

Building the knowledge, skills and confidence of alcohol and other drug workers to manage and respond to co-occurring mental health conditions: Train-the-trainer model

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Co-occurring disorders are common

- At least **one in two people** experience a co-occurring mental health condition
- Many people present to treatment experiencing symptoms **without** meeting diagnostic criteria

→ Implications

- Can be more difficult to identify
- Still experience significant distress
- Symptoms impact on functioning and treatment outcomes



Complex presentations



Complex trauma
histories



Poorer physical &
mental health



Poorer social, occupational
& interpersonal functioning



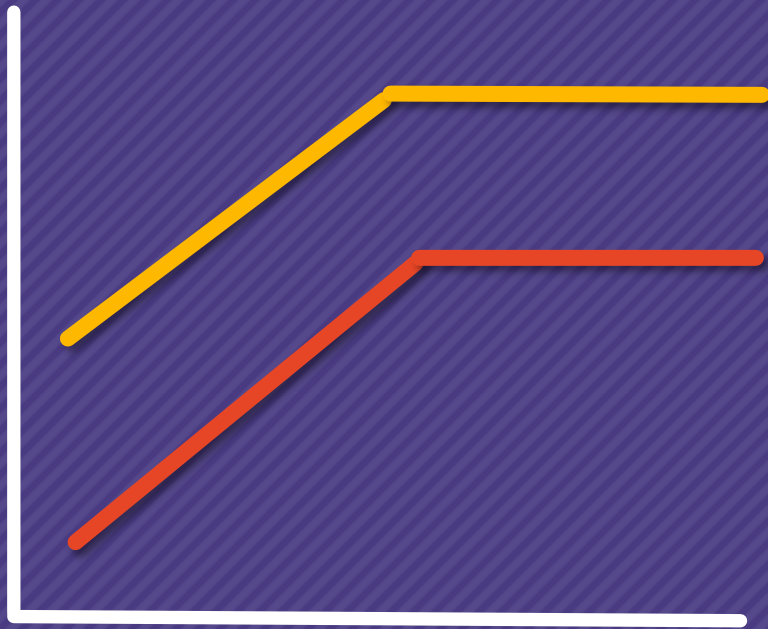
More severe & extensive
drug use histories



Increased risk of self-
harm & suicide



Reduced life expectancy



- With co-occurring conditions
- Without co-occurring conditions

Research has shown that people with co-occurring mental health conditions can benefit just as much as those without from usual AOD treatment

Strengthening workforce capacity

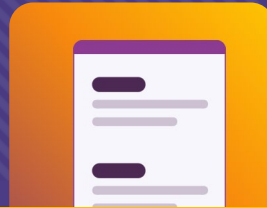
- Lack of resources for AOD workers
- AOD workers reported feeling overwhelmed and fearful of treating mental health conditions
- Educational resources for AOD workers identified as a priority, by numerous reviews, policy documents and by AOD workers themselves
- In terms of AOD workforce development, the management of co-occurring mental health conditions been described as:

“the single most important issue...a matter akin to blood-borne viruses in the 1980s”



