

“Better Together”

Our approach to Dual Diagnosis in York and North Yorkshire

Key principles to the approach:

1. The person comes first

We strive to work towards a joint care approach with the voice of the person we support at the heart of decision-making. Where multiple teams are involved, we will strive to communicate effectively and adopt an approach where the needs of the people we support are held in mind by all services at all points of access.

2. Let's talk

Communication between services is paramount and relationships are essential at all levels to ensure local areas are working together effectively when needed.

3. Commitment to learning, sharing expertise and good practice

We strive to offer support, advice, training and shadowing opportunities to other specialist services so that they can develop their skills set and understanding of the issues surrounding dual diagnosis, even when there are obstacles to overcome.

The Vision – a principled approach to working together:

Person comes first

- The 'which came first' debate will be set aside – with both co-occurring difficulties being addressed as a presenting problem that affect the other.
- We will prioritise the wishes and feelings of the person seeking help, ensuring they are considered throughout and have a voice
- When client is not able/ eligible to access a service, signposting and liaison between services is offered as standard which clear transparent rationale and next steps offered
- Where there is a CPA, Substance use services are to be included

- Care will be responsive, where possible, a jointly approached DNA process will be adopted to ensure that services communicate with and support the person to stay engaged based on their risk and complexity.
- We will share information – read only access to systems and agreements in place to communicate
- We will develop and create local Dual Diagnosis pathways.

Let's talk

- Services and teams will identify Dual Diagnosis champions/ leads in each area or team. These individuals will be part of the dual diagnosis forum, have time to maintain their personal learning and development and be key contacts for external agencies seeking to make contact around general local dual diagnosis queries.
- Staffing structure/ contact details map for each team across services to be available where possible and kept up to date
- Services to make it clear what their Dual diagnosis offer is within its limits, seek to provide guidance on what is needed before a referral is accepted.

Learning and development

- The pledge will be operationalised by all partners and referred to as a way of maintaining the standard. The strategic dual diagnosis meeting will review the action plan and the pledge as part of its dedication to the mobilisation of this work.
- Services to provide opportunity to shadow and observe each other's work to gain greater insight into the work they do
- Mental health and Substance misuse Services will provide specialist training to partners in the pledge
- The Dual Diagnosis network meeting will be accessible to all so that professional multi agency support, learning and networking is common place
- Recovery stories for those who have faced both moderate / severe mental illness and addiction and have found a new way of living healthier and happier lives