



# VDDI FORUM 2016

# TOOL TIME

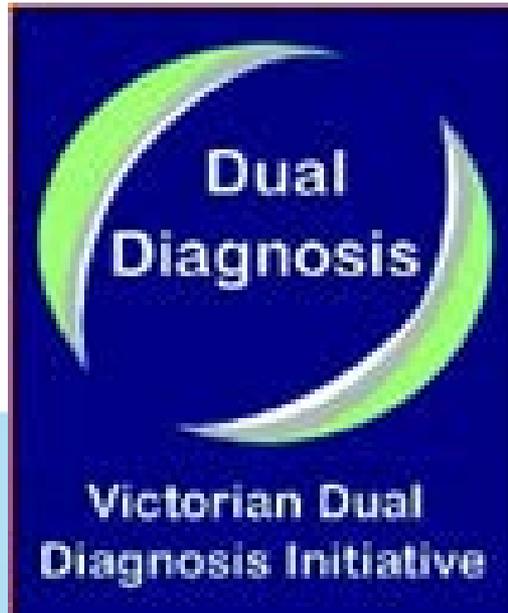
## OPTIMISING ENGAGEMENT WITH YOUNG PEOPLE



BUDDYS - Building Up Dual Diagnosis in Youth Services

HYDDI - Homeless Youth Dual Diagnosis Initiative

# Who We Are...



BUDDYS - Building Up Dual  
Diagnosis in Youth Services

HYDDI - Homeless Youth Dual  
Diagnosis Initiative



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HYDDI - Homeless Youth Dual Diagnosis Initiative

# Resource Guide

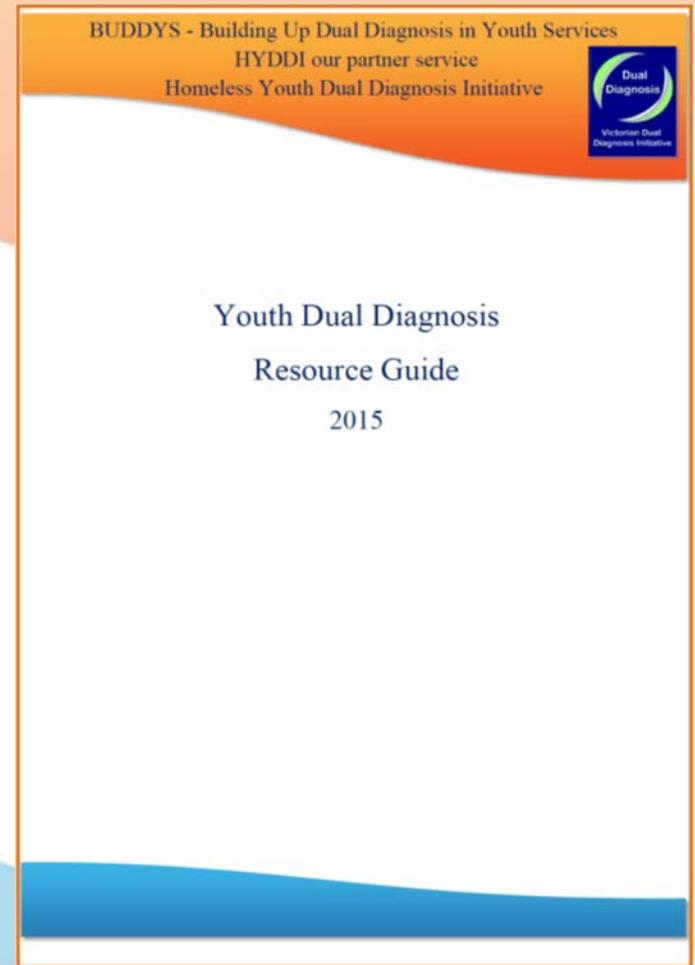
Best Practice

Practitioner Guide

Evidence-based

Tools

Resource Listings



BUDDYS - Building Up Dual Diagnosis in Youth Services  
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# Dual Diagnosis & Young People



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# Prevalence

Up to 80% of people with a mental illness have substance misuse problems.

