Concurrent Disorders
Core Competencies Training

September 19, 2014
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Welcome and Introductions

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Overview

- Acknowledgements
- Background
- Toolkit Development
- LMS Development
- Demonstration
- Additional Information
- Next Steps

Acknowledgements

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Special thanks

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Sarah Phelps
Sarah Phelps Creative

Background

Defining Concurrent Disorders

- "… where a person has both a mental health and a substance use problem" (CCSA, 2010, p. 1).
- CDs can include combinations such as:
  - an anxiety disorder and a drinking problem
  - schizophrenia and cannabis dependence
  - depression and dependence on sleeping pills
  - borderline personality disorder and heroin dependence (CAMH, 2012)
- Clients with CD often have complex needs and are difficult to treat (CCSA, 2009).

Prevalence of Concurrent Disorders

- 70-80% of clients seeking help for substance use and 15-20% of mental health clients are likely to have CD (CCSA, 2013)
- Prevalence of CD varies by services considered (Rush & Nadeau, 2011) and by substance of use and specific mental health diagnosis (CMHA, 2013)
- Rates may be as high as 75% in forensic and corrections settings (CMHA, 2013)

Background – CD Standards

- Current healthcare system challenged to address clients with concurrent disorders
- MH and AS often had different treatment philosophies and structures
- Clients received parallel treatment, with little or no continuity of care
- Need to ensure clients and significant others at the centre of system planning

Purpose of CD Standards

- Set a foundation for improvement
- Reduce undesired service variations
- Focus on intended outcomes and activities required to achieve them

CD System Level Standards

- Screening
- Referral
- Assessment, treatment, discharge planning
- Continuity of care
- Capacity building
- Organizational and staff competencies
- Monitoring

5.0 Capacity Building

- To increase the capacity of Mental Health staff to work with individuals who are also experiencing substance-use problems, and to increase the capacity of Addiction Services staff to work with individuals also experiencing mental health disorders

6.0 Organizational and Staff Competencies

- To promote quality practice through the development and adoption of organizational and staff competencies for concurrent disorders

Core Competency Training

Purpose of the training

- To increase the knowledge and capacity of individuals working in the area of mental health and addictions
- To improve quality of practice
- To ensure a more positive and effective treatment experience for clients/patients

CD Core Competencies Training

- Initial plan
  - Develop resource manual (toolkit)
  - Cover basic and intermediate competencies
  - Approximately 30-40 pages
- Outcome
  - Developed toolkit
  - Covers basic (core) competencies
  - 9 corresponding LMS modules
  - 257 pages

CD Core Competencies Training

- Needs assessment conducted to explore level of competencies and training requirements
- Specific CD competencies identified (3 levels)
- Provincial working group established
- Capital Health co-led project with DHW and was supported by the DHAs/IWK
- Developed CD Core Competencies Toolkit

CD Toolkit – Development Phase

- Content submitted and reviewed by WG
- Information compiled into “toolkit” and additional content created as needed
- Reviewed by experts in the field of CD
- Gaps identified and content added
- Continuous revisions, editing, and formatting
- Final product has 9 competencies with 2-5 specific learning outcomes for each

CD Core Competencies Toolkit

- 1 – Understanding concurrent disorders
- 2 – Identifying concurrent disorders
- 3 – Screening and assessing next steps
- in treatment
- 4 – Understanding medications and substances of abuse, and interactions in concurrent disorders

CD Core Competencies Toolkit

- 5 – Recovery, harm reduction, peer support, and motivational interviewing/ engagement
- 6 – Best practices for treating CD
- 7 – Preventing relapse and maintaining optimal mental health
- 8 – Assessing risk and intervening in crisis
- 9 – Information sharing and circles of support

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Concurrent Disorders Toolkit

CORE COMPETENCIES

A different today. A better tomorrow.

LMS Modules– Development Phase

- Online learning modules developed based on the 9 competencies in the toolkit
- Worked with several consultants to create modules and interactive learning activities
- Design, formatting, and editing completed
- Voice recordings completed
- Files published and sent for testing on LMS
- Testing, editing, and uploading completed*

