Concurrent Disorders Network of Durham Region

A Community Approach to Making System Level Change to Enhance Services for Individuals with

Concurrent Mental Health and Substance Use Concerns

Building Capacity Across the System and Developing Integrated Services for Individuals with Concurrent Disorders and their Families

What Are Concurrent Disorders and why is treating this group so important?

- ***Concurrent Disorders*** (CD) refers to cases where individuals have any combination of mental health and substance use disorders
- The number of people affected by mental health and substance use problems is substantial and individuals with CD have reported that treatment is disjointed and unwelcoming
- Concurrent Disorders are associated with high rates of attrition, missed appointments, costly treatment, poor medication compliance, relapse and readmissions

Individuals often fall through the cracks of a fragmented system

Historically, Individuals With CD Have Encountered a Treatment System that is Disjointed and Unwelcoming

- **Sequential Treatment**: Patients frequently experienced a "ping pong" effect of moving between components of the system that are unconnected and uncoordinated
- **Parallel Treatment**: Simultaneous treatment occurring without consultation or collaboration resulting in high potential for conflicting treatment plans, over-servicing while under-providing
- **Closed doors** due to Stigma associated with substance use issues and mental illness and misperception regarding inter-relatedness of CD

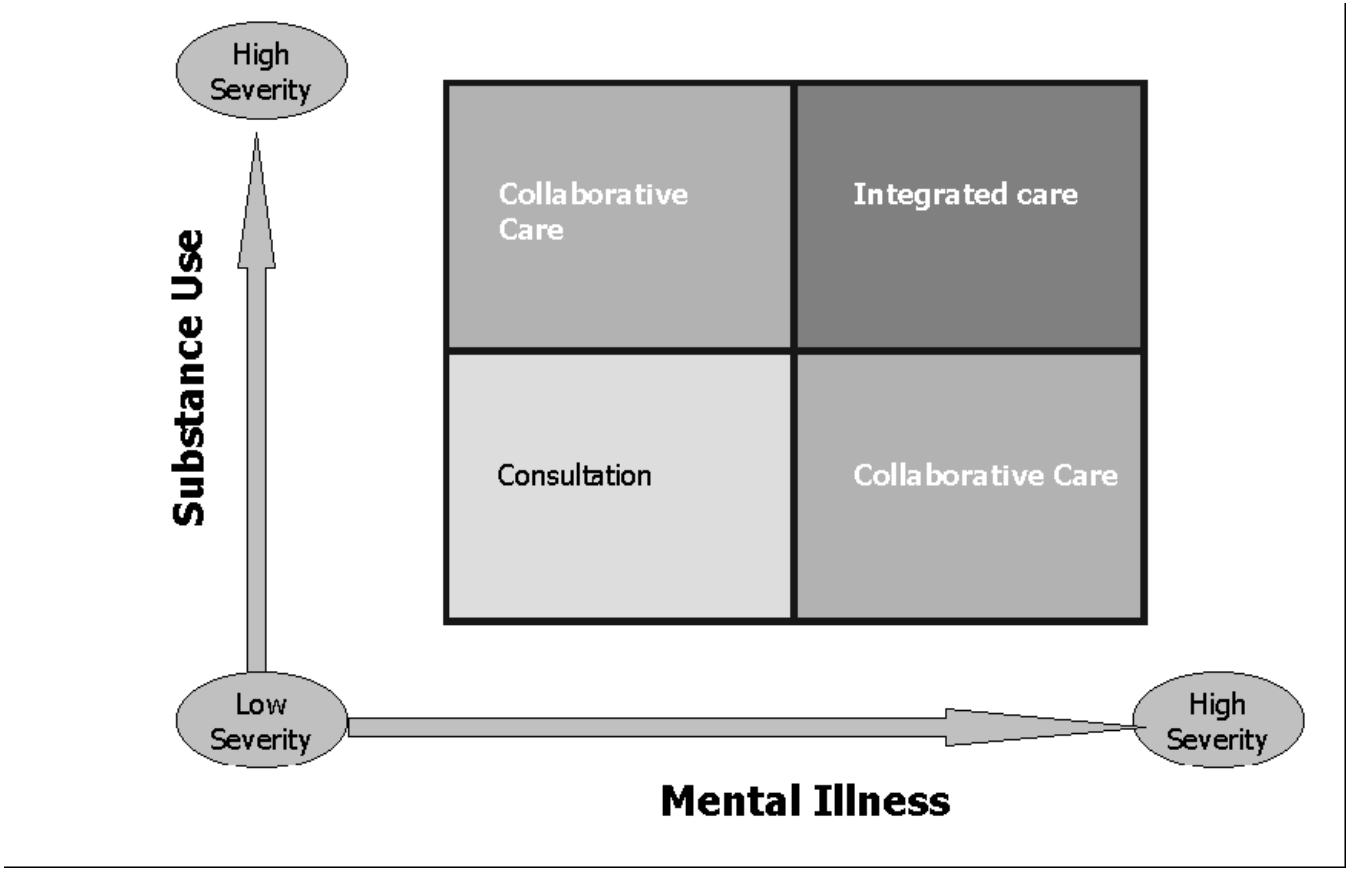
STIGMA relates to a reluctance to seek treatment, increased depression, suicide, relationship difficulties, homelessness, underemployment, poverty, social isolation and loss of hope