Program of work

AOD Sector



National practice standards

Organisations/services

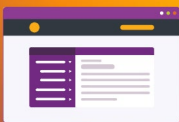


Implementation toolkit

Workforce



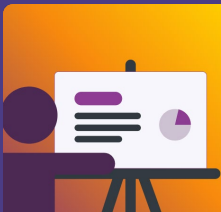
Guidelines



Website



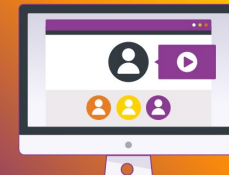
Online training



Train the trainer



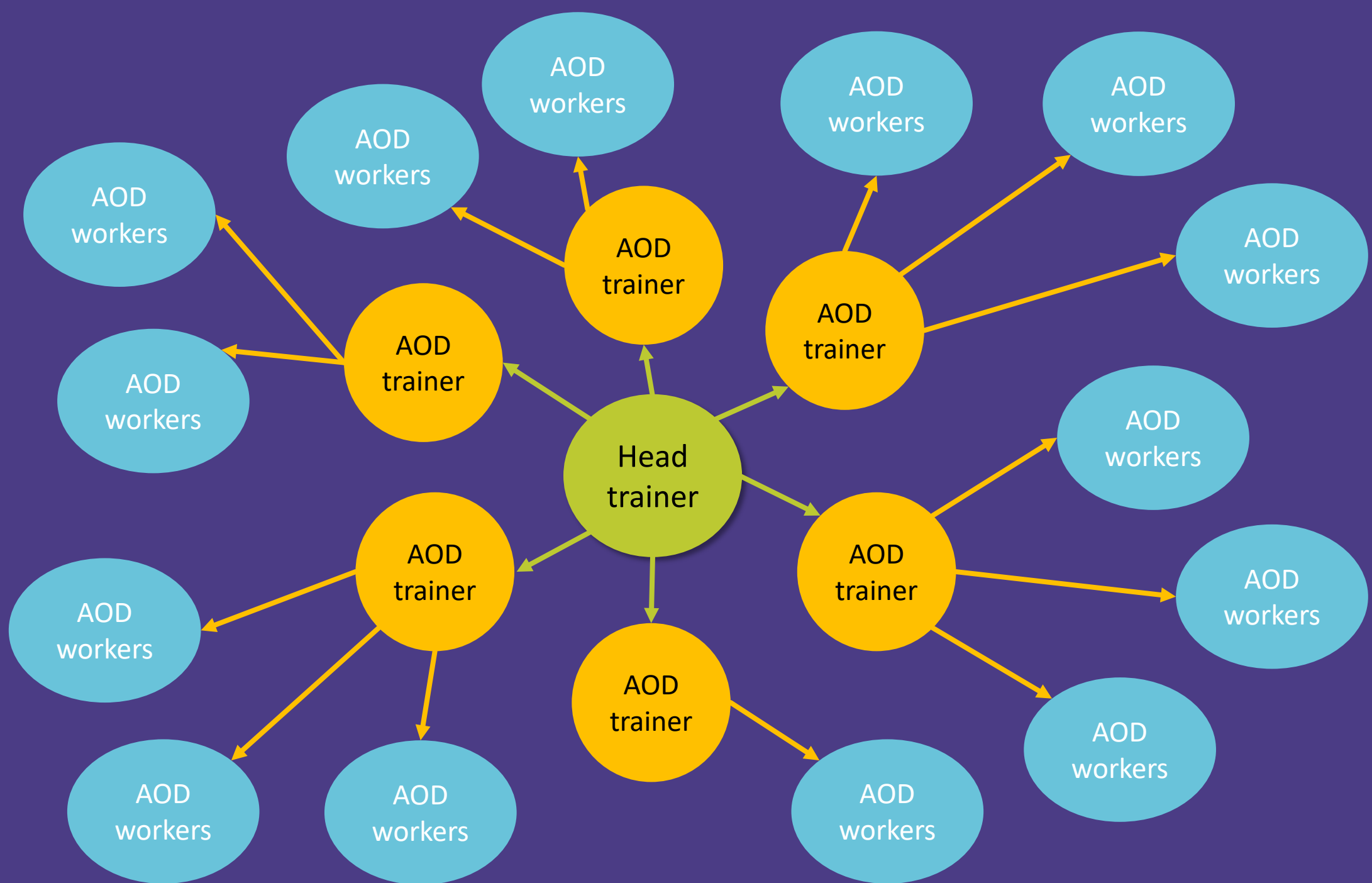
Skills-based training



Webinar library



Community of Practice



Aims and objectives

- Increase knowledge and awareness among the AOD workforce of co-occurring mental health conditions
- Improve the confidence and skills of AOD workers to manage co-occurring mental health conditions
- Increase the uptake of evidence-based care
- Improve the outcomes for people with co-occurring AOD and mental health conditions

Skills based training

Developed by 360Edge and Matilda Centre

- 7 half day modules with facilitator manuals and slides
- 2 core modules to be delivered to all participants
- 5 optional modules that can be chosen according to training need
- Online or F2F options

