

The Dual Diagnosis Capability of Residential Addiction Treatment Centres: The Usefulness of the DDCAT as an Index

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Co-morbidity

- Definition
 - A person who has both an alcohol &/or drug problem with a concurrent psychiatric problem
 - It is also commonly referred to as dual diagnosis
- Depending on the sample
 - 30 to 80% of people with mental disorders have a co-existing substance use disorder.
 - 50% of people in residential substance abuse programs have a co-existing mental health problem

Associated Problems

- **Individuals diagnosed with a co-morbid mental health / substance use problem have:**
 - increased relapse,
 - hospitalisation,
 - violence,
 - incarceration,
 - homelessness,
 - victimisation
 - vulnerability to HIV and HCV & other physical disorders

(e.g Gafoor & Rasool, 1998)

Residential Rehabilitation

- Proven efficacy for integrated mental illness & substance abuse treatment in residential settings
(Anderson, 1994; Hondurus; Aguilera et. al, 1999)
- But
 - Only a few residential rehabs specialise in co-morbidity treatment
 - Often restrictions on entry for certain types of mental health problems or certain types of medications
 - Staff generally have low confidence to work with complex mental health problems

Co-morbidity Capacity

- A range of measures have been developed to examine the capacity of services to work with co-morbidity.
 - E.g. IDDT and COMPASS
- The DDCAT has recently been recommended for use by the Commonwealth and linked to funding
 - Improved Service Initiative

But, there has only been one published study

Aims of the Current Study

1. Assess the capability of Australian residential addiction treatment facilities to work with co-occurring mental health problems.
2. To examine how useful Australian NGO's find using the DDCAT

Participants

Organisations

- 16 residential rehabilitation units from 5 organisations
 - 14 Primarily Addiction
 - 2 of the units were Dual Diagnosis specific
- Located in NSW, QLD & ACT

Key Workers

- One key worker was selected from each site to assist with completing the DDCAT and rating the questionnaire
- Typically team leader or service manager
- On average they were 45 years of age and had experience in the substance abuse field for 12.3 years

Dual Diagnosis Capability in Addiction Treatment (DDCAT) Index

- The DDCAT provides a rating of the capability of the organisation to treat co-morbid substance abuse and mental health problems.
- DDCAT ratings are based on:
 - Site inspections
 - Interviews with management, staff and consumers
 - Review of clinical files, policy & procedures and the organisations clinical guidelines
- Presently, the DDCAT is being used across 20 states of the US and is currently being used nationally within Australia.

Cont

The Dual Diagnosis Capability in Addiction Treatment (DDCAT) Index

(McGovern, Matzkin & Giard (2007))

- 35 Items scored on a 5 pt Likert Scale
- Each item is rated from 1 to 5 where:
 - 1 = Alcohol Only Service
 - 3 = Dual Diagnosis Capable Service
 - 5 = Dual Diagnosis Enhanced Service

DDCAT Dimensions

Subscale	Description
Program Structure	Program mission and collaboration with MH services
Program Milieu	Physical & social environment
Assessment	Screening, assessment & diagnosis
Clinical Process	Medication & psychosocial treatment
Continuity of Care	Discharge & ongoing care
Staffing	Composition of staff to support co-occurring disorders
Training	Proportion of staff trained in strategies to work with co-occurring disorders

