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## **How to Use this Book for Training and Personal Referencing**

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Dual Diagnosis can be a complicated, multi-faceted issue. And finding theory, science and practice in one resource has not been easy. Whatever your role – parent, advocate, family member, clinician, student or worker – you may not know how to get started, what is required in a certain area, what resources are available or what considerations you may need to think about.

This book can help – it's like having an array of experts at your side to give you advice, theoretical background and practical solutions. There are two versions of this book: one for trainers and one for general use. No matter what your situation, you can use this book in a number of ways. For example:

- To update your knowledge and understanding of the field
- To find practical solutions to assist in supporting persons with dual diagnosis
- To expand your understanding of current issues involving service delivery
- To increase your awareness of the importance of early intervention and proactive support
- To provide information to allow you to advocate a holistic approach to support and intervention
- As a self-study guide to enhance your learning

- If you have the trainer's version of this book, you will also use it as your guide to delivering effective, interactive training workshops

### **Overview of the book**

This book is divided into chapters. Each chapter attempts to answer the following questions:

- Why are we interested in this?
- What light does theory shed on this?
- What are the practical implications of this theory?
- How can this information be used?

You will notice that the chapters are divided into several broad topic areas:

#### **A. Overview and Background Information.**

Including Chapters 1, 2 and 4, these provide foundation information about the nature and mental health needs of person with developmental disabilities.

#### **B. Supporting Individuals**

Chapters 3, 6, and 11 detail a variety of approaches useful in supporting individuals.

#### **C. Assessing Needs**

Chapter 5 outlines screening and assessment processes and tools.

#### **D. Treatment**

Chapters 7 and 8 deal with pharmacological and non-pharmacological treatments and approaches.

### E. Systemic Approaches

Chapters 9, 10, 11 and 18 address systemic approaches for individuals who have a dual diagnosis.

### F. Distinct Circumstances

In chapters 12, 13, 14, 15, 16, and 17 you will find discussion of distinct or specific situations, including offenders, sexuality, substance disorders, children, aging, and communication impairments.

## **How to use this Book**

Do not attempt to read this book as you would a novel. Rather, when you use this book, it is helpful to:

- Review the Table of Contents to identify the key areas that interest you or are applicable to your situation;
- Within the chapters of most interest and relevance to you, read the Learning Objectives to pinpoint relevant areas of content;
- Tailor the learning objectives to your own needs. For example, stop and consider the current state of your knowledge and understanding on each learning objective. Is there a particular area or emphasis that you wish to consider?
- Skim the chapter and highlight areas of specific interest;
- Read the case studies, and consider their application to the material you are reading. How does the case study illustrate the learning objectives of the chapter? What lessons can you draw from the case study?
- Deepen your learning by evaluating your understanding, using the “Do you know?” questions at the end of

- each chapter;
- Supplement your learning by referring to the recommended resources in the bibliography at the end of each chapter.

The authors' intent is to make this book as useful and practical as possible. The learning objectives at the beginning of each chapter and the "Do you know?" at the end serve as a guide to your learning. You can elect to complete them as a way of measuring your progress and understanding. Adapt and use these tools as you wish.

If you will be delivering training workshops, you will also have specific materials designed to make this job easier. Overheads, lesson plans and learning objectives are provided for your use.

Learning and understanding can often be enhanced through discussing and comparing notes with others in similar situations. If you are able, finding a "study buddy" as you go through this book can be invaluable. One approach may be for you and your buddy to each read a chapter of interest, and then prepare an informal presentation of the material. Include some questions or discussion points in your presentation. This presentation could be done face to face, via the telephone, over email or an Internet "chat".

This book is intended to be a resource, provide background and theoretical framework, and provide practical assistance. Whatever your situation, you will find this book most helpful if you keep it close to hand, and use it as a guide, inspiration and reinforcement in your role.

