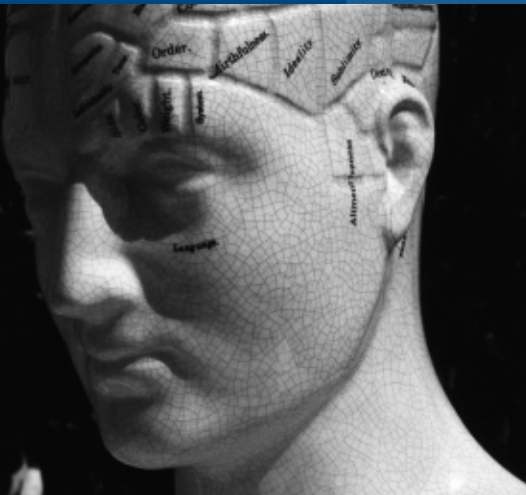


# Mental health reference resource

for drug and alcohol workers



**NSW DEPARTMENT OF HEALTH**

73 Miller Street

NORTH SYDNEY NSW 2060

Tel. (02) 9391 9000

Fax: (02) 9391 9101

TTY. (02) 9391 9900

**[www.health.nsw.gov.au](http://www.health.nsw.gov.au)**

This work is copyright. It may be reproduced in whole or in part for study training purposes subject to the inclusion of an acknowledgement of the source. It may not be reproduced for commercial usage or sale. Reproduction for purposes other than those indicated above, requires written permission from the NSW Department of Health.

© NSW Department of Health 2007

SHPN (MHDAO) 070099

ISBN 978-1-74187-095-4

For more copies contact:

Better Health Centre – Publication Warehouse

Locked Bag 5003

Gladesville NSW 2111

Tel. (02) 9816 0452

Fax: (02) 9816 0492

Further copies of this document can be downloaded from the NSW Health website [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

May 2007

# Contents

<b>Introduction</b>	<b>3</b>
<b>Foreword</b>	<b>3</b>
About This Resource	4
How To Use This Resource	4
<b>1. Overview Of Mental Illness</b>	<b>5</b>
Mental Health And Mental Illness	5
Prevalence	6
<b>2. Mental Health Plans And Protocols</b>	<b>7</b>
National Action Plan On Mental Health 2006-2011	7
National Mental Health Plan 2003 - 2008	7
National Standards For Mental Health Services	8
NSW - A New Direction For Mental Health 2006 - 2010	8
NSW Mental Health Act	9
<b>3. Classifications Of Mental Illness</b>	<b>10</b>
Anxiety Disorders	11
Mood Disorders	13
Psychotic Disorders	15
Personality Disorders	18
<b>4. Mental Health Services: How They Work</b>	<b>20</b>
AOD And Mental Health Sectors: The Similarities And Differences	20
The Role Of Different Mental Health Services	22
<b>4A. Mental Health Interventions</b>	<b>24</b>
Mental Wellness: A Strengths Perspective	24
Mental Health Intervention Spectrum	24
Assertive Follow-up	26
Involving Families And Carers In Treatment	27
Understanding Medication	28
<b>5. Comorbidity</b>	<b>34</b>
Overview Of Comorbidity In Australia	34
Types Of Comorbidity	35

How Drug Use And Mental Illness Affect Each Other	38
Depression	38
Anxiety	39
Psychosis	39
Personality Disorders	40
Drug And Medication Interactions	41
Depressants	41
Stimulants	42
Cannabinoids	42
<b>6. Working With Clients With Mental Health Issues In An AOD Setting</b>	<b>44</b>
Stages Of Treatment	44
Stage 1: Engagement	44
Stage 2: Motivation	45
Stage 3: Active Treatment	49
Stage 4: Relapse Prevention And Management	50
Screening Tools	51
Kessler Psychological Distress Scale (K10)	51
Modified CAGE	53
Mental State Examination	56
<b>6A. Working With Clients With Commonly Occurring Mental Illness Symptoms</b>	<b>58</b>
Anxious And/or Depressed Clients	58
Psychotic Clients	63
People With Personality Disorders	66
Suicidal Clients	68
Aggressive Clients	70
<b>6B. Working With Clients From Particular Populations</b>	<b>73</b>
Clients Of Transcultural Backgrounds	73
Young People	77
Older People	81
Families And Carers	83
<b>6C. Referral</b>	<b>84</b>
<b>6D. Worker Self-care</b>	<b>87</b>
Clinical Supervision	87
<b>Bibliography</b>	<b>89</b>