Similarly, up to 75% of clients with drug and alcohol problems also experience mental health problems, most commonly anxiety or mood disorders, such as depression

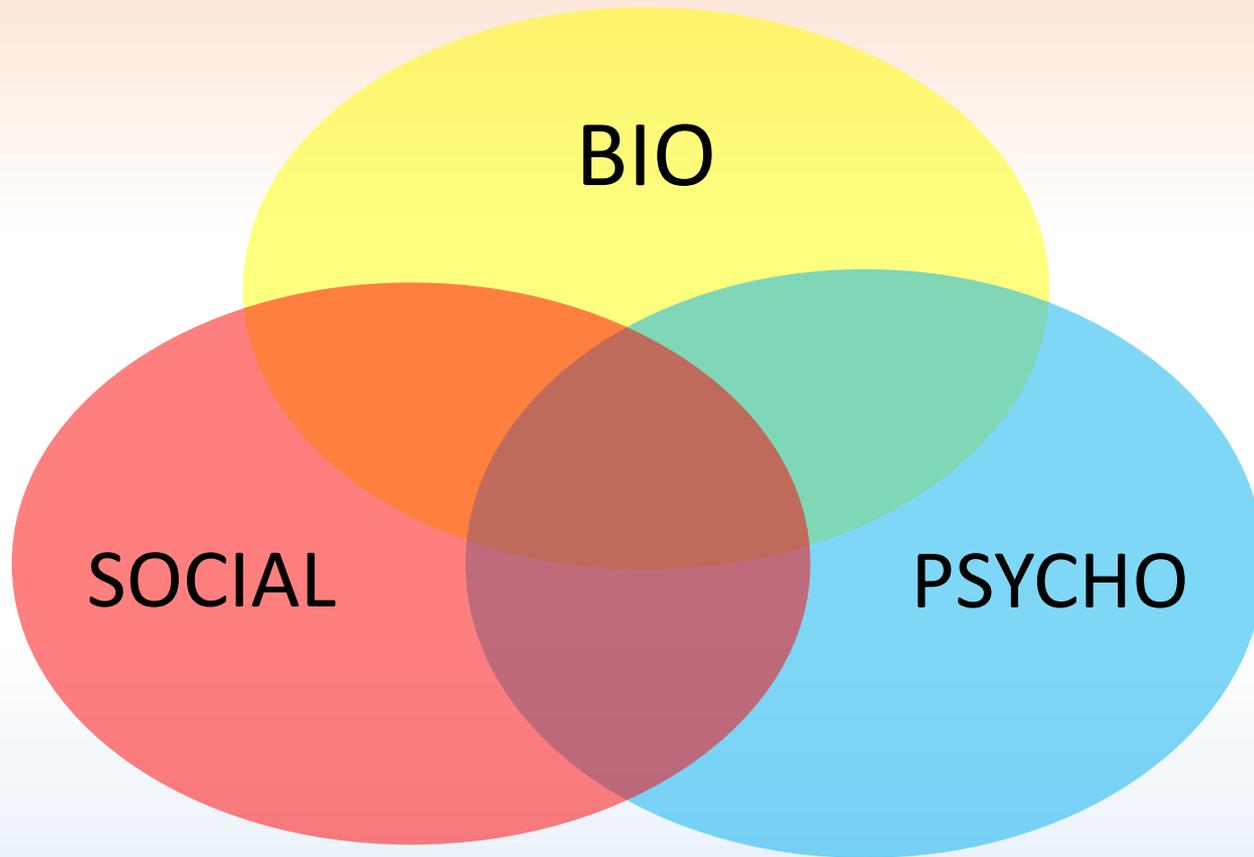


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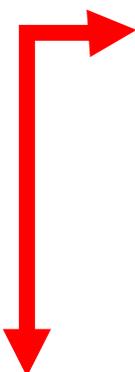
# Adolescent Development



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# What Can Impact Development

- Family
  - Friends
  - Environment
  - Mental Health Issues
  - Stability
  - Substance Use
  - Disability
  - Opportunity
  - Trauma
- 

# Bi-Directional Model

“Understanding the *CAUSE* of a person’s co-existing disorders is important but arguably less clinically useful than understanding the factors that *MAINTAIN* the problem”