## Reader's Guide to Chapters

Chapter	Main Themes	Target Audience	Related Chapters
<p>1: The Nature of Developmental Disabilities</p>	<ul style="list-style-type: none"> <li>• What are developmental disabilities</li> <li>• The role of biological factors</li> <li>• What is meant by dual diagnosis</li> </ul>	<ul style="list-style-type: none"> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 2, The Mental Health Needs of Persons with Developmental Disabilities</li> <li>• Chapter 5, Comprehensive Screening and Assessment</li> <li>• Chapter 15, Dual Diagnosis in Children</li> </ul>
<p>2: The Mental Health Needs of Persons with Developmental Disabilities</p>	<ul style="list-style-type: none"> <li>• Psychosocial and emotional development within a developmental perspective</li> <li>• Factors related to vulnerability and resilience to mental health disturbances in persons with developmental disabilities</li> <li>• Ways to promote optimal mental well-being</li> </ul>	<ul style="list-style-type: none"> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 1, The Nature of Developmental Disabilities</li> <li>• Chapter 3, The Integrated Psychosocial Approach to Challenging Behaviours</li> <li>• Chapter 11, Developing Social Supports for People Who Have a Dual Diagnosis</li> <li>• Chapter 15, Dual Diagnosis in Children</li> <li>• Chapter 17, Mental Health Issues in Clients with Severe Communication Impairments</li> </ul>

Chapter	Main Themes	Target Audience	Related Chapters
3: The Integrated Biopsychosocial Approach to Challenging Behaviours	<ul style="list-style-type: none"> <li>• The integrative biopsychosocial model</li> <li>• How it differs from other approaches to challenging behaviour</li> <li>• How to develop a formulation based on the integrated biopsychosocial model</li> </ul>	<ul style="list-style-type: none"> <li>• Clinicians</li> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 2, The Mental Health Needs of Persons with Developmental Disabilities</li> <li>• Chapter 5, Comprehensive Screening and Assessment</li> <li>• Chapter 7, Collaborative Treatment Approaches</li> <li>• Chapter 10, The Interdisciplinary Mental Health Team</li> <li>• Chapter 17, Mental Health Issues in Clients with Severe Communication</li> </ul>
4: The DSM-IV and How it Applies to Persons with Developmental Disabilities	<ul style="list-style-type: none"> <li>• What DSM-IV stands for; its format and basic application</li> <li>• Identify which categories are listed in the Manual</li> <li>• Describe how these categories apply to persons with developmental disability, both children and adults</li> </ul>	<ul style="list-style-type: none"> <li>• Physicians</li> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 2: The Mental Health Needs of Persons with Developmental Disabilities</li> <li>• Chapter 5: Comprehensive Screening and Assessment</li> <li>• Chapter 7: Collaborative Treatment Approaches</li> </ul>

<p>5: Comprehensive Screening and Assessment</p>	<ul style="list-style-type: none"> <li>• Why screening and assessment are important</li> <li>• Specific instruments that are used for biopsychosocial assessments</li> <li>• How to conduct a biopsychosocial assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Clinicians</li> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 1, The Nature of Developmental Disabilities</li> <li>• Chapter 3, The Integrated Biopsychosocial Approach to Challenging Behaviours</li> <li>• Chapter 7, Collaborative Treatment Approaches</li> <li>• Chapter 10, The Interdisciplinary Mental Health Team</li> </ul>
<p>6: Person-Centred Approaches to Services and Supports</p>	<ul style="list-style-type: none"> <li>• What person-centred planning is</li> <li>• Why person-centred planning approaches were developed</li> <li>• How to design person-centred plans</li> </ul>	<ul style="list-style-type: none"> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 9, Building Responsive Service Systems</li> <li>• Chapter 11, Developing Social Supports for People who have a Dual Diagnosis</li> </ul>
<p>7: Collaborative Treatment Approaches: Integrating Medication with Non-pharmacological Treatments</p>	<ul style="list-style-type: none"> <li>• Appreciate the value of a collaborative, interdisciplinary approach to challenging behaviours in individuals with developmental disabilities.</li> <li>• Understand the role of objective monitoring of the signs and symptoms of mental illness</li> </ul>	<ul style="list-style-type: none"> <li>• Clinicians, physicians</li> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 4: The DSM-IV and How it Applies to Persons with Developmental Disabilities</li> <li>• Chapter 8: Psychopharmacological Treatments in Persons with Developmental Disabilities</li> </ul>