7 modules

- Module 1: Understanding co-occurring conditions
- Module 2: Screening and assessment
- Module 3: Motivational enhancement, cognitive and behavioural approaches
- Module 4: Anxiety, depression and bipolar disorders
- Module 5: Personality disorders
- Module 6: Post traumatic stress disorder
- Module 7: Psychosis, eating disorders and obsessive compulsive disorder

Train-the-trainer workshops

- One day, online
- Discussion, learning, practice cycles
- Materials for the facilitation of skills training provided on completion

Eligibility

- Relevant tertiary training
- Knowledge of and/or experience working with co-occurring disorders
- Skill in mental health and substance use interventions
- Training skills
- Capacity to deliver workplace training

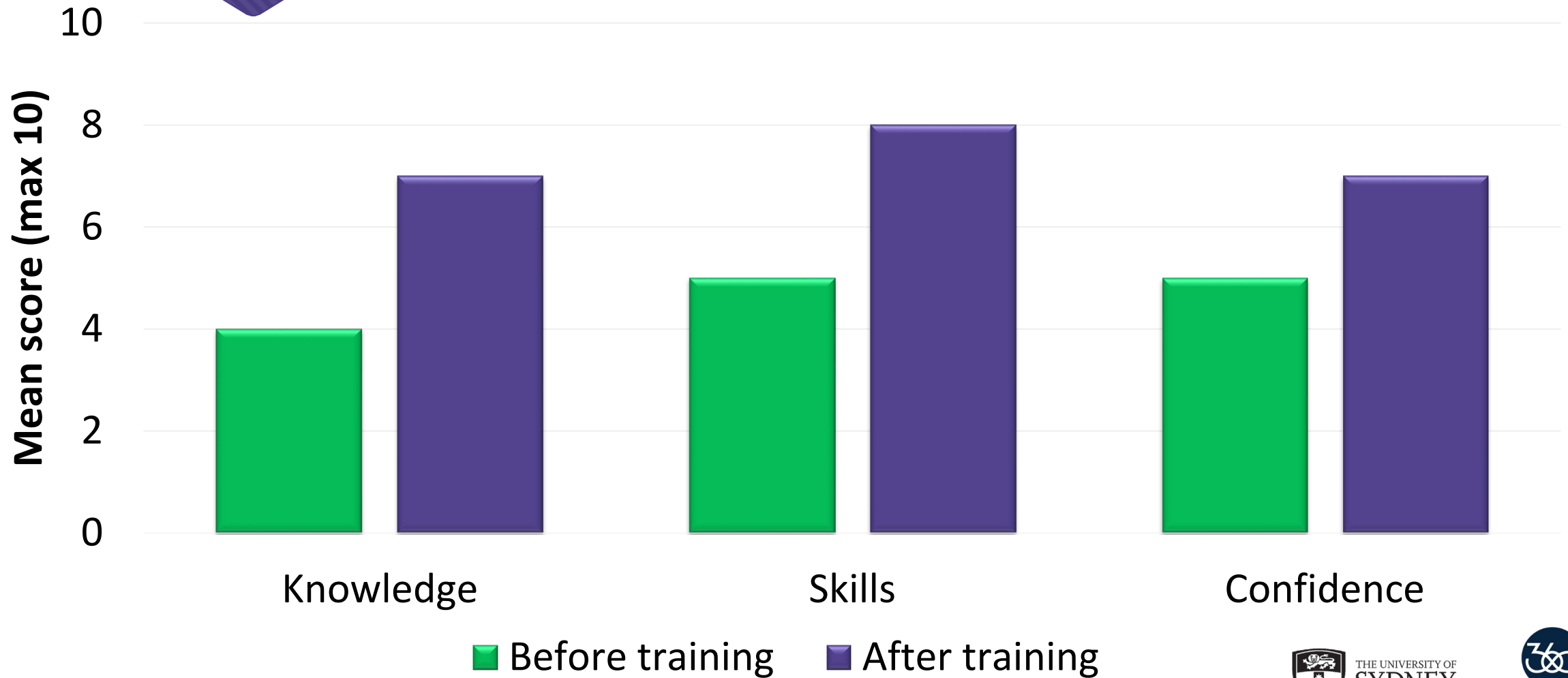
Key elements

- Familiarity with The Guidelines
- Familiarity with the modules
- Understanding adult learning
- Delivering effective training
- Facilitating activities and discussions
- Dealing with challenges
- Embedding learning
- Facilitator self care