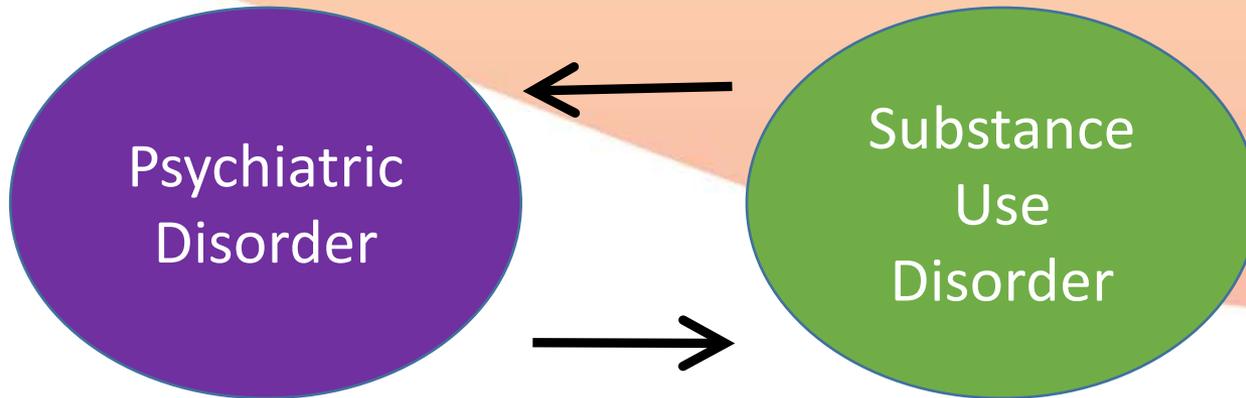
*(Todd, Sellman, Robertson, 1998)*



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# Bi-Directional Model



- Different factors are responsible for initiating & maintaining disorder
- It's more about how both disorders interact with each other
- What maintains the comorbidity is the most relevant to treatment

# Collaboration is the Key



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# The Be's



- Open
- Respectful
- Consistent
- 'Human'
- Honest
- Non-judgemental
- Genuine
- Curious
- Optimistic
- Flexible
- Relevant
- Strengths-based

# Winning Tools and Tips

**Using:**

**Boundaries**

**Humour**

**Allies**

**Joint Goals / Collaboration**

**Positive Experiences - Celebrating even the small wins!**



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# TOOL Time!

## Optimising Engagement with Young People





# Tools

Screening v. Assessment

Mental Health

Alcohol and Other Drugs



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Finding out *what substances are being used* as accurately as possible:  
The what, when, where, with whom,  
how often, etc.



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# The Resource Guide

provides a set of tools that can be used in most work contexts:

- The Stages of Change
- Reasons for Use Scale (RUFUS)
- The Decisional Balance
- The Readiness Ruler