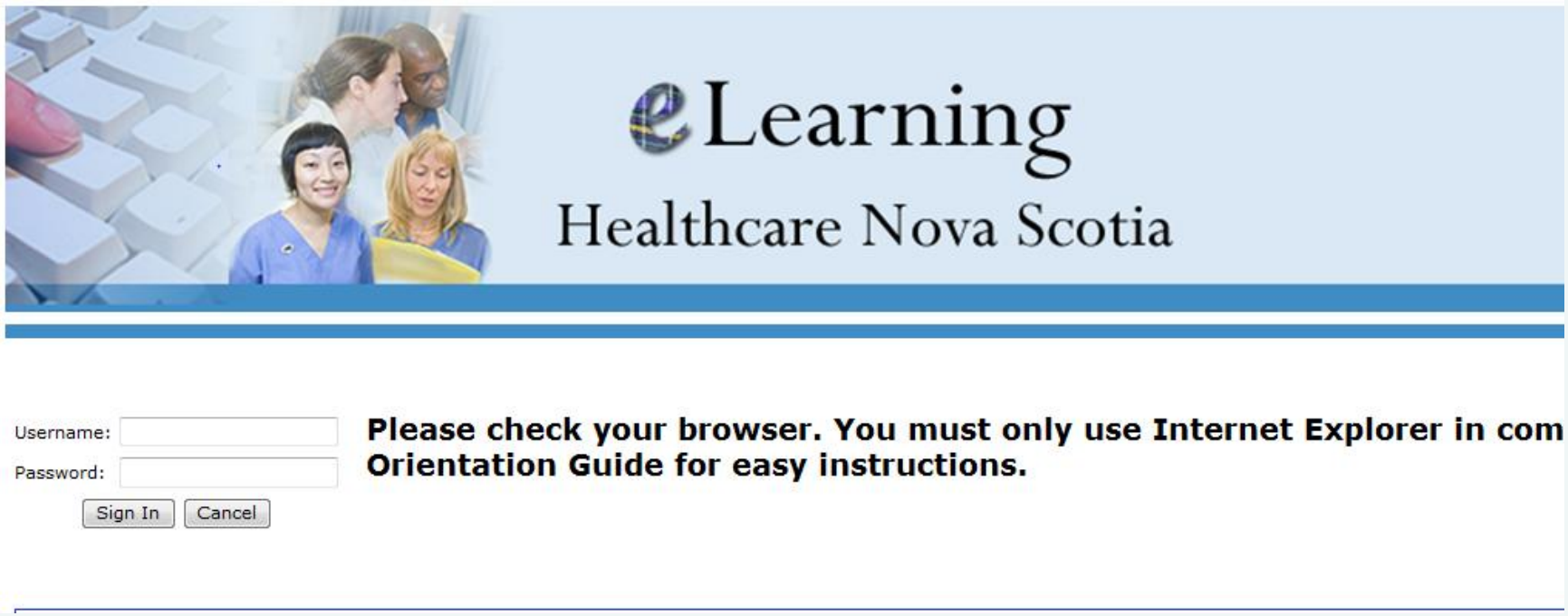
Who is the training for?

- Required training for all frontline clinicians across the province, available to others
- Intended for a multidisciplinary audience
- Timeline for completion depends on DHA/IWK (consult your manager)

How long will it take?

