

Two Diagnoses, One Person

Sara Moseley

Director, Mind Cymru

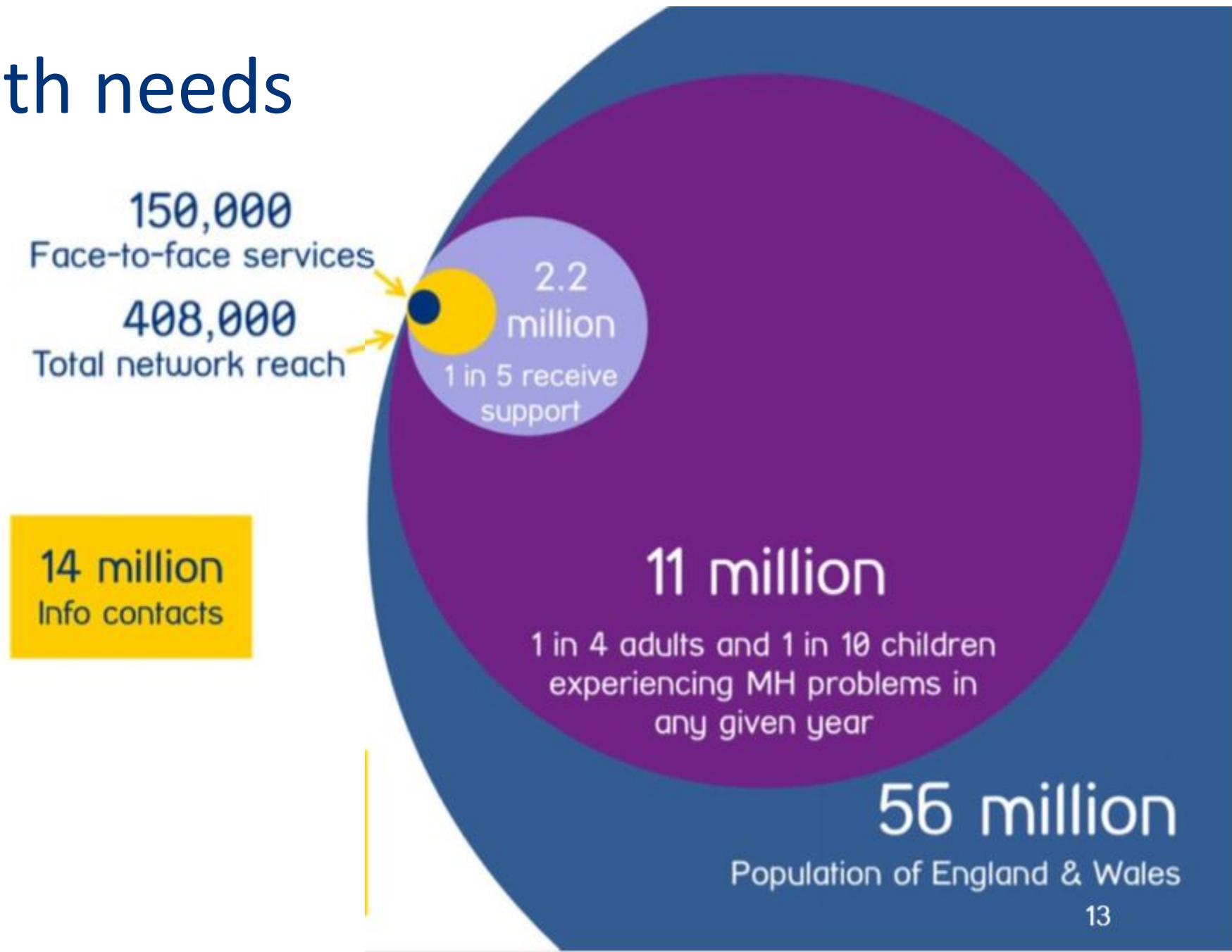


We are here to make sure everyone in Wales has access to the mental health information, support and services they need.