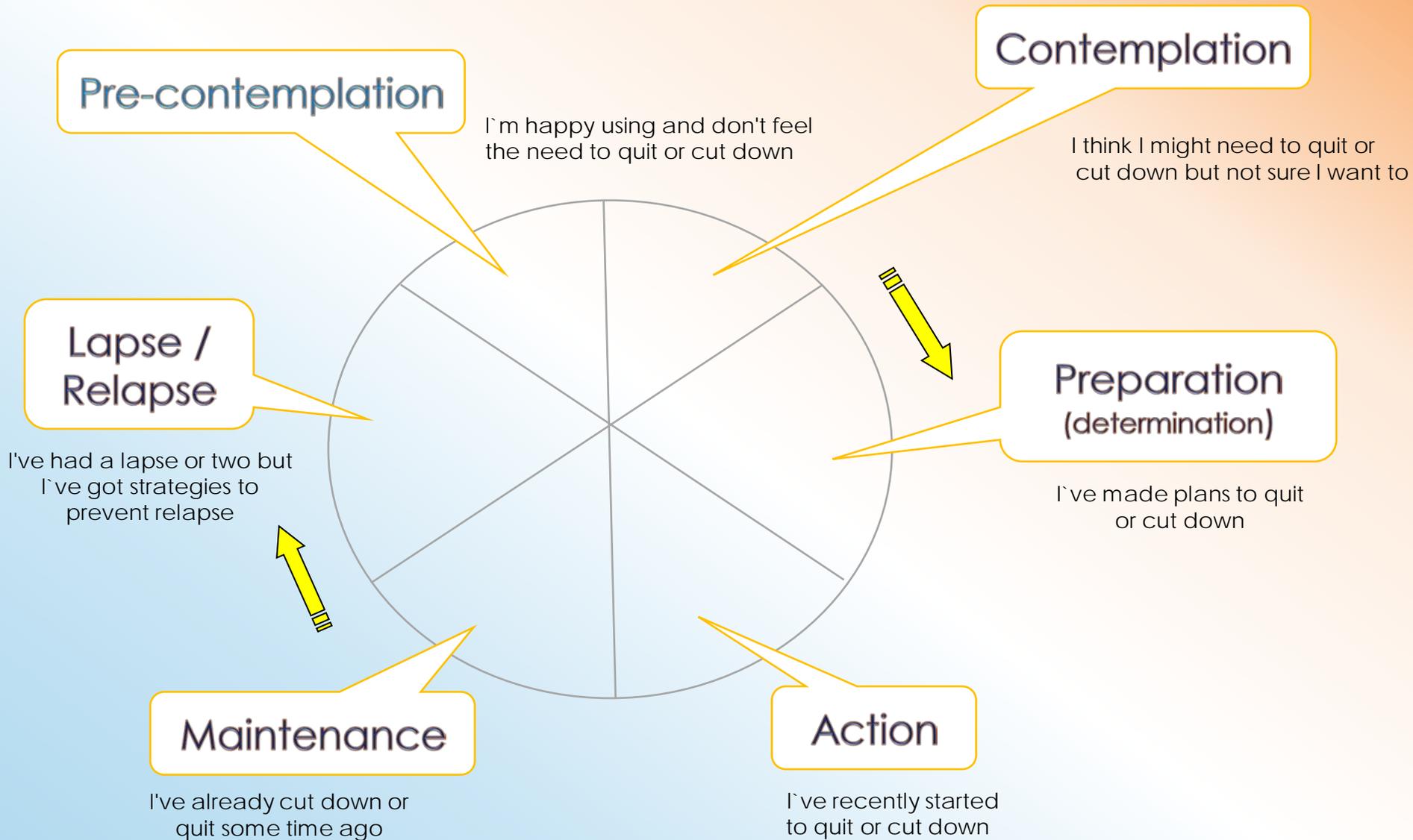


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# The Stages of Change

James Prochaska, Carlo DiClemente and John Norcross



# Expanded Stages of Change model

## Substance Use

Mental Health

Stage of Change	Precontemplation	Contemplation	Preparation	Action	Maintenance
Precontemplation					
Contemplation					
Preparation					
Action					
Maintenance					

Brady et al, 1996



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# The Reasons for Substance Use Scale

GREAT HEALTH AND WELLBEING

REASONS FOR SUBSTANCE USE SCALE

Given Name: \_\_\_\_\_ Sex: M / F

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Affix Hospital ID Label If Available

Which substance do you use the most, or causes the most concern for you?  
(Please specify):

Considering your current use of that substance, how often do you use it for the following reasons?  
(For each reason  $\boxtimes$ , please  $\checkmark$  a box that best-fits  $\odot$ )

	Almost never / Never	Some of the time	Half of the time	Most of the time	Almost always / Always	Scoring / Tallying Columns				
						A	B	C	D	E
1 To relieve boredom	<b>1</b>				<b>5</b>			<b>3</b>		
2 To make it easier to sleep	1	2	3	4	5			<b>4</b>		
3 To slow down racing thoughts	1	2	3	4	5			<b>1</b>		
4 To be sociable	1	2	3	4	5					E
5 To relax	1	2	3	4	5			<b>3</b>		
6 To be part of a group	1	2	3	4	5		B			
7 To get high	1	2	3	4	5					D
8 To decrease suspiciousness / paranoia	1	2	3	4	5	A				
9 To forget your worries	1	2	3	4	5			<b>4</b>		
10 Because it's fun	1	2	3	4	5					D
11 To reduce side effects of medication	1	2	3	4	5	A				

25 To feel more motivated	1	2	3	4	5			<b>3</b>			
26 Because it makes you feel good	1	2	3	4	5					D	
27 Other reason (Please specify): _____	1	2	3	4	5					N/A	
A	TOTAL (Qn's 8 + 11 + 14) Factor A =					A =					
B	TOTAL (Qn's 6 + 13 + 21 + 22 + 23) Factor B =					B =					
C	TOTAL (Qn's 1 + 2 + 3 + 5 + 9 + 15 + 16 + 19 + 20 + 24 + 25) Factor C =					C =		<b>34</b>			
D	TOTAL (Qn's 7 + 10 + 26) Factor D =					D =					
E	TOTAL (Qn's 4 + 12 + 17 + 18) Factor E =					E =					

Please Turn Over...

