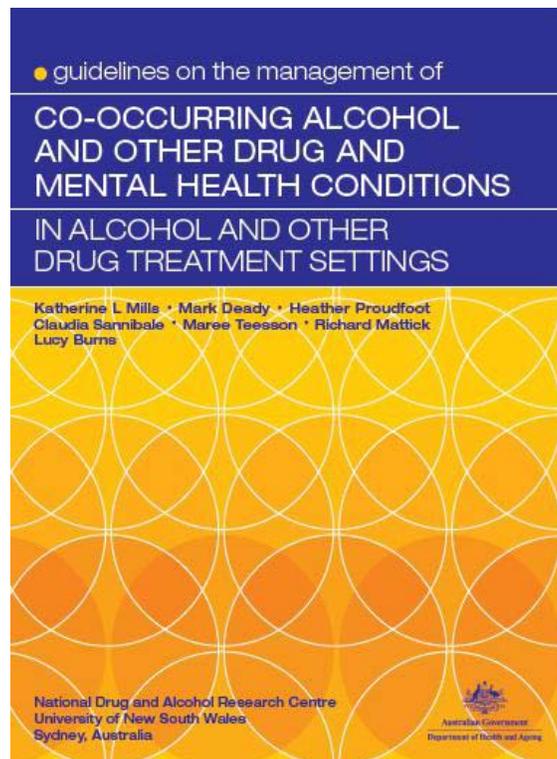




Australian Government
Department of Health and Ageing

Overview of the Training Package on the

Guidelines on the management of co-occurring alcohol and other drug and mental health conditions in alcohol and other drug treatment settings



About the Training Guide

Aims of the Training Guide

This training guide has been developed to support training on the *Guidelines on the management of co-occurring alcohol and other drug and mental health conditions in alcohol and other drug treatment settings* (hereafter referred to as the Guidelines).

The aim of the Training Package is to provide clinical educators, team leaders and other suitably qualified personnel to deliver training on the Guidelines within the workplace. It is hoped that by delivering targeted, workplace based training on the information within the Guidelines, AOD and related professionals will significantly improve their knowledge, skills and confidence when working with clients with co-occurring AOD and mental health concerns.

The Guidelines and the training do not aim to create “mental health experts”. They are designed to raise the level of awareness of commonly presenting mental health issues within the AOD context and to increase the confidence of AOD workers to identify, work with and appropriately refer to mental health services as necessary.

Objectives for the Training

At the completion of all sections of the training, participants will be able to:

- Describe the rationale and purpose of the Guidelines;
- Define comorbidity in the AOD context;
- Explain the relationship between AOD use and mental health concerns;
- Understand the prevalence of comorbidity within the Australian context;

- Discuss some of the consequences of co-existing AOD and mental health issues;
- Describe the guiding principles for working with clients with comorbidity;
- Understand the classification of mental health disorders;
- Explain a range of mental health conditions including mood, anxiety, psychotic and personality disorders;
- Identify methods for assessing comorbidity, including a range of standardised tools for assessing mental health;
- Describe methods for working effectively with specific mental health concerns;
- Describe a range of broad and specific strategies for treating mental health issues;
- Understand commonly prescribed medications for use in the treatment of mental health conditions;
- Explain the process involved in effective referrals and interagency management of clients with co-occurring AOD and mental health issues;
- Identify the specific needs of some special interest groups.

Contents of Training Package

The Training Package has been divided into 6 sessions:

1. Overview of the Guidelines and Comorbidity
2. Classification of Mental Health Disorders
3. Assessment of Comorbidity
4. Management and Treatment of Comorbidity
5. Working Collaboratively
6. Specific Population Groups.

(NB: not all sessions are of equal length due to the varying content within each session).

The following documents have been developed for each of the six sessions:

- Training program with suggested activities and times
- PowerPoint slides;
- Handouts;

As well, for the overall training package there is:

- Pre and post training questionnaires
- Evaluation forms.

Delivery of the Training

It is, of course, essential that anyone involved in the delivery of training be fully cognisant of the content of the *Guidelines on the management of co-occurring alcohol and other drug and mental health conditions in alcohol and other drug treatment settings*. Further training on the content of some of the sessions (such as the mental state exam, pharmacotherapies or motivational interviewing) may be necessary for the person delivering the training prior to delivering the relevant session.

Trainer characteristics

People involved with the delivery of training on the Comorbidity Guidelines should possess the following characteristics and skills:

- ! Strong background in mental health
- ! Sound understanding of the symptoms of mental illness
- ! Practical experience in the assessment and management of clients with mental health concerns
- ! Demonstrated skills in delivering education and training consistent with adult learning principles.

The Training Package is designed to be run as individual, short sessions or as whole days of training. The times allocated to each of the sessions are a guide only and will vary according to factors such as the size of the group, the background of the participants involved in the training and the context in which the training is being delivered.

This training is designed as a broad overview of the content of the Guidelines. More extensive training may be required/recommended within some AOD and related workplaces on the following topics:

- Undertaking and writing a mental state assessment
- Suicide risk assessment, prevention and management
- Assessing and working with trauma survivors
- Understanding and working with clients with personality disorders
- PsyCheck
- Managing aggression and challenging behaviours
- Motivational interviewing
- Cognitive-behavioural therapy
- Pharmacotherapies for mental health disorders

Evaluation of the Training

Accompanying this Training Package are pre and post workshop questionnaires and an evaluation form for each session. These forms are designed to provide feedback to the trainer on the effectiveness of the session delivered and on further training required by those who attend the training.