We won't give up until everyone experiencing a mental health problem gets both support and respect



Mental health needs



Large
variation in
risk, need &
demand by
area

Scale of
need quite static
but complexity
increasing

Demand
rising - from
new and
regular service
users

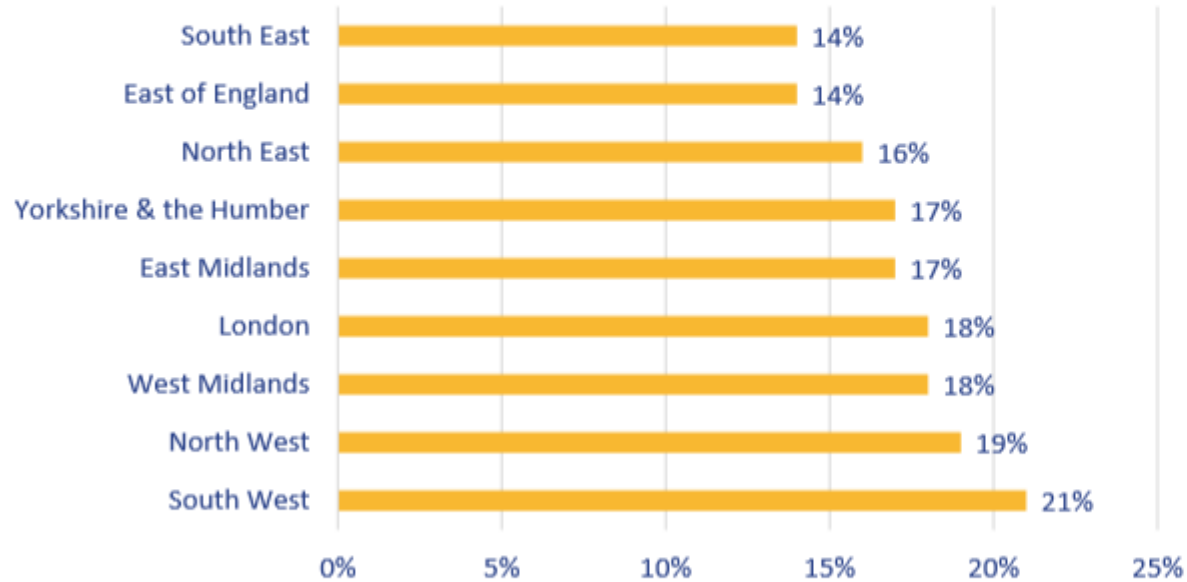
Ability &
willingness to
access support
is key factor

Current
'target group'
approach is
ineffective

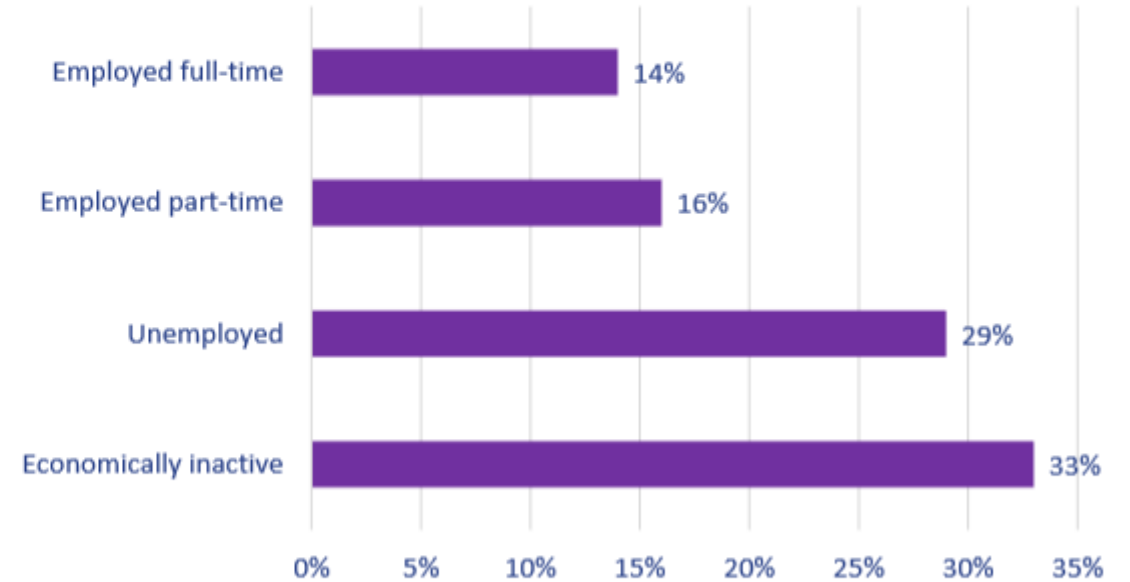
Segment
people by need
profile to better
target our
response

