

DUAL DIAGNOSIS

Dual Diagnosis is the term used for people with mental health needs and disability.

Sometimes this can be difficult to detect or formally diagnose. Families describe observing changed behaviour (e.g. increased irritability, changes in communication and independence).

Epilepsy and other medical conditions may also impact on mental health.

This resource is intended to be a starting point for those navigating and seeking support. A number of links have been provided as well as a glossary for your use.

Navigating between Disability and Mental Health Services?

Tips from families...



Get to know your pharmacist

Let the clinical team know ALL the medications your family member is on

Be aware that not ALL medications interact well

Support via your District Health Board may include:

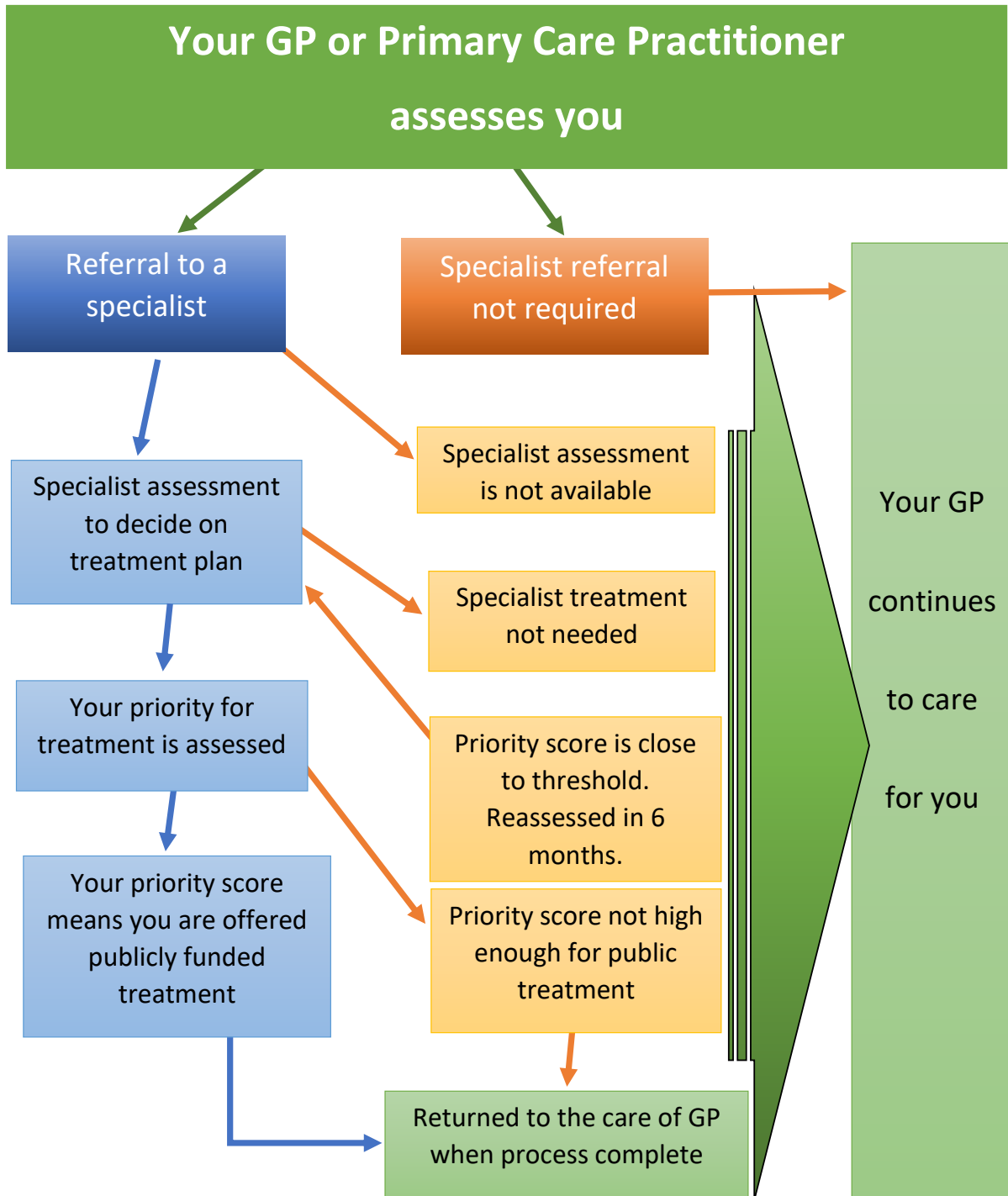
- [Carer Support](#) for people with age-related support needs, mental health and long-term medical conditions is funded by district health boards.
- [Prescription Subsidy Cards](#), [High Health User Cards](#) and [Community Services Cards](#) can assist with costs related to managing your health

Support with living costs - Work and Income (WINZ) may include:

Your local WINZ office is the first point of contact for financial support.

- [Disability Allowance](#) (which can include financial support to access [counselling](#) and cover other medical expenses)
- [Supported Living Payment](#) (which is meant to cover your living expenses, but does not oblige you to look for work or have frequent meetings with your case worker)
- [Accommodation Supplement](#) (which helps with paying for rent or board)

THE WAY FORWARD...



A priority score is an assessment of your level of need and ability to benefit from treatment compared to other people.

GLOSSARY

TERMS you may come across when dealing with the Mental Health/Dual Diagnosis Sector

A

AT&R

Assessment, Treatment and Rehabilitation

C

C&F

Child and Family

CADS

Community Alcohol and Drug Service

CAMHS

Child Adolescent Mental Health Service

Case Management

This is a team approach to psychiatric care in the community.