Chapter	Main Themes	Target Audience	Related Chapters
8: Psychopharmacological Treatments in Persons with Developmental Disabilities	<ul style="list-style-type: none"> <li>Identify the categories of psychotropic medications</li> <li>How to identify side-effects</li> <li>Learn the protocols on how to use PRN medications</li> </ul>	<ul style="list-style-type: none"> <li>Physicians</li> <li>Of interest to all audiences</li> <li>Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>Chapter 3: The Integrated Biopsychosocial Approach to Challenging Behaviors</li> <li>Chapter 7: Collaborative Treatment Approaches</li> <li>Chapter 15: Dual Diagnosis in Children</li> <li>Chapter 16: Aging and Dual Diagnosis</li> </ul>
9: Building Responsive Service Systems	<ul style="list-style-type: none"> <li>Understand how culture and philosophy have influenced the development of services for the dually diagnosed</li> <li>Learn strategies for building a community support network</li> </ul>	<ul style="list-style-type: none"> <li>Administrators</li> <li>Of interest to all audiences</li> <li>Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>Chapter 1: The Nature of Developmental Disabilities</li> <li>Chapter 10: The Interdisciplinary Mental Health Team</li> <li>Chapter 11: Developing Social Supports for People who have Dual Diagnosis</li> </ul>
10: The Interdisciplinary Mental Health Team	<ul style="list-style-type: none"> <li>Roles and functions of health professionals who work with persons with a dual diagnosis</li> <li>The role of the core team within a consultative model</li> </ul>	<ul style="list-style-type: none"> <li>Of interest to all audiences</li> <li>Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>Chapter 3, The Integrated Biopsychosocial Approach to Challenging Behaviors</li> <li>Chapter 5, Comprehensive Screening and Assessment</li> <li>Chapter 7, Collaborative Treatment Approaches</li> </ul>



	<ul style="list-style-type: none"> <li>• When to consider asking for an evaluation and how best to prepare for it</li> </ul>	<ul style="list-style-type: none"> <li>• Agency support workers</li> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 17: Mental Health Issues in Clients with Severe Communication Impairments</li> </ul>
11: Developing Social Supports for People who have a Dual Diagnosis	<ul style="list-style-type: none"> <li>• Define social supports and describe why social supports are important in the lives of persons with dual diagnosis</li> <li>• Identify how to effectively develop social supports</li> </ul>	<ul style="list-style-type: none"> <li>• All involved with offenders</li> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 2: The Mental Health Needs of Persons with Developmental Disabilities</li> <li>• Chapter 6: Person-Centred Approaches to Services and Supports</li> </ul>
12: Offenders Who Have a Developmental Disability	<ul style="list-style-type: none"> <li>• Why persons with developmental disability are more vulnerable for offending behaviour</li> <li>• How the socioenvironmental factors can be a risk to offending behaviour</li> <li>• How the judicial and criminal justice systems create risks for persons with dual diagnosis</li> </ul>		<ul style="list-style-type: none"> <li>• Chapter 1: The Nature of Developmental Disabilities</li> <li>• Chapter 2: The Mental Health Needs of Persons with Developmental Disabilities</li> </ul>
13: Sexuality and Mental Health Issues	<ul style="list-style-type: none"> <li>• Compare sexual wellness of persons with developmental disabilities vis-à-vis non-disabled persons</li> </ul>	<ul style="list-style-type: none"> <li>• Of interest to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 1: The Nature of Developmental Disability</li> </ul>