Need varies by region – major influence of poverty

Experiences of common MHPs in the last week
(by English region)

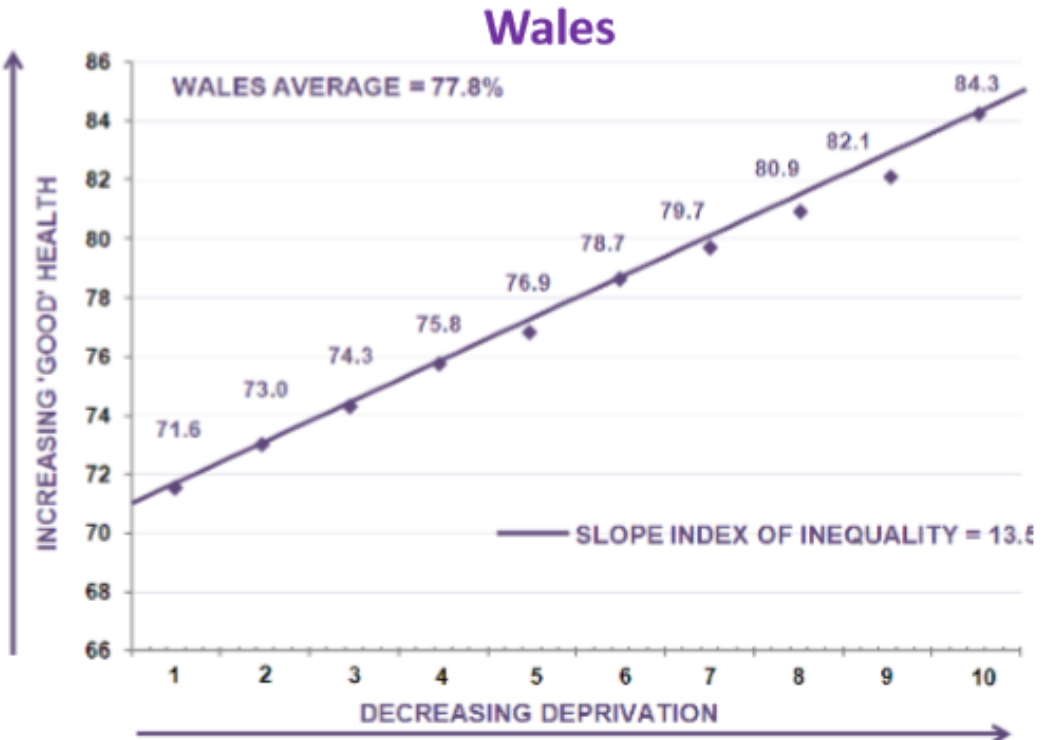
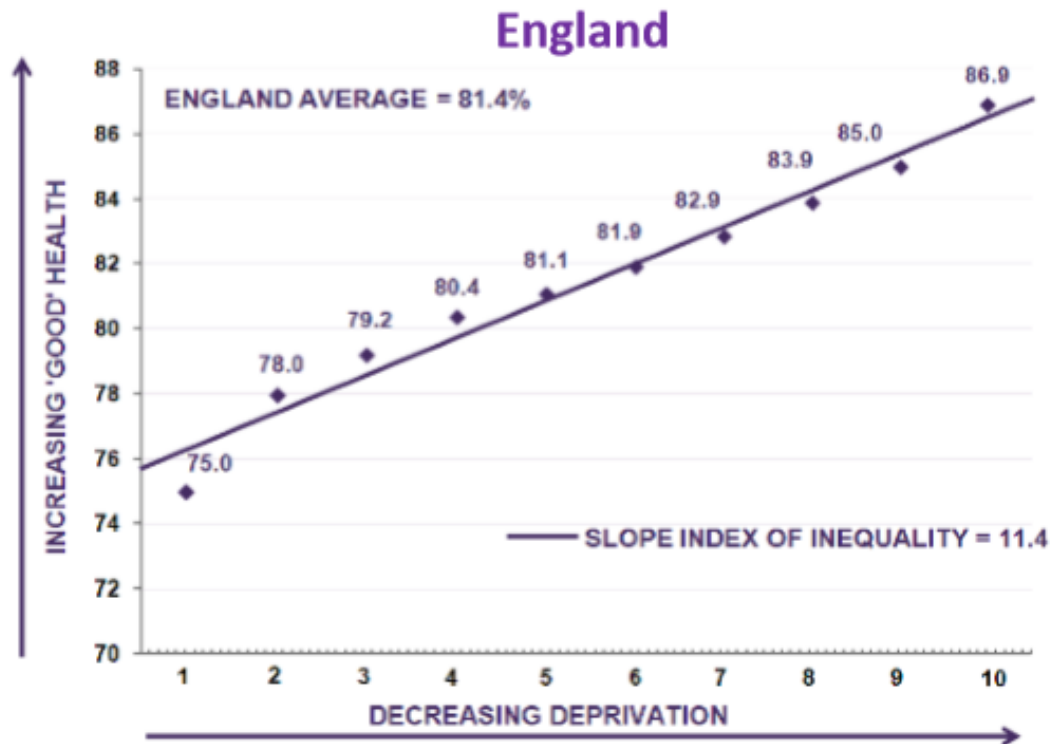


