

Dual diagnosis to me means...
“Becoming addicted to alcohol to block out all the other crap. This doesn’t solve anything as the same crap is still there underneath. Working through it is enabling me to move on and get a life.”



Sharing information with other services

If you are receiving care from a drug and alcohol service as well as Oxleas, you can expect them to be invited to attend your care planning meetings and for information to be shared between the services if you agree.

Getting help

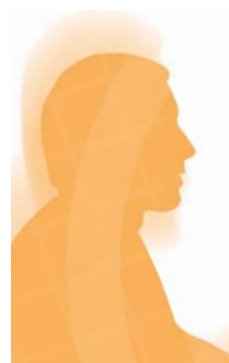
If you are an Oxleas service user and would like help with any aspect of your drug or alcohol use speak to your care coordinator, psychiatrist, or nurse who will explore plans and options with you.

If you don't feel you want help for your mental health but would like support for your drug and/or alcohol use you can ask your GP for details of local drug and alcohol services or call NHS Direct on 08 45 46 47.

General drug and alcohol information and where to get help can also be found at www.talktofrank.com

» Dual diagnosis

Information for service users and carers



“Mental health affects everyone, irrespective of their drugs or alcohol use.”

“I went to see my nurse after I had a bad night. He assumed I had drunk more than usual and judged me.”



Developed with Oxleas service users with a dual diagnosis - July 2008



Dual diagnosis to me means...
“When I take substances that mess around with my head and I know I need to stop. Support and help over the years has helped me become aware which substances are bad for me.”

Drug and/or alcohol use has been linked to:

- Mental ill-health and relapse
- Physical ill-health
- Longer stays in hospital
- Violence
- Suicide
- Problems within the family
- Work problems
- Homelessness
- Crime.

Introduction

Oxleas has a three year strategy (2008 to 2011) for helping people with mental health problems who also use drugs and/or alcohol.

The strategy explains how we are working to:

- Improve your experience of using our services
- Reduce the harm that drugs (not just cannabis) and/or alcohol use can cause
- Ensure our staff have the right skills to help you make choices about your drug and/or alcohol use
- Reduce the prejudice that you may face.

What will happen?

You will be asked about your drug and alcohol use when you first come into the service and whenever your care is reviewed. This will include:

- What substances you use and how much
- Whether you think your use is a problem
- What you would like to change about your use.

What you can expect:

- To openly discuss your use of drugs and/or alcohol, and how this affects your mental health, without being judged.
- Not to be told that you must stop your use but to help you plan to cut down or stop when you are ready.
- Staff will listen, help you to make choices and respect the decisions you make.
- To be given advice and information about harm and risks associated with your use.
- Your discussions with staff to be shown in your care plan.
- Public areas in all Oxleas services will contain information leaflets about the following:
 - local drug and alcohol services
 - Alcohol
 - Cannabis and your mental health
 - Blood borne viruses (eg Hepatitis)
 - Commonly used drugs
 - Alerts to harmful batches of drugs within your local area.

Other developments

We are developing a programme to increase understanding of dual diagnosis amongst relatives, partners and friends (carers).

We are looking at ways of increasing involvement of service users with a dual diagnosis in our services.