The team may include a Social Worker, Mental Health Nurse, Psychiatrist, Clinical Psychologists; Community Agencies (e.g. voluntary organisations dealing with mental illness such as Supporting Families in Mental Illness (SF)) Family members may also be included.

CATT

Community Assessment and Treatment Team

CCT

Continuing Care Team

CMHC

Community Mental Health Centre may be used for people needing an urgent psychiatric assessment. It can offer:

- Assessment, diagnosis and treatment.
- Crisis interventions.
- Help/advice in relation to the Mental Health Act.
- Providing and monitoring of medication.
- Consumer advocacy and representation.
- Family therapy.
- Integrated Mental Health Care.
- Groups with a specific focus.
- Information/advice about other Mental Health programmes.
- Specialist treatment including Occupational Therapy, Social Work and Psychological Therapy.
- Liaison with other social & medical services.
- Community Clinics providing access to support groups, provision and review of medications.
- First-Episode Psychosis Service

Staff may include psychiatrists, nurses, psychologists, social workers, occupational therapists and integrated mental health workers.

Community Mental Health Team

A team of different health professionals and support workers providing assessment, treatment and support for people with mental illness.

Counsellor

Counsellors help people deal with their feelings and responses, and assist the person to decide on action they can take to solve problems. They may specialise in relationship counselling, grief and loss, addictions, family problems or life changes.

Crisis Team

Crisis teams support people who might otherwise need to go to hospital, for example due to psychosis, severe self-harm or suicide attempts. They usually include a number of mental health professionals, such as a psychiatrist, mental health nurses, social workers and support workers. Called in an emergency, your regional team can be found on the following link:

<https://www.health.govt.nz/your-health/services-and-support/health-care-services/mental-health-services/crisis-assessment-teams>

D

DHB

District Health Boards are responsible for the health service in their region. There are 20 in New Zealand and you may find some use different terminology.

Duly Authorised Officers

They are the front line operators of the Mental Health Act. They are trained health professionals. They can assist anyone to apply for an assessment of a person or help an individual make the application themselves. They must first be satisfied that the concern is valid and there are reasonable grounds for the assessment.

E

Episode of care

Where multiple referrals for a person are overlapping or are within 14 days, they are condensed to one *episode of care* using the first referral and last discharge.

K

Key Worker or Case Manager

Co-ordinates your care and is your main point of contact. They support you to develop your goals and strategy for recovery. There is also often a mental health nurse or a social worker.

M

Mental Health Nurses / Psychiatric Nurse

A mental health nurse provides treatment, care and support for people with emotional, mental and behavioural problems. Mental health nurses work in the community, hospital outpatient or in other outpatient settings.

Mental Health Support Worker

They provide support, practical assistance and deliver rehabilitation services or programmes that help the recovery process.

MoH

Ministry of Health

MOKO

Maori Mental Health Service

N

NGO

Non-governmental organisation

NHI

National Health Index

O

Occupational Therapist

Occupational therapy uses activities to enable people to recover from mental illness. The therapist works with the person on self-care, productivity and leisure time activities. They take a client centred approach and work closely with family/whanau/fono.

P

Peer Support Workers

Someone who has experienced their own mental illness. Peer support workers may also be called peer navigator, peer recovery coach, peer recovery guide, peer mentor, voice worker or peer support specialist.

PHO

Primary healthcare organisation

Positive Behaviour Support

Positive Behaviour Support (PBS) is a framework for supporting disabled people and others who display behaviours that challenge. A PBS plan focuses on building relationships and teaching skills to reduce a person's need to use behaviours that challenge. This requires everyone working together in a consistent way.

Psychiatrist

A medically trained specialist in mental health focussing on the definite signs and symptoms of mental illness to formulate a diagnosis and treatment. Psychiatrists are doctors and able to prescribe medication.

Psychologist - Educational, Clinical, Private

Assess the current problems of clients, their social and family histories, and examine how feelings, actions, beliefs and culture shape the person's experience and difficulties. Clinical Psychologists give psychometric and neuropsychological tests to identify problems and to measure a person's skills and abilities. They develop and implement individual client plans. They cannot prescribe medication.

1. *Educational psychologists* help with problems of learning and growing up, from birth until 20 years. They work in local Learning Support Services. No fees are charged. There may be a waiting list.
2. *Clinical psychologists* work in the Health Services both general and psychiatric (e.g., Community Mental Health Services). This is a free service but there may be a waiting list.
3. Psychologists in private practice may be either *educational or clinical*. They see individuals or families. There is a fee but people are usually seen quite quickly.

4. Psychologists also work in *Justice, Social Welfare and Police Departments*.

Psychotherapist

Assist individuals, couples and groups to see, think, feel or act differently. It is usually a collaborative process with the psychotherapist.

Psychotherapy

The therapist and the person work together to explore how events of the past relate to the person's current emotional and psychological problems.

R

Regional Dual Disability Team

The team of nurses, psychologists and a consultant psychiatrist provides support for people with intellectual disability who also have significant mental health concerns. They also provide support and advice for families/whanau, carers and professionals. Not available in all regions of the country.

<http://www.healthpoint.co.nz/specialists/mental-health/dual-disability-regional-mental-health-service/>

Responsible Clinician

This is usually a psychiatrist and is the person responsible for a person's treatment while they are under the Mental Health Act.

S

SF

Supporting Families in Mental Illness

Social Workers

Look after social and practical needs such as family assistance, welfare benefits, housing, jobs etc.

Sources

<https://www.health.govt.nz/>

<https://www.healthpoint.co.nz/>

<https://www.mentalhealth.org.nz/>

<https://www.autismnz.org.nz/>

<https://www.tepou.co.nz/>