Experiences of common MHPs in the last week
(by employment status)



Similar patterns seen in Wales – e.g. 20% of population in deprived areas experience common MH problems compared to 8% in least deprived areas

Health & social deprivation



The relationship between a population's overall health and social deprivation is very strong – and consistent across both England & Wales. However, **Wales has worse overall health and larger inequalities** between most and least deprived areas.

Press release

Dependence on prescription medicines linked to deprivation

PHE has published the first-ever evidence review of dependence and withdrawal problems associated with 5 commonly prescribed classes of medicines in England.

Published 10 September 2019

From: [Public Health England](#)



The [Prescribed medicines review](#) assesses the scale and distribution of prescribed medicines – and makes recommendations for better monitoring, treatment and support for patients.

It uses available prescriptions data, a literature review and reports of patients' experiences.

A total of 5 classes of medicines were included in the review:

 **Mind**
for better mental health
o blaid gwell iechyd meddwl



Dying from inequality

Socioeconomic disadvantage
and suicidal behaviour

SUMMARY REPORT 2017



Groups currently receiving support



People who were **White British, female,** or **in mid-life** (especially aged 35 to 54) are more likely to receive support. People from Black communities have particularly low treatment rates

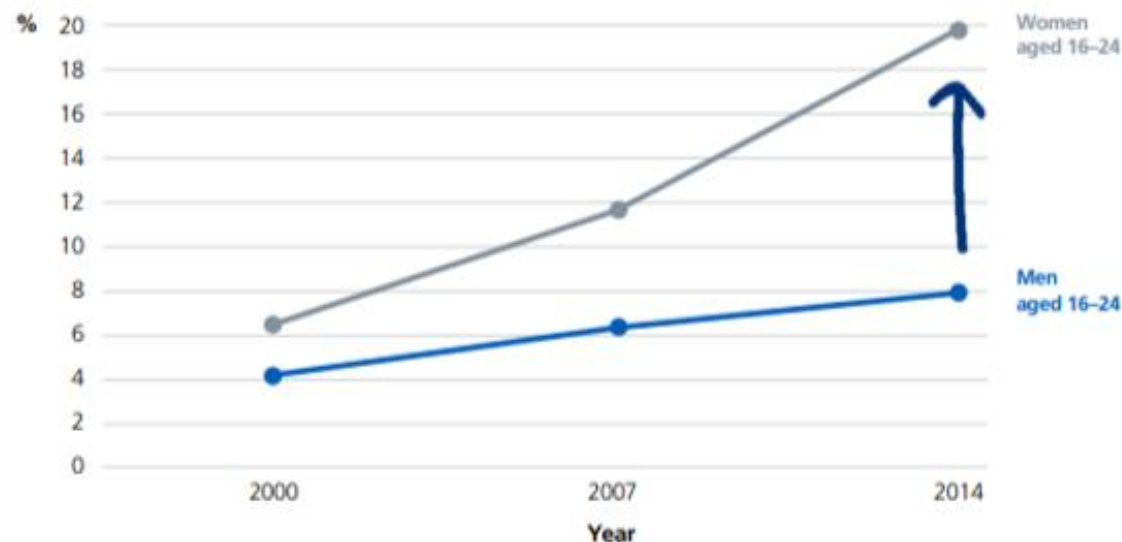


Young people and those living in **lower income** households are more likely to have **requested but not received** a particular mental health treatment

Changing profile of need

Self-harm ever (reported face-to-face) in 16–24 year olds, by sex: 2000, 2007 and 2014

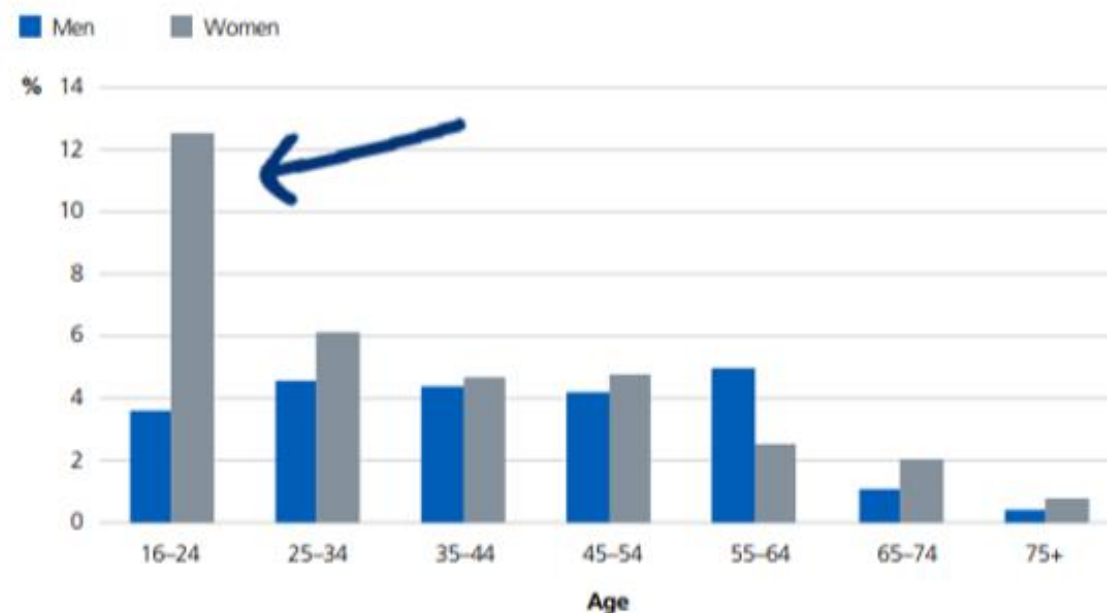
Base: adults aged 16–24 and living in England



Major concerns for mental health of young people – esp. women. Need has dramatically increased in recent years

Screening positive for posttraumatic stress disorder (PTSD), by age and sex

Base: all adults



How can substance misuse affect mental health?

