



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

## Straight Up Brief Training Guide - Louisa

Louisa tells of the frustration she has experienced when seeking help for her son and the importance of lived experience.

Themes from Video	Questions	Principle of Dual Diagnosis Practice Tools and resources
1. Son with mental health issues	<p><b>What are the key dual diagnosis elements of Louisa’s story?</b></p> <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>• How could you include lived experience in her son’s care?</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 Louisa, 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>• 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>	<p><b>Principle of Dual Diagnosis Practice</b></p> <p><b>Tools and resources</b></p> <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. Relationship with psychiatrists		
3. ‘I need support’		
4. Sought support but felt interrogated, judged		
5. Had a breakdown the year before		
6. Not just textbook		
7. Importance of lived experience		