

References and resources

In this section we provide:

- References for the preceding chapters
- A description of the most commonly used substances
- A fuller description of the policy context for dual diagnosis
- Suggestions for further reading
- Useful addresses

References

Section one: Introduction

1 *Dual Diagnosis Information Manual - Co-existing problems of Mental Disorder and Substance Misuse*, The Royal College of Psychiatrists (2002)

2 J. Marsden et al. *Psychiatric symptoms among clients seeking treatment for drug dependence. Intake from the National Treatment Outcome Research Study*, 176 Br, J. Psychiatry 285-289 (2000)

3 Quoted in *Dual Diagnosis Good Practice Guide (2002)*, Department of Health

Section three: Substance Use

References used throughout this section:

The Druglink Guide to Drugs (2004), Drugscope
(Available from Amazon.co.uk. ISBN 1-904319-16-5 Price: £8.50)

Co-existing Problems of Mental Disorder and Substance Misuse (Dual Diagnosis) - an Information Manual (2002). The Royal College of Psychiatrists (www.rcpsych.ac.uk/cru/complete/ddipPracManual.pdf)

British Crime Survey information available at: www.homeoffice.gov.uk/rds/bcs1.html

Patterns of Substance Misuse

National Alcohol Harm Reduction Strategy (2004), Department of Health

Section four: Mental health problems

Bateman, A. and Tyrer, P. (2002) *Effective management of personality disorder*, Department of Health

Personality disorder

No longer a diagnosis of exclusion. Policy implementation guidance for the development of services for people with personality disorder, National Institute for Mental Health in England (NIMHE) (2003) (www.dh.gov.uk/mentalhealth/personalitydisorder.pdf)

The Personality Disorder Capabilities Framework NIMHE (2003)
(www.nimhe.org.uk/downloads/personalitydisorders.pdf)

Psychological interventions

A useful resource is '*Recent Advances in understanding mental illness and psychotic experience*'.
(Available at the British Psychological website www.bps.org.uk)

Involving users, families and carers

There may be a local user group or organisation in your area that can provide advice.

National information includes:

- The Joseph Rowntree Foundation findings: '*Increasing user involvement in voluntary organisations*' July (2003). Ref 723 www.jrf.org.uk
- A Fair Day's Pay: A guide to benefits, service user involvement and payments. Mental Health Foundation, July (2003). Price: £8 (free to unwaged)

The Sainsbury Centre for Mental Health has also begun a pilot entitled *Service User Empowerment and Leadership Programme*.

Making services more culturally appropriate

BME communities

1 <http://image.guardian.co.uk/sys-files/Society/documents/2004/02/12/Bennett.pdf>

Wanigaratne S, Unnithan S and Strang J *Substance misuse and ethnic minorities: issues for the UK* (published in *Psychiatry in Multicultural Britain: (2001)* p. 243-263)

For further information on the Department of Health's Strategy: *Delivering Race Equality: a Framework for Action* and other key documents see www.nimhe.org.uk/priorities/black.asp

Women

Brunette, MF and Drake, RE (1997) *Gender differences in patients with schizophrenia and substance misuse*. *Compr Psychiatry* Mar-Apr 38(2):109-16

Crome I (1997) *Gender differences in substance misuse and psychiatric comorbidity*. *Current Opinion in Psychiatry* 1997, 10: 194-198

For further information on the Department of Health's Women's Mental Health Strategy *Mainstreaming Gender and Women's Mental Health* and other key documents see www.nimhe.org.uk/priorities/women.asp

Lesbian, gay, bisexual and transgender

Lesbian

1 *Mental Health and Social Wellbeing of Gay Men, Lesbians, and Bisexuals in England and Wales* – Principal Authors: Professor Michael King and Dr Eamonn McKeown, Mind (2003) (www.mind.org.uk)

2 Richard Dyter and Philip Lockley *Drug Misuse Amongst People from the Lesbian, Gay and Bisexual Community: A Scoping Study*, Home Office (2003) (www.drugs.gov.uk)

Further resources for LGBT issues include:

DeAngelis, T., *New Data on lesbian, gay and bisexual mental health*. Monitor on Psychology Vol 33 (2002)

PACE, a Lesbian, Gay and Bisexual Mental Health Organisation
Tel: 020 7697 0014
www.pacehealth.org.uk
pace@dircon.co.uk

Antidote, Specialist LGBT Substance Misuse Service
Tel: 020 7437 3523
antidote@turning-point.co.uk

Queery – searchable LGBT community database for other referrals
www.queery.org.uk

Section six - Structures

Rankin J & Regan S (2004) *Meeting Complex Needs: The Future of Social Care*, Turning Point/IPPR
Price: £9.95

1 *Keys to Engagement*, Sainsbury Centre (1998)

2 Checinski K: Treatment Strategies and Interventions. Chapter 10 in *Dual Diagnosis: Substance Misuse and Psychiatric Disorders* G. Hussein Rassool, Blackwell Science (2002).

Section five: In Practice

Assessment

1 *Co-morbidity of substance misuse and mental disorders* available from www.nelmh.org/content_show.asp?c=17&fid=663&fc=008001

2 Moore K & Rassool GH: *A Synthesis of Addiction & Mental Health Nursing: An Approach to Community Interventions. Chapter 8 in Dual Diagnosis: Substance Misuse and Psychiatric Disorders*, Blackwell Science (2002)

The Diagnostic and Statistical Manual Four.
(Available from Amazon Price: £55.95)

Managing risk

Assessment and Management of Risk of Harm in Clients with Dual Diagnosis.
(Published by Alcohol Concern in association with Drugscope, March 2002. Price: £10)

Types of treatment provided by substance misuse services

Much of the information in this section comes from *Treatment Works*, an initiative involving the major voluntary substance misuse agencies in the UK. More information and resources are available from www.treatmentworks.co.uk

Treatment via the criminal justice system

This information is adapted from the Home Office website. More details are available from: www.drugs.gov.uk/NationalStrategy/CriminalJusticeInterventionsProgramme

Stages in treatment

Osher, FC and Kofoed, LL, (1989) *Treatment of patients with psychiatric and psychoactive substance abuse disorders*. *Hospital and Community Psychiatry* 4 (10), 1025-30

Active treatment

Co-existing Problems of Mental Disorder and Substance Misuse (Dual Diagnosis) - an Information Manual (2002). The Royal College of Psychiatrists. (www.rcpsych.ac.uk/cru/complete/ddipPracManual.pdf)

Factors involved in relapse prevention

Also see above

Miller WR & Rollnick S (1991) *Motivational Interviewing: preparing people to change addictive behaviour*. New York, Guildford Press

Prochaska J & DiClemente C (1986) *Towards a comprehensive model of change*. In W Miller and N Heather (Eds) *Treating addictive behaviours: Processes of change*. New York, Plenum Press