There are four main types of recreational drugs, divided according to their major effects. The main categories are:

- Stimulants
- Depressants (alcohol)
- Opium related Painkillers
- Hallucinogens

How can substance misuse affect mental health?

(Alcohol) Type of drug	Depressant
Short-term effects	<ul style="list-style-type: none">• Feeling relaxed and more sociable• Feeling subdued, so that you drink more in order to recreate the pleasant effects• Large amounts – uninhibited behaviour or aggression
Long-term effects	<ul style="list-style-type: none">• Memory loss• Difficulty thinking clearly• Difficulty problem-solving• Poor Concentration• Addiction
Dependency and withdrawal symptoms	<ul style="list-style-type: none">• Anxiety• Delirium, (confusion, disorientation, hallucinations)

How can substance misuse affect mental health?

A report by the Mental Health Foundation into the relationship between alcohol and mental health found that as many as 65% of suicides have been linked to excessive drinking, and 70% of men who take their own life have drunk alcohol before doing so. Almost 1/3 of suicides amongst young people are committed while the person is intoxicated.

At least 2/3 of alcohol-dependent people entering treatment show evidence of anxiety, sadness depression and/or manic like symptoms.

Of the types of recreational drug, alcohol is the easiest to get; it is legal and readily available in many places.

Often people drink because they want to change their mood or mental state, including trying to suppress feelings of anxiety and depression.

Evidence suggests people with acute and enduring mental illnesses such as schizophrenia are at least three times as likely to be alcohol dependent as the general population.

Self-medicating with alcohol can be cyclical. This can cause a person to become addicted and needing more and more alcohol for the same effect.

How can substance misuse affect mental health?

People with a dual diagnosis are;

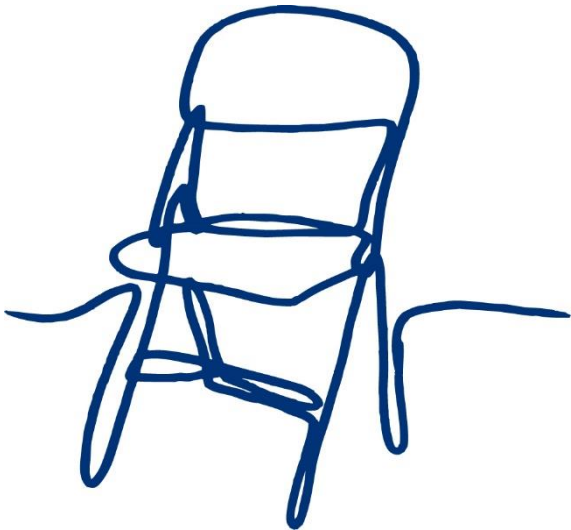
- More likely to experience severe mental health problems
- Be at increased risk of suicide
- Experience unstable housing
- Have financial difficulties
- Be less likely to engage with treatment interventions
- More likely to fall through the gap between services

Dual-Diagnosis

If you have severe mental health problems and problematic substance misuse, you may be given a 'dual diagnosis' when both problems are diagnosed at the same time.

A dual diagnosis may cause a large number of problems and you may need help with many different parts of your life.

If you have a dual diagnosis, mental health services should be responsible for your treatment.



Dual-Diagnosis

Mental health: 'Services must include dual diagnoses'

By Marie-Louise Connolly
BBC News NI Health Correspondent

🕒 5 September 2019

[f](#) [💬](#) [🐦](#) [✉](#) [Share](#)



 **mind**
for better mental health
o blaid gwell iechyd meddwl

Make Every Adult Matter (MEAM)



People facing multiple disadvantage experience a combination of problems including homelessness, substance misuse, contact with the criminal justice system and mental ill health. They fall through the gaps between services and systems, making it harder for them to address their problems and lead fulfilling lives.





