



This is a very brief training guide intended to stimulate discussions about dual diagnosis issues and practice

## Straight Up Brief Training Guide - LemLei

LemLei describes her own journey from a naive young girl to addiction and the importance on being treated as a person and not "what you had become". She also comments on how significant mediation between herself and her parents was for her recovery.

Themes from Video	Questions What are the key dual diagnosis elements of LemLeis's story?	Principle of Dual Diagnosis Practice Tools and resources
1. Seeing and hearing things that weren't really there	<p><b>For staff to consider:</b></p> <ul style="list-style-type: none"> <li>• At which point would you intervene?</li> <li>• What tools might you use?</li> <li>• What other issues do you need to consider? Eg. How to instil hope</li> <li>• What services would you call? DIRECT LINE? Psychiatric Triage?</li> </ul> <p><b>For consumers to consider:</b></p> <ul style="list-style-type: none"> <li>• If you were LemLei, at what point would you seek assistance?</li> <li>• What services would you call? DIRECT LINE? Psychiatric Triage?</li> </ul> <p><b>For carers to consider:</b></p> <ul style="list-style-type: none"> <li>• If she was someone you cared for at what point would you seek assistance?</li> <li>• What skills do you think you would need to assist your caring role?</li> <li>• What services would you call to assist yourself? Mind Carer Helpline? Family Drug Help? Tandem? etc</li> </ul>	<ul style="list-style-type: none"> <li>• Welcoming, responsive and hopeful</li> <li>• Person and family centred</li> <li>• No wrong door</li> <li>• Core business</li> <li>• Integrated treatment</li> <li>• Recovery orientated</li> <li>• Harm reduction</li> </ul> <p><b>Possible Tools:</b></p> <p>Reasons For Use Package, Before During After, Carers Can Ask, Consumers Can Ask etc (These tools may require further training)</p> <p><b>Websites:</b></p> <p><a href="https://www.svhm.org.au/our-services/departments-and-services/n/nexus">https://www.svhm.org.au/our-services/departments-and-services/n/nexus</a></p> <p><a href="https://comorbidityguidelines.org.au/">https://comorbidityguidelines.org.au/</a></p> <p><a href="http://www3.health.vic.gov.au/mentalhealth/services/adult/index.htm">http://www3.health.vic.gov.au/mentalhealth/services/adult/index.htm</a></p> <p><a href="http://www.directline.org.au/">http://www.directline.org.au/</a></p>
2. Boyfriend a heroin addict		
3. Didn't understand anything about drugs		
4. Physical violence		
5. Got admitted		
6. Psychiatrist saved my life - hope		
7. Family mediation really helpful		
8. Helping others helped me		