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**FOR
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Dual Diagnosis at Forward Leeds



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Forward Leeds

Forward Leeds supports people with mild to moderate as well as severe and complex mental health issues.

We try to ensure they get the treatment they need.



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Forward Leeds has Recovery Workers who support clients with substance use problems and 'common' mental health problems eg anxiety, depression

Forward Leeds has a Specialist (Dual Diagnosis) Team to work with clients who have substance use problems and more complex mental health problems.



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Our Single Point of Contact (SPOC) screens all referrals for mental health issues. Any referral that indicates problematic mental health issues is passed to the Specialist Team.

Other clients attend a Welcome meeting, or a one-to-one Welcome session (if they would have difficulty attending a group).

These sessions are held each week in our offices in the City Centre, Armley and Seacroft.



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The Welcome Group outlines treatment options and gathers information from the client with a self-assessment. We then organise the client's next appointment with the correct team.

Early Intervention team - for clients using recreational drugs and/ or binge drinking

Fast Track Recovery - for clients who want an intensive 12 to 16 week treatment episode

Intensive Recovery for clients who have longer-term addiction issues

Family team - work with the whole family

Detox team - for clients ready for an inpatient or community detox

Rehab team - for clients who will benefit from full rehab experience

Sustainable Recovery - for those who have reached abstinence and need ongoing support to avoid relapse



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Patients in 'Mainstream' Treatment

Patients with mild to moderate mental health issues will be offered an Recovery Coordinator (RC) within one of the teams.

The RC will gather information on mental health using GAD-7 and PHQ-9. They will look at stabilising the substance use and offer interventions around CBT, Network Therapy, SMART groups, ITEP mapping etc. The RC will also joint work with CMHT if appropriate.

Patients with the Specialist Team

Patients with severe and enduring mental health problems are likely to be supported by the Specialist team. Specialist substance use and mental health interventions include

- Prescribing (usually by psychiatrist)
- Specialist Psychosocial Interventions (by psychiatric nurse)
- Cognitive Behavioural Therapy (by psychologist, CBT therapist)
- Dialectical Behaviour Therapy (by psychologist, psychiatric nurse)



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is also worth remembering that the Specialist Team is set up to respond to individual needs so, for example

- Someone with a severe and enduring mental health problem well managed by their GP might have a mainstream RC
- Someone whose mental health has been stabilised might not need to stay with the Specialist Team so can work with a mainstream RC
- Someone whose anxiety after, for example alcohol use has been dealt with, is disabling might undergo a period of treatment (eg CBT) in the Specialist Team
 - The question should always be asked after a high score on GAD-7 PHQ-9 “Is this currently well explained by the substance use” to avoid misdiagnosis, incorrect prescribing (that is not to say all high scores are explained by this but it is important to rule it out)



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Getting the best treatment - minding the gap

External - SPOC (non-clinical) directs to Specialist Team
(psychiatric nurse) to investigate need

Internal (Forward Leeds) case review meetings x3 (Lead RC,
Specialist Link and CMHT workers) leading to advice; where
appropriate a 3-way triage assessment

Also SPSI assessment (by psychiatric nurse) will cover
mental health to address low to moderate (keep RC) or
take into Specialist Team (if necessary)

Coordinate mental health services - link worker meetings
(including wards)



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Any questions?

SPOC : 0113 887 2477