Llywodraeth Cymru
Welsh Government

www.gov.wales

Service Framework for the
Treatment of People with
a Co-occurring Mental
Health and Substance
Misuse Problem

September 2015

Service Framework

The framework was created to pull together actions from both the Together for Mental Health Strategy and the Working Together to Reduce Harm Substance Misuse delivery plan.

It was created as data shows that more than half of people with substance misuse problems are also diagnosed with a mental health problem at some point in their lives.



for better mental health
o blaid gwell iechyd meddwl



Llywodraeth Cymru
Welsh Government

www.gov.wales

Service Framework for the Treatment of People with a Co-occurring Mental Health and Substance Misuse Problem

September 2015

Service Framework

The framework doesn't just concentrate on mental health and substance misuse teams, but also recognises the importance of input from other providers such as housing, justice agencies, case offender managers and education.

An integrated approach is needed to ensure that people with a dual diagnosis are not liable to 'fall between the gaps'



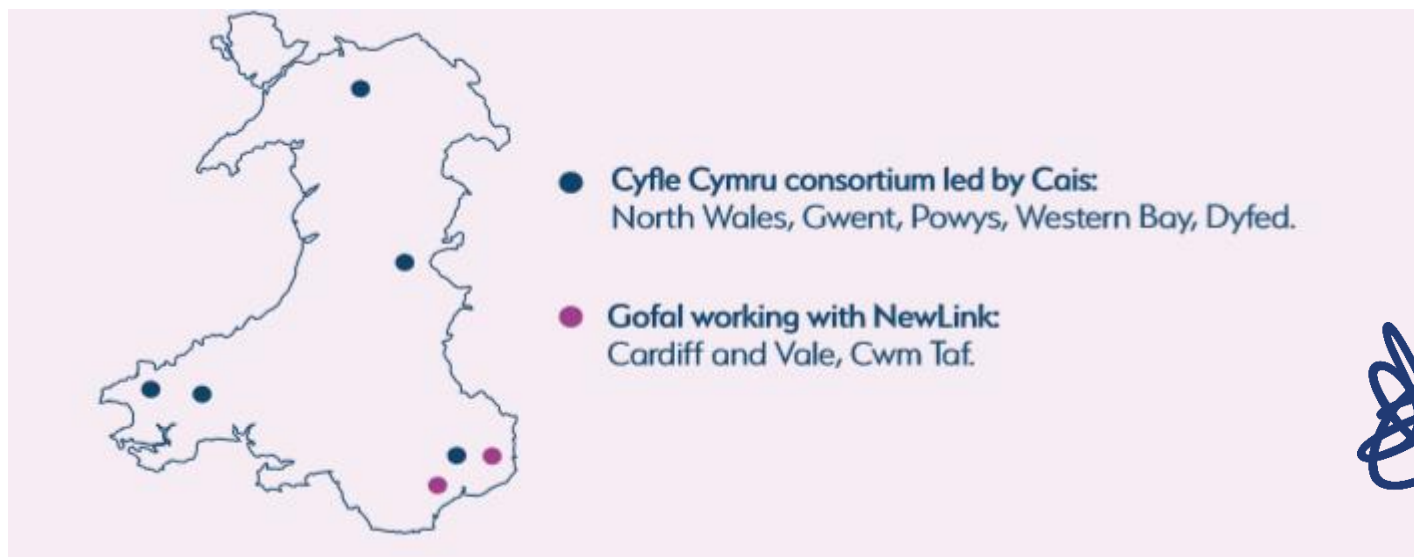
for better mental health
o blaid gwell iechyd meddwl

Out of Work Service

In August 2016, the Welsh Government launched their Out of Work Service.

