

The Dual Diagnosis Consumer and Carer Workshop

Mental Health & Substance Use

Many Challenges

One Recovery Journey



Inspired by Samer

Logo design by the Eastern Metropolitan Dual Diagnosis Consumer & Carer Advisory Council

The VDDI Forum, October 25th 2016





Workshop Facilitators



*Fred Murray
consumer member*

*Belle Groves
Carer Member*

*Paula Kelly
Council Chairperson*



The Dual Diagnosis Consumer & Carer Advisory Council 2016



(Rear) Leonie Brown & Tony Ryan

Fred Murray, Belle Groves, Denise Damouni, Paula Kelly, Rose Parker, Russell Chilcott, Tom Gawith



The DDCCAC Working Group



*From left : Paula Kelly, Aaron Jones , Gavin Foster, Bronwyn Williams , David Eckel
Trish Huddleston – Council Secretary*

Absent : Steve West, Tom Stylli, Rob Watson, John Mullane, Chris Ford



Where We've Come From

A short history of the Eastern Health DDCCAC

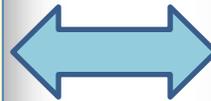


Gavin Foster, Eastern Dual Diagnosis Service Manager

Working in Tandem: *two meetings one agenda*

DDCCAC members

- *Consumers*
- *Carers*
- *DDWG chair plus one*
- *Peer consultants*



DDWG members:

- *DDCCAC Chair plus one*
- *MHCSS*
- *AOD*
- *Clinical Mental Health*
- *Primary Health Network*

Six years on and going strong



Working in Tandem:

3 Key Principles

1

Shared Expertise

Practitioners/clinicians, consumer and carers all bring expertise

2

Experience

Organisations need the consumer and carer experience if they want to improve.