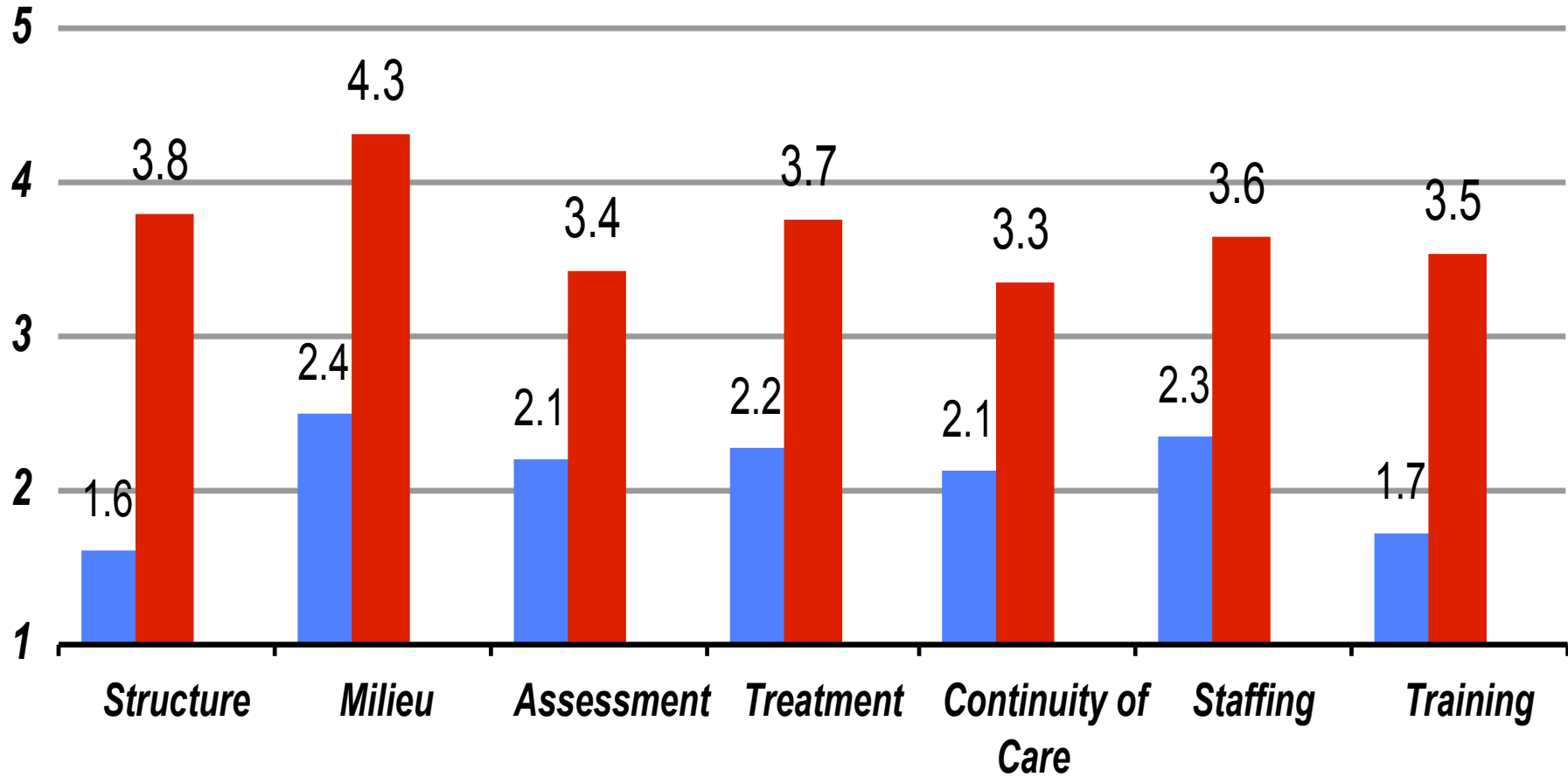
DDCAT Usefulness Survey

- The survey was developed for the purposes of the current study
- It covers areas of:
 - Willingness to work with co-occurring mental health problems
 - Intent and confidence to improve the capacity to work with co-occurring mental health problems
 - The usefulness of using the DDCCAT

Procedure

- Completion of the DDCAT
 - Completed by the researchers in conjunction with a key worker at each site
 - Ratings were based on:
 - Site inspections
 - Interviews (staff, clients, management)
 - Review of P&P's and client files
- The Usefulness survey was completed by the key worker

Average DDCAT Ratings Across Residential Rehab



■ *Primarily Addiction Services* ■ *Dual Diagnosis Services*

Summary of Recommendations

Structure

- Include co-occurring mental health problems in the mission statement
- Develop formal agreements with local mental health services

Milieu / Treatment Environment

- Display brochures / posters on common mental health problems

Assessment

- Develop routine screening, assessment and diagnosis procedures

Recommendations Continued

Treatment

- Routinely monitor mental health and record this in the case notes
- Include specialized interventions for mental health problems (anxiety and depression)

Continuity of Care

- Improving the discharge planning processes to ensure that issues associated with mental health are addressed

Staffing

- Recruitment of mental health specialists

Training

- Improve staff confidence to work with co-occurring mental health problems

The role of your unit is to:

1	3	5
Not at all	Moderate Extent	Very Large Extent

Question	Rating
Screen for mental health problems	4.42
Conduct assessment of mental health problems	4.42
Provide Treatment for mental health problems	3.83

Improvement Priorities

- Based on your current resources, to what extent are improving in the following areas a priority to you:

1	3	5
Not at all	Moderate extent	Very strong extent

Area	Rating
Screening and Assessment	4.25
Treatment	4.25
Continuity of Care	4.17
Mental Health Training	4.17
Staff Qualifications	4.08
Program Environment	4.00
Program Structure	3.92

Usefulness of the DDCAT

1	4	7
Strongly Disagree	Unsure	Strongly Agree

Question	Rating
Provide direction for improvement	6.08
Helped to recognise gaps	6.08
Highlighted strengths	6.00
Generate ideas	6.00
Encourage others to use DDCAT	6.00
Useful tool in planning	5.92
Completing DDCAT useful process	5.92
Provided clear structure for evaluation	5.58

Final Thoughts

- The DDCAT is a short, easy to understand measure
- It is Possible to complete it as a self report measure, but:
 - Make sure you read the instructions
 - Interviews & file audits are important
 - External rating will likely provide a more objective assessment
- A plan needs to be established to ensure that results continue to improve

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