

Mental health and intellectual disability

DUAL DIAGNOSIS

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Dual diagnosis

- Mental disabilities include both mental
- health problems and intellectual disabilities

Introduction

- Particular risk of mental health problems
- Mental health services for people with intellectually disability are based on psychiatric hospitals
- All countries of EU recognize the need to move towards a community-based model of mental health services, integrated in the general health services.

Problem definition

- People with dual diagnosis are often not recognized and misunderstood
- Poor quality of life
- Individual medical treatment with psychotropics is the current paradigm
- **Relatively few practitioners have the skills necessary to assess and devise appropriate support strategies and therapies for these individuals**
- **Relatively few experts, like psychologists and psychiatrists, have knowledge and skills concerning dual diagnosis**
- **Lack of training courses for front line staff and experts**

General objectives

- To increase the quality of services for persons with mental health problems
- To respond to the growing need for training and education of mental health of care providers/givers by developing a common training programme
- To contribute to the integration of mental health services across the continuum of care

Goals

- Dissemination of the advanced knowledge in dual diagnosis and examples of good practice to professionals
- Exchanging examples of good practices in mental health service providers/givers
- Raising knowledge and skills amongst relevant stakeholders and end-users
- Establishment of partnerships among service providers and policy decision-makers

Activities

- Development of a curriculum Dual Diagnosis
- Training frontline staff and experts
- Exchanging programmes
- Network building
- Public relations

Centre of Consultation and Expertise (CCE)

Characteristics of the Centre

- Low threshold
- Mobile
- Virtual
- Governmental
- Regional: 5 regions

Organizational structure

- Director
- Case managers
- Secretary
- Free lance experts:
 - psychologist
 - therapist
 - experienced care worker
 - specialized doctor
 - psychiatrist
 - coach

Outpatient services in The Netherlands

Van der Valle Psychology

Developmental process

- centralistic way of planning and managing of services has being replaced by more local initiatives
- citizens (clients) are becoming more aware of their needs and rights

The 4 A's in service provision

- **Availability** services exist and are available when needed
- **Accessibility** services can be reached and used by all citizen who need them
- **Affordability** reasonable price for all citizen
- **Accountability** service providers are financially and organisationally transparant

Full citizenship and social services

respond to the users' needs:

- in an individualized way
- at community level
- in a mainstreamed perspective (into ordinary structures and systems)
- with a twin track approach to qualitative services (policy and specific measures)

“patients” are changing into “customers” or “clients”, who
want to be served in a way that is according to their
NEEDS, WISHES, and (financial) means

Outpatient centre / Van der Valle Psychology

Objectives:

- improving quality of life of persons with developmental problems and special needs, and of communities they live in
- presence of psychological services for people with special needs, based on:
 - » individual needs and requests
 - » community care
 - » de-institutionalization
 - » regionalization

Target group

- persons with developmental problems or special needs
- parents / family
- professionals:
 - psychologist
 - special educator / defektolog (HR)
 - therapist
 - teacher
 - psychiatrist
- organisations:
 - service providers for disabled
 - (special) schools
 - umbrella organisations for disabled

Service provision

- psychological / psychiatric assessment and diagnostics
- psychological treatment
- early prevention and intervention
- therapy:
 - » behavioural (and cognitive) therapy
 - » art therapy
 - » EMDR
- education and training for clients and professionals
- supervision / intervision

Characteristics of the centre

- low threshold
- mobile
- virtual
- non-governmental / private

Matching between client (customer) and expert:

- psychologist
- psychiatrist
- (ortho-) pedagogue
- therapist
- social worker
- expert carer / nurse
- supervisor / consultant