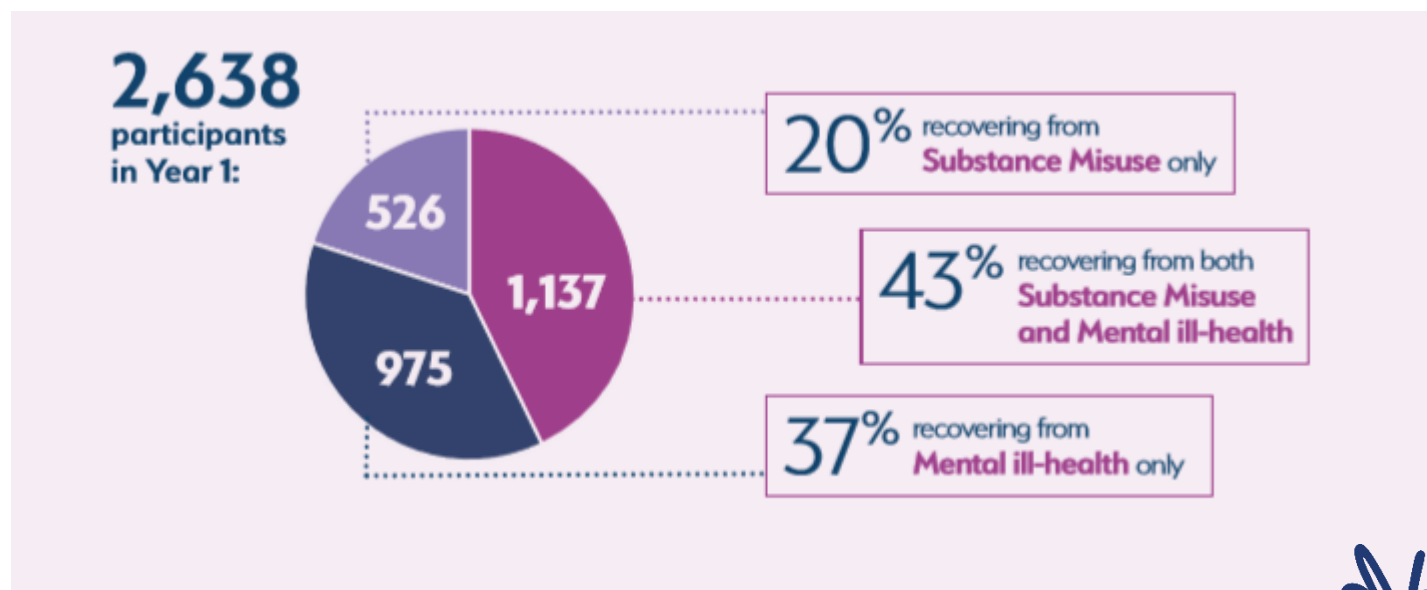
It concentrated on working with unemployed young people suffering with substance misuse and mental health problems.

The service combines pre-employment engagement, peer mentoring and employment-focused support.



Out of Work Service

In its first year, the Out of Work Service treated 2,638 participants. It found that the greatest number of participants in the programme were those recovering from co-occurring substance misuse and mental ill-health conditions.



Doing and learning

Peer Support Hubs

Social Prescribing

My Generation

Blue Light

Social Prescribing

- Since bid development, Mind Cymru have worked **together** with local Minds to design a Social Prescribing model to meet the needs of people with mental health issues.
- Service targeted at people with mild to moderate mental health problems.
- Target of 1,500 participants so enough people for credible evidence base.
- Across four Local Minds (Merthyr and the Valleys, Vale of Clwyd, Ystradgynlais and Brecon) to test the model in rural, urban and valleys environments.
- Working with 3 different GP clusters (Taf Ely, Red Kite/South Powys and North Denbighhire) so success can't be down to just one GP practice.
- Link Workers have mapped a range of relevant services in each area.

Projects and Programmes in Wales; Peer Support



Peer support in your community
Cymorth gan gymheiriaid yn eich cymuned

My Generation

Improving the resilience and wellbeing of people over
50 years old in Wales





Step-Up Step-Out:
A supported volunteering service

Thank you



Mind Legal Line – 0300 466 6463

Mind website – www.mind.org.uk