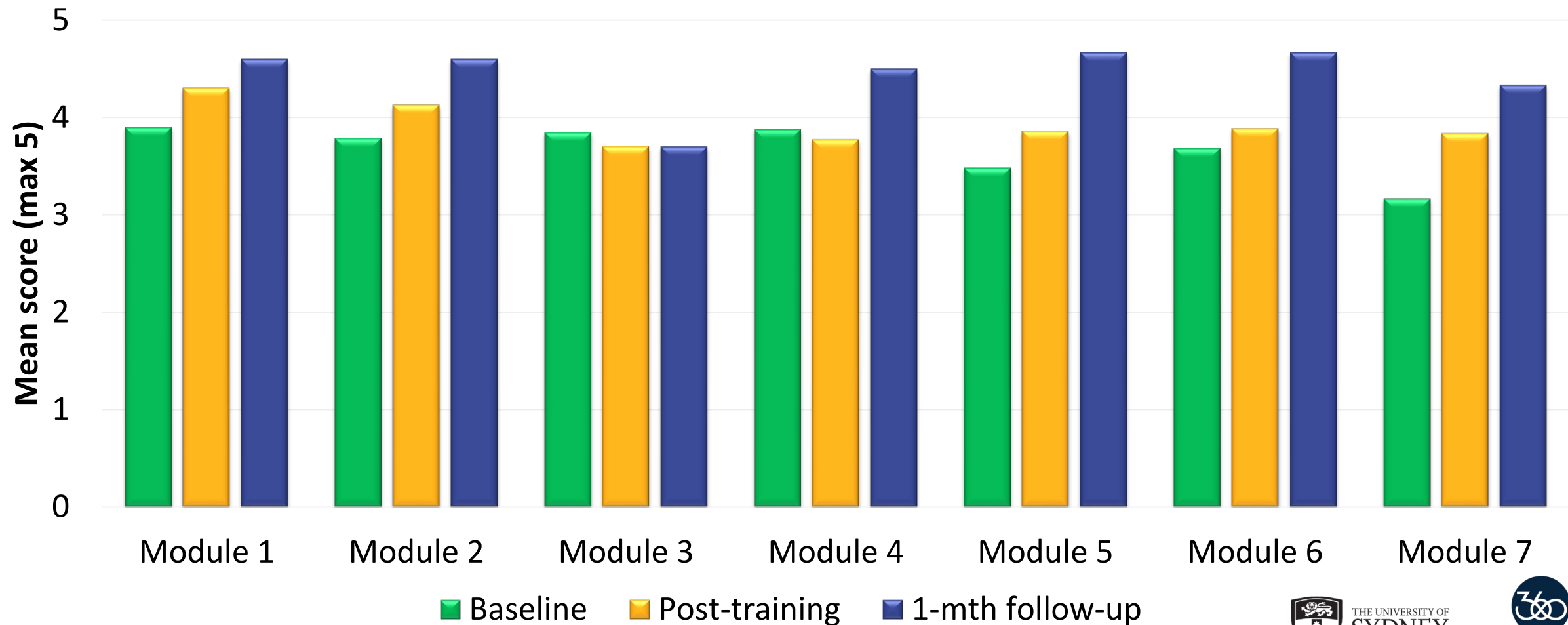
Why people should become trainers

- Working with co-occurring disorders is the default in AOD treatment
- Disseminate most up to date evidence based information
- Upskill the AOD workforce and increase confidence
- Minimal outlay
- Trainers connected to staff, understand context

Train-the-trainer: Pre-/post-evaluation



Skills-based training: Pre-/post-evaluation of knowledge, skills, confidence



Key take homes

- Co-occurring conditions are common
- Complex presentations complicate treatment and recovery
- Not an insurmountable barrier
- Evidence-based training and resources available to support the workforce manage co-occurring mental health conditions

Visit our booth in the exhibition hall for more info!



Thank you!



Questions?

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