

***Treatment services for co-
occurring substance use and
mental health problems***

Department of Health 25 September 2019

HRB drug and alcohol evidence reviews

Treatment services for people with co-occurring substance use and mental health problems.
A rapid realist synthesis.



Background

- Patient outcomes are improved when treatment is integrated
- Very few services have capacity to provide integrated treatment

Complex problems

- Dual diagnosis
- Need to understand how integration of services might work
- What works, for whom and in what circumstances

Realism

- Seeks to explain rather than quantify
- Theory-driven approach
- Hypotheses developed through engagement with knowledge users

Theory statements

- Meetings with dual diagnosis services
- Ten theory statements developed
- Statements guide literature search and analysis

What did the review find?

Findings: Integration

- Culture of hope
- Empowering collaborative climate
- Confidence to implement change
- Providers' belief a catalyst for change

Findings: Integration

- Training environment
- Supports co-production
- Values lived experience
- Client-centred approach

Findings: Access

- Creating an environment that is intentional about displaying simple acts of kindness will help build trust
- Co-design creates room for flexibility
- Increase in patient engagement

Findings: Treatment outcomes

Engagement in treatment through:

- Supportive social network
- Self-management behaviours
- Social and economic stability
- Individual incentives

Findings: Integration

- Formal partnerships
- Open dialogue
- Common language
- Intermediary outcomes
 - Unified case management
 - Coordination of care
 - Shared treatment plans

Conclusion

Building a culture of hope among providers, family and clients through instilling confidence, self-esteem and empowerment is critical to recovery

Community of practice

- Survey of service providers
- Seminars to discuss integration
- Presentation on best practice