"No Wrong Door"
A project working towards integration of Mental Health and Substance Misuse Services

Background

- Co-Occurring Disorders (COD) = Substance Misuse + Mental Health Problems
- COD - now more the norm than the exception
  - presents many challenges to health care professionals and services
  - is difficult to treat
  - has poorer outcomes

Service Priorities in Mental Health Division Operational Plan 2015

- To design integrated evidence based, recovery focused services
- To design and establish two additional clinical programmes informed by emerging models
- To develop and agree processes for integrated working within the mental health service sub-specialities, and with the other divisions.

Objectives / Aims

- The "No Wrong Door" project aims to improve:
  1) Access to Treatment
  2) Quality of Care
  3) Outcomes
  
- To improve communication and establish collaborative partnerships between Mental Health and Addiction Services

Prior to Integrated Treatment Programmes

- Clear consensus that integration between mental health and addiction services is sorely needed and long overdue.

- It is clear from National Protocols and Policy Informing Documents governing both services that
  - Working in accordance with the concept of recovery, empathy and engaging in evidence based practice with the service user at the centre, is critical to effective treatment.
  - There is great emphasis on working together across sectors of care and integrating services to better meet the needs of individuals with complex clinical presentations.

Method

- Plan and engage in a participatory action research project (PAR)
  - Why use PAR?
    1) To engage in recovery-oriented research
    2) To facilitate real change
    3) To achieve empowerment of those involved

- Identify and engage stakeholders in conversation:
  1) Addiction Counsellor/Psychotherapist in Mental Health
  2) General Adult Psychiatrist
  3) MWRDAF co-ordinator
  4) Clinical Lead Mid-West Drug and Alcohol Services
  5) Service Users
  6) Family Members

- Establish common interests and shared values between stakeholders through reflection:
  1) Providing and advancing recovery-oriented services and person-centred care
  2) Engaging in evidence based practice
  3) Developing formal links and joint protocols between services
  4) Formalise service user involvement

- Decide on appropriate actions
  1) Develop, pilot and evaluate an integrated, motivational and recovery focused group programme
  2) Hold focus groups with service users/families
  3) Enhance competency and knowledge of issues related to COD among staff and service users in MH and addiction services
  4) Collaboratively develop a proposed service model for an integrated, recovery-oriented co-occurring treatment resource

Results

- A collaborative partnership was established between Mental Health and Addiction through regular meetings of key stakeholders

- Pilot Programme
  - For patients with COD in a CMHS in North Tipperary
  - Developed, completed and evaluated with active service user involvement and good results
  - Further groups were established as a result to meet varying needs and offer choice

- Presentations
  - On Mental Health, Substance Misuse and related issues held within mental health and addiction services, and for the general public

A proposed integrated service model

Conclusion

- A collaborative partnership was established and a proposed service model was agreed on between above stakeholders from mental health and addiction services, by means of improved communication and identification of "common grounds" through the recovery concept

- PAR provided an excellent organisational framework

- We believe the "No Wrong Door" project has moved us closer towards integrating care for people with COD and complex needs in the Mid-West

- We hope to further develop integrated care pathways towards full service-level integration

- For this we would need the direction and shared distribution of funding and an agreed clinical governance structure likely to require commitment from HSE on a national level

- We call for the integration of mental health and addiction services for people with

References

- Connecting for life. National Strategy to reduce suicide 2015
- Ireland’s National Strategy to reduce Suicide 2015
- “No Wrong Door” A collaborative recovery focused approach to the co-ordination of treatment services for people with dual diagnosis, produced by Irish Suicide Initiative 2013
- A collaborative recovery focused approach to the co-ordination of treatment services for people with dual diagnosis, produced by Irish Suicide Initiative 2013
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“Common Grounds”
A project working towards integration of Mental Health and Addiction Services for people with COD

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A proposed Integrated Service Model

- Multi-disciplinary
- Mental Health
- Evidence Based Integrated
- Motivational
- Recovery Oriented
- Therapeutic Alliance
- Continuity of Care
- Harm Minimization

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