# Introduction

## Forward

It is estimated that mental illness affects more than one in five people in the Australian community and people with a mental illness are at very high risk of developing problematic drug and alcohol use. For many reasons, these people do not always seek assistance from specialist mental health services. This means other health professionals who do not necessarily have knowledge or skills in mental health care usually interact with them.

Drug and Alcohol Services are increasingly interacting with clients affected by mental health issues. These clients are predominately affected by anxiety and mood disorders as well as personality disorders and acute psychotic episodes. Alcohol and other drug (AOD) workers need to be able to respond appropriately to these clients, according to their responsibilities and skills.

The Centre for Drug and Alcohol (CDA) commissioned the development of this resource through the Network of Alcohol and other Drugs Agencies (NADA). The development of this resource was undertaken by Jenny Melrose/JEMECO Psychology and designed by Jeremy Gordon.

This resource has been developed to assist those workers who do not necessarily specialise in mental health work to increase their understanding about how to support clients affected by mental illness. It is not a training manual in techniques, but does give a brief explanation of the strategies AOD workers can seek training in to build further skills and knowledge.

The opportunity for feedback on the resource was provided to the following committees:

- NSW Health Drug and Alcohol Council
- NSW Health Mental Health Coordinating Council
- The Aboriginal Health and Medical Research Council of New South Wales
- NSW Health Quality in Treatment Council
- NSW Health Clinical Advisory Council (Mental Health)
- NSW Health Comorbidity Subcommittee (Mental Health and Substance Use)
- NSW Health Quality in Treatment Sub Committee
- NSW Health Nursing Advisory Committee
- NSW Health Allied Health Workers Committee
- NSW Health Prevention Sub Committee
- Aboriginal Leadership Group
- Transcultural Mental Health Service
- STARTTS – NSW Services For The Treatment and Rehabilitation of Torture and Trauma Survivors

We would like to express our sincere gratitude and appreciation to all of the above individuals and organisations who have contributed to this important document.

## About this resource

This resource aims to:

- Provide information in an accessible format to support drug and alcohol staff working with clients with mental illness
- Improve the confidence and skills of drug and alcohol staff working with clients with mental illness.

The resource provides practical and relevant information about:

- Types of mental health illness, services available and interventions
- Information on comorbidity, and
- Suggested tools and interventions for drug and alcohol workers to utilise when working with clients with co-occurring mental illness.

## How to use this resource

This resource has been designed for rapid referral. Key sections have been bookmarked down the page edge for ease of reference. The contents of this resource have been separated into 6 major sections and several subsections for ease of use.

**Section 1: Overview of mental illness** contains a brief background on mental illness, government policies, and classifications.

**Section 2: Mental health plans and protocols** provides an in-depth look at current government policies regarding mental health.

**Section 3: Classifications of mental health** details the various forms and diagnosis of mental illness.

**Section 4: Mental health services: how they work** examines similarities and differences between the AOD and mental health service sectors.

**Section 4A: Mental health interventions** lists the various methods used to help those with mental illness.

**Section 5: Comorbidity** analyses the links between mental health and substance use issues, and how they affect each other.

**Section 6: Working with clients with mental health issues in an AOD setting** outlines the stages of treatment specific to working with clients affected by mental illness in an alcohol and other drug service.

**Section 6A: Working with clients with commonly occurring mental illness symptoms** provides practical strategies and resources dealing with comorbidity in clients.

**Section 6B: Working with clients from particular populations** raises key issues to remember with interacting with various populations.

**Section 6C: Referral** lists various organisations that can assist in the treatment and care of clients

**Section 6D: Worker self-care** provides strategies to care for the wellbeing of AOD workers