Spencer C, Castle D, Michie PT. Motivations that maintain substance use among individuals with psychotic disorders. Schizophrenia Bulletin 2002;28(2):233-47



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# The Decisional Balance

	Status quo or option A	Change or option B
Advantages	Good things about the status quo	Good things about change
Disadvantages	Less good things about the status quo	Less good things about change

**BUDDYS Youth Dual Diagnosis Practice Guide**

# The Readiness-to-Change Ruler

- Gives a quick assessment of a person's present motivational state relative to changing a specific behaviour,
- Can serve as the basis for motivation-based interventions to elicit behaviour change.



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# The Readiness Ruler

1. How **important** is it for you to make this change?



--	--	--	--	--	--	--	--	--	--

  
1 2 3 4 5 6 7 8 9 10

2. How **confident** are you in your ability to make this change?



--	--	--	--	--	--	--	--	--	--

  
1 2 3 4 5 6 7 8 9 10

3. How **ready** are you to make this change?



--	--	--	--	--	--	--	--	--	--

  
1 2 3 4 5 6 7 8 9 10

For each ruler, ask the following questions

1. Why are you at your current score and not lower on the scale?
2. What would it take for you to get to a higher score?

# Case Study - John

- 17 year-old male
- Living in out-of-home care
- Infrequently attending school
- Says he's had a rough upbringing, hints at abusive childhood
- Describes drug use with friends, more than just weekends
- Smokes cannabis and drinks 4-6 times week
- Has been on medication in past for depression & anxiety
- He isn't happy with how things are going at the moment and has come to your agency to get support



# Group work

In your groups:

We will use the Readiness Rulers in 3 ways

1. Substance use: John has mentioned making a change in his substance use – How might you introduce the tool and explain it to John?
2. Use the tool to discuss his desired change and how he might feel about it



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# Mental Health

How might you then shift the conversation to his mental health?

Think about a change or improvement John might want to make around his mental health/wellbeing –

Use the tool to discuss



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# Case Study - John



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# Bi-Directional

We've just looked at his substance use and mental health separately...

...let's think about how other aspects of his life might be linked in (using a bi-directional framework)

Find one such area where John might not be satisfied with how things are and use the readiness rulers to discuss possible change...



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# Case Study - John



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# Other tools: Meth Check

<http://insightqld.org/meth-check/>

- 30+ minute conversation
- A way of Integrating several brief interventions in a structured conversation
- Designed for Methamphetamine but can be used as a template for other substances
- Relates to where they are in the Stages of Change model



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# Discussion / Feedback

Do the tools seem like something you could use in your day-to-day work?

Do you see any opportunities to use and spread these within your agency?

What might be some challenges to using these within your agency?

Are there any other tools you currently use or have used that work well?



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And now for some questions...



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# Useful Websites

<a href="http://www.yodaa.org.au">www.yodaa.org.au</a>	Youth Drug & Alcohol Advise YoDAA
<a href="http://www.headspace.org.au">www.headspace.org.au</a>	Headspace
<a href="http://www.ncpic.org.au">www.ncpic.org.au</a>	National Cannabis Prevention & Intervention Centre NCPIC
<a href="http://touchbase.org.au">touchbase.org.au</a>	Touchbase – LGBTIQ youth friendly
<a href="http://www.dualdiagnosis.org.au">www.dualdiagnosis.org.au</a>	Dual Diagnosis Australia & New Zealand
<a href="http://www.ybblue.com.au">www.ybblue.com.au</a>	Youth Beyond Blue
<a href="http://au.reachout.com">au.reachout.com</a>	Reachout – counselling support
<a href="http://www.parentline.org.au">www.parentline.org.au</a>	Parentline
<a href="http://www.adf.org.au">www.adf.org.au</a>	Australian Drug Foundation



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