Chapter	Main Themes	Target Audience	Related Chapters
13. Cont'd	<ul style="list-style-type: none"> <li>• Define sexual abuse and its applicability to persons with developmental disabilities</li> <li>• Identify appropriate treatment options</li> </ul>	<ul style="list-style-type: none"> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 2: The Mental Health Needs of Persons with Developmental Disabilities</li> <li>• Chapter 3: The Integrated Biopsychosocial Approach to Challenging Behaviors</li> </ul>
14. Substance-related disorders in persons with a developmental disability	<ul style="list-style-type: none"> <li>• Know what substance abuse disorders are.</li> <li>• Learn how frequently they are diagnosed</li> <li>• Know how they affect these persons.</li> <li>• Learn how we can treat and manage these disorders effectively</li> </ul>	<ul style="list-style-type: none"> <li>• Clinicians, physicians</li> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 5: Comprehensive Screening and Assessment</li> <li>• Chapter 7: Collaborative Treatment Approaches</li> <li>• Chapter 8: Psychopharmacological Treatments in Persons with Developmental Disability</li> <li>• Chapter 13: Sexuality and Mental Health Issues</li> </ul>
15: Dual diagnosis in children	<ul style="list-style-type: none"> <li>• Different disorders that are usually diagnosed in childhood</li> <li>• Factors that contribute to behavioural and emotional problems in children and adolescents with developmental disabilities</li> </ul>	<ul style="list-style-type: none"> <li>• Persons working with children</li> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 1, The Nature of Developmental Disabilities</li> <li>• Chapter 2, The Mental Health Needs of Persons with Developmental Disabilities</li> <li>• Chapter 4, The DSM-IV and How it Applies to Persons with Developmental Disabilities</li> </ul>

<p>16: Aging and dual diagnosis</p>	<ul style="list-style-type: none"> <li>• Understand the nature of health problems of persons with developmental disabilities as they grow older</li> <li>• Know the mental disorders in persons with developmental disabilities</li> <li>• Learn how aging is a biomedical phenomenon</li> </ul>	<ul style="list-style-type: none"> <li>• Persons working with aging population</li> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 1: The Nature of Developmental Disability</li> <li>• Chapter 4: The DSM-IV and How it Applies to Persons with Developmental Disabilities</li> <li>• Chapter 8: The Psychopharmacological Treatments for Persons with Developmental Disabilities</li> </ul>
<p>17: Mental Health Issues in Clients with Severe Communication Impairments</p>	<ul style="list-style-type: none"> <li>• Conventional and nonconventional forms of communication</li> <li>• How communication impairments can have a negative impact on the social and emotional well-being of persons with a developmental disability</li> </ul>	<ul style="list-style-type: none"> <li>• Those working with persons with severe communication problems</li> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 2, Mental Health Needs of Persons with Developmental Disabilities</li> <li>• Chapter 3, The Integrated Biopsychosocial Approach to Challenging Behaviours</li> <li>• Chapter 5, Comprehensive Assessment and Screening</li> <li>• Chapter 10, The Interdisciplinary Mental Health Team</li> </ul>
<p>18. Legal issues and ethical dimensions of dual diagnosis</p>	<ul style="list-style-type: none"> <li>• Develop an understanding of how law develops and changes.</li> <li>• Become aware of the ethical dimensions underlying laws that affect people with dual diagnoses.</li> </ul>	<ul style="list-style-type: none"> <li>• Clinicians, physicians</li> <li>• Of interest to all audiences</li> <li>• Level of content appropriate to all audiences</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 1: The Nature of Developmental Disability</li> <li>• Chapter 2: The Mental Health Needs of Persons with Developmental Disability</li> <li>• Chapter 5: Comprehensive Screening and Assessment</li> </ul>