


What do consumer consultants and carers need to know about managing people with D&A and MH problems?



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Aims

- Develop workshops to educate consumer workers and carers about the adverse effects of substance misuse by people with a mental illness - 'dual diagnosis'.
- Provide knowledge regarding how they can effectively educate consumers about this problem.
- Facts provided are based on best available evidence.

Background

- ❑ Media attention – methamphetamine linked to dramatic rise in hospital admissions - from 200 cases in 1998-99 to 1252 cases in 2000-01 (Dawe & Mcketin, 2004).
- ❑ Dual diagnosis is common – approximately half the people with a mental illness also meet criteria for substance use disorders – more so than the general population (4-5 more time more likely).
- ❑ Associated with increased rates of suicide, HIV infection, homelessness, aggression, incarceration and medication non-compliance resulting in relapse.

Background (cont)

- Increased difficulty carers face when dealing with this added burden.
- Consumers' roles in Mental Health Services – education; training; peer support; group work; leadership and advocacy.
- Consumer consultants are in an ideal position to raise awareness about substance misuse in patients with a mental illness, however little training is available

Background (cont)

- Evidence for peer-based interventions & education
 - Young people
 - Big Issue vendors (Hunter & Power, 2002)
- There is limited evidence available for peer-based interventions (Moore, 2005)
- Consumers and carers identify unmet need in relation to quality information

Method

- Target group - consumer consultants and carers (eg parent, partner, relative or friend of consumers) in NSW.
- Collaborative – with specialist non-government organizations, consumers and carers.
- May, 2007; scheduled workshops;
 - SSWAHS
 - Cumberland
 - City (NSWCAG)

Method (cont)

Workshop Development

- ❑ literature review - to ensure the workshop content is current
- ❑ consumer worker involvement
- ❑ adult learning principles

Workshops

- ❑ workshops have been organised with consumer consultants and carers
- ❑ notes will be taken that reflect both the content of the workshop and the key issues discussed for future development/refinement
- ❑ Pre & post participant evaluation

Evaluation (pre/post-workshop survey)

- The purpose of the evaluation is to determine changes following participation in the one day workshop.
- It also aims to determine whether the participants found the workshop useful.
- Survey will cover;
 - demographic information.
 - attitudes and opinions.
 - usefulness of information provided at the workshop.
 - Interest in further education and training.

Learning objectives

- To gain knowledge of;
 - the prevalence of substance use among people with a mental illness.
 - the reasons for substance use in this population.
 - the symptoms that suggest a client may be using drugs and/or alcohol.
 - the major current therapeutic approaches.
 - referral services and be able to perform appropriate referrals
 - have increased confidence in their ability to work with and support people with a dual diagnosis

Project budget

- Employed a project officer to:
 - develop a workshop outline based on contemporary knowledge & consumer worker input
 - liaise with stakeholders (consumers, carers, NGOs etc)
 - recruit participants, coordinate workshops
 - assist with evaluation and write-up

Outcomes

- Consumer and carer involvement in the planning and delivery of the program
- Improved understanding of how to access and evaluate dual diagnosis resources - addresses unmet needs for information.
- Self-sustaining education program
- Evaluated program
- Builds on previous initiatives to facilitate innovative models of evidence-based practice

Level of innovation

- ❑ Improves patient outcomes via targeted education programs to consumer consultants and carers.
- ❑ Involvement of a range of services ensures that the project is inclusive and therefore representative of as many interested parties as possible.
- ❑ The accessible education package will support the establishment of partnerships between consumers, carers, health professionals and service providers
- ❑ Brings together adult learning principles, peer-support and participation

Impact on practice and consumer outcomes

- Provide a basis for peer support workers and other stakeholders to develop further strategies for implementation of preventative measures and more effective management of dual diagnosis patients.
- The program will contribute to a range of peer education and support activities, and will build on the significant work carried out by the applicants to date in peer education, support and research activities.

Future scope

- It is also expected that the results of this project will yield valuable information for determining training needs for consumer consultants in this area and devising programs for patient and carer education and training.
- Finally, this project will provide important data that will not only be used to develop an education package, but also inform and support future studies that are relevant for patients, carers, clinicians, managers and policymakers.

Conclusion

- This drug and education package will not only improve care to this group of people, but will also provide a basis for peer support workers and other stakeholders to develop further strategies for implementation of preventative measures in their local areas.
- This initiative will provide community education opportunities addressing the significant unmet need, that is, the appropriate management of patients with a dual diagnosis.

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