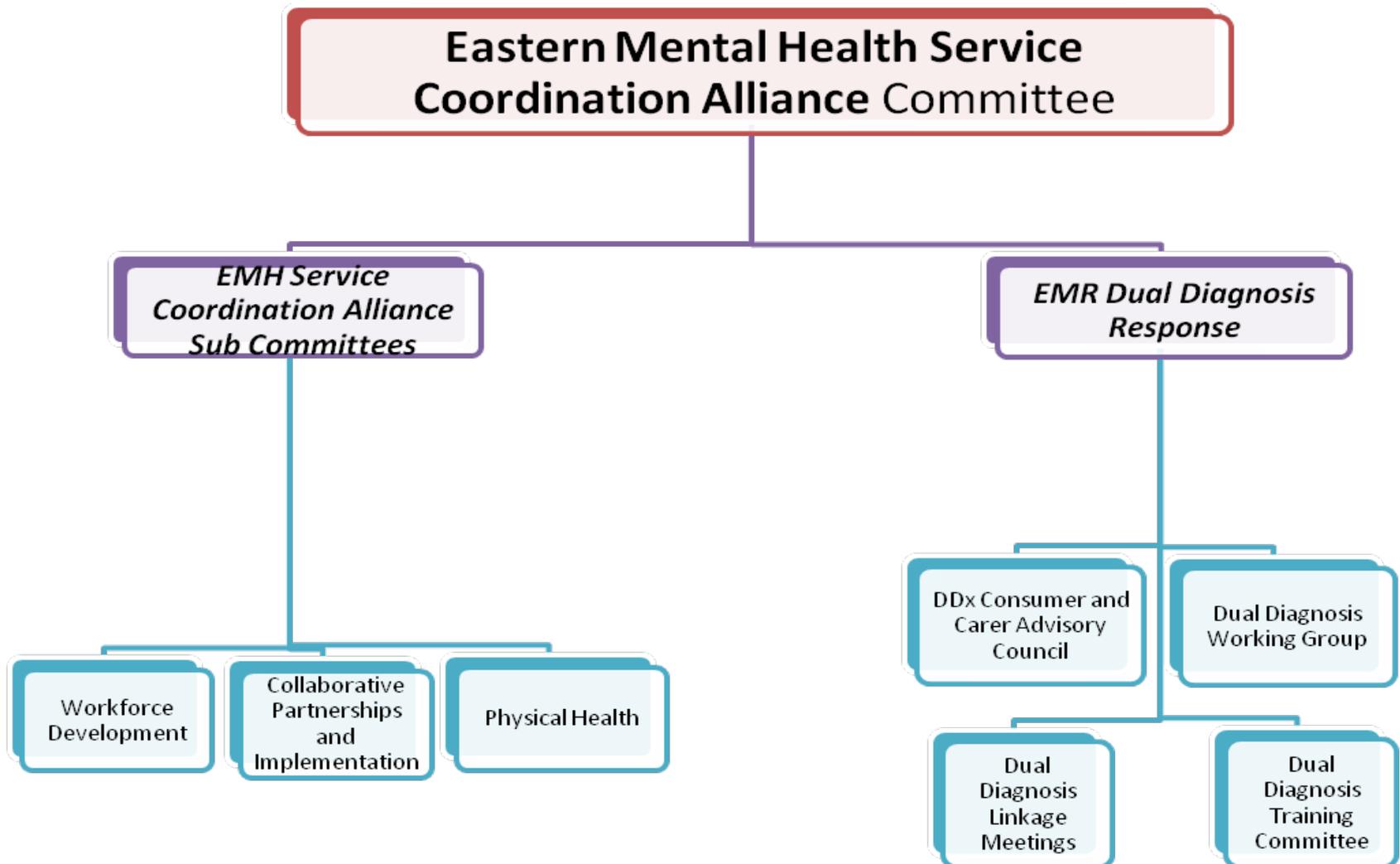
3

Learning Together

Being brave enough to learn together. This is new territory



Connecting Consumers and Carers to Regional Leadership





Ladder of participation

Level of Power	Level	Description	Activities
High	Control	All decisions are made by consumers and consumers have control of resources.	<ul style="list-style-type: none"> • Consumer run organisations • Self help groups
Medium	Partnership	Consumers and providers are joint decision makers.	<ul style="list-style-type: none"> • Peer workers, educators, trainers • Staff selection panels • Steering committees
Low	Consultation	Consumers are presented with a plan or directive designed by the service provider and invited to give feedback. Control lies firmly with service providers.	<ul style="list-style-type: none"> • Suggestion boxes • Surveys • Focus groups • Service user groups
	Information	This is not consumer participation but it increases power, enables service users to make decisions about their own treatment and supports consumer participation.	<ul style="list-style-type: none"> • Information to service users about services and treatment options • Charter of Rights • Complaints systems • Consumer participation policies

'In Tandem Model' fits here



'Straight from the Source' APSU 2010



Looking Back

- ✓ *Dual Diagnosis Capability training as participants and contributors*
- ✓ *“Our side of the fence’ forum in 2014 – 100 attendees*
- ✓ *The PEER Effect Forum 2015 at Box Hill town Hall – 120 attendees in a lively and interesting day of presentations by consumers and carers planned and run by the DDCCAC*
- ✓ *As we have developed and consolidated we have developing a Code of Ethics and a Council Recruitment policy and Interview Checklist and have a shared informal lunch prior to each monthly meeting*
- ✓ *Motivational Interviewing training with Helen Mentha*
- ✓ *The Wellness Plan Traffic Lights*



The ‘Traffic Lights Wellness Plan’ – developed by the DDCCAC and the DDWG as a tool for consumers and their MH/AOD workers



My Wellness Plan for Mental Health and Substance Use Concerns

Name:

Date:



<p>My RED light signs – Mental Health</p> <ul style="list-style-type: none"> I know things are really not going well with my mental health when I notice that: When I notice things are really not going well with my mental health, the things I need to do are: More: _____ Less: _____ <p>My RED light signs – Substance Use</p> <ul style="list-style-type: none"> I know things are really not going well in the area of substance use when I notice that: When I notice things are really not going well in the area of substance use, the things I need to do are: More: _____ Less: _____ 	
<p>My AMBER light signs – Mental Health</p> <ul style="list-style-type: none"> I know things are not quite right with my mental health when I notice that: When I notice things are not quite right with my mental health, the things I need to do are: More: _____ Less: _____ <p>My AMBER light signs – Substance Use</p> <ul style="list-style-type: none"> I know things are not quite right in the area of substance use when I notice that: When I notice things are not quite right in the area of substance use, the things I need to do are: More: _____ Less: _____ 	
<p>My GREEN light signs – Mental Health</p> <ul style="list-style-type: none"> I know things are going well with my mental health when I notice that: When I notice things are going well with my mental health, the things I need to keep doing are: <p>My GREEN light signs – Substance Use</p> <ul style="list-style-type: none"> I know things are going well in the area of substance use when I notice that: When I notice things are going well in the area of substance use, the things I need to keep doing are: 	



Our Current Work

- ✓ *The Group Programme*
- ✓ *Monthly meetings*
- ✓ *The Dual Diagnosis Working Group (DDWG) supports the Council through a Mentoring programme, supporting presentations such as this Forum*
- ✓ *Orientation training for clinicians and practitioners (EMHSCA)*
- ✓ *Presentations at Collaborative Care Workshops*
- ✓ *World Mental Health Day Expo – Yarra Ranges – Information stall and show bags – October 10th*



Our journeys

Belle Groves

Fred Murray



The Group Programme

A typical monthly roster

<i>Maroondah Hospital Mental Health IPU</i>	<i>Tony, Belle , Rose</i>	<i>2.30 – 3.30pm</i>
<i>Wellington House Detox Unit</i>	<i>Fred and Denise</i>	<i>1-2pm</i>
<i>Chandler House CMHC</i>	<i>Russell</i>	<i>11-12md</i>
<i>Maroondah Continuing Care Unit</i>	<i>Russell and Rose</i>	<i>2-3pm</i>
<i>Maroondah PARC</i>	<i>Leonie, Rose and Leonie</i>	<i>12.30 1.30pm</i>



~Workshop Q&A~