An Integrated System Approach Will Produce Changes and Enhance Care

The development of common protocols, **across multiple systems,** to combat traditional barriers and **support** the development of an **integrated** treatment plan that puts the consumer first and which emphasizes :

- The value of the consumer in the development process through representation on the Network and focus group input by emphasizing "Welcoming/No Wrong Door" and "Stigma Reduction" as key components of an integrated response
- A thorough multi-sectoral, region-wide needs analysis leading to targeted training and provision of ongoing support to agencies
- Development of a Consensus Charter that articulates the common philosophy of treatment, common protocols across systems/sectors – signed by 11 major community agencies/services
- Utilization of the quadrant model of concurrent disorders to more appropriately match treatment intervention to severity
- Establishment of a region-wide Capacity Building Team supporting the clinical training needs of member agencies and identifying system barriers

The Four Quadrant Model of CD has been Adopted by the Network to Support Integration



Skinner, W. et al 2006

CAMH

Key Focus: Maintaining Emphasis on System Integration and Growth Process

- Ongoing system wide capacity building through on-site "Concurrent Disorder Champions" providing Cross-Training, and utilizing system and organizational assessment tools to develop focused action plans to increase CD capacity
- Adherence to System-wide Charter and commitment to a Continuous, Comprehensive, Integrated System of Care (Minkoff)
- System-wide screening for concurrent disorders enable appropriate treatment matching
- Utilizing the Quadrant Model of Concurrent Disorders to determine system response and requirements, making appropriate use of available resources
- A focus on Stigma and Welcoming across the system

The Patient/Family Experience Will Be Changed Instrumentally By This Work

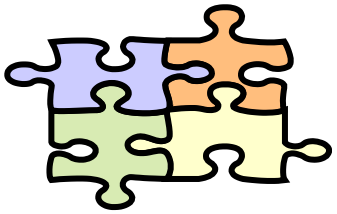
The Consumer Representative on the CD Network shares these priorities:

- Reduce the Stigma and the Secrecy surrounding mental illness and substance use so that all aspects of the treatment system support long term recovery
- Welcome those seeking treatment and treat each door of the system as "no wrong door"
- More integration of services to ensure clients needs are appropriately treated, including long term support; and community based case management services

Individuals will be treated more compassionately, empathically, and effectively by a system that can respond appropriately to their needs.

Concurrent Disorders Network of Durham Region - Membership

Whitby Mental Health Centre
Lakeridge Health
Rouge Valley Health System
Community Care Durham
Durham Mental Health Services
Canadian Mental Health Association – Durham Branch
Fernie House
Centre for Addiction and Mental Health
Durham Regional Police Services
Region of Durham
The Youth Centre
Consumer
Resources For Exceptional Children



Contact: Allison Potts, CD System Integration Consultant

apotts@lakeridgehealth.on.ca