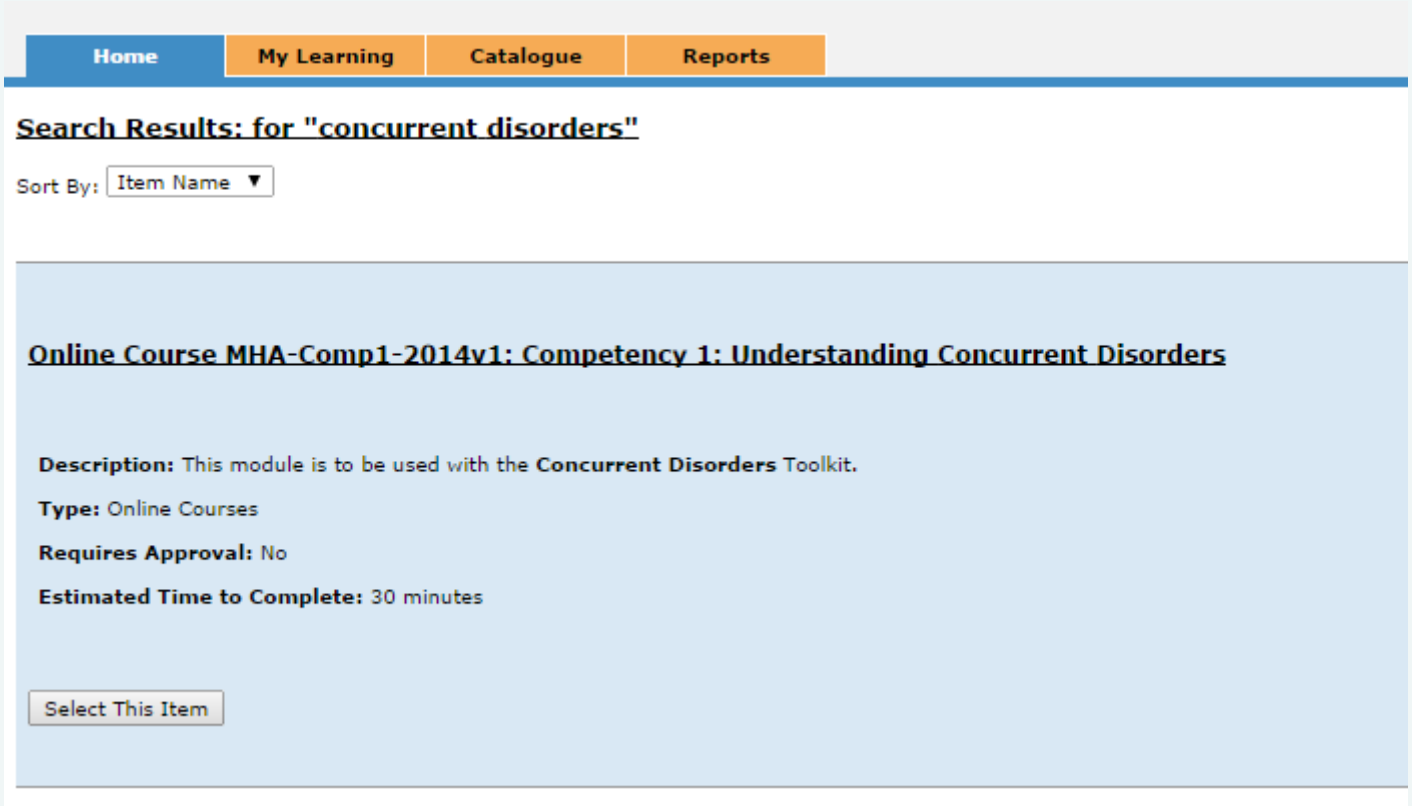
- Estimated “run-time” is 5.5 hours, will likely take between 9-10 hours in total
- Modules range from 20 minutes to 1 hour and 30 minutes (listed on LMS)
- Can be completed individually via LMS, or during pre-arranged classroom sessions*

AD Credentials and Login



Search for “Concurrent Disorders”

Add Modules (Courses)



All Modules (1-9)

Search: Concurrent Disorders | All Types

Home | My Learning | Catalogue | Reports

Show History

My Learning

!	Action	Item Name ^	Code	Type	Category	Started	Completed
	Continue	Course MHA-Comp1-2014v1: Competency 1: Understanding Concurrent Disorders	MHA-Comp1-2014v1	Online Course	Mental Health and Addictions	Sep 16 /14	---
	Take Now	Course MHA-Comp2-2014v1: Competency 2 : Identifying Concurrent Disorders	MHA-Comp2-2014v1	Online Course	Mental Health and Addictions	---	---
	Continue	Course MHA-Comp3-2014v1: Competency 3: Screening and Assessing Next Steps in Treatment	MHA-Comp3-2014v1	Online Course	Mental Health and Addictions	Sep 16 /14	---
	Continue	Course MHA-Comp4-2014v1: Competency 4: Understanding Medications and Substances of Abuse, and Interactions	MHA-Comp4-2014v1	Online Course	Mental Health and Addictions	Sep 16 /14	---
	Take Now	Course MHA-Comp5-2014v1: Competency 5: Recover, Harm Reduction, Peer Support, and Motivational Interviewing/Engagement	MHA-Comp5-2014v1	Online Course	Mental Health and Addictions	---	---
	Take Now	Course MHA-Comp6-2014v1: Competency 6: Best Practices	MHA-Comp6-2014v1	Online Course	Mental Health and Addictions	---	---
	Take Now	Course MHA-Comp7-2014v1: Competency 7: Preventing Relapse and Maintaining Optimal Health	MHA-Comp7-2014v1	Online Course	Mental Health and Addictions	---	---
	Take Now	Course MHA-Comp8-2014v1: Competency 8: Assessing Risk and Intervening in Crisis	MHA-Comp8-2014v1	Online Course	Mental Health and Addictions	---	---
	Take Now	Course MHA-Comp9-2014v1: Competency 9: Information Sharing and the Circle of Support	MHA-Comp9-2014v1	Online Course	Mental Health and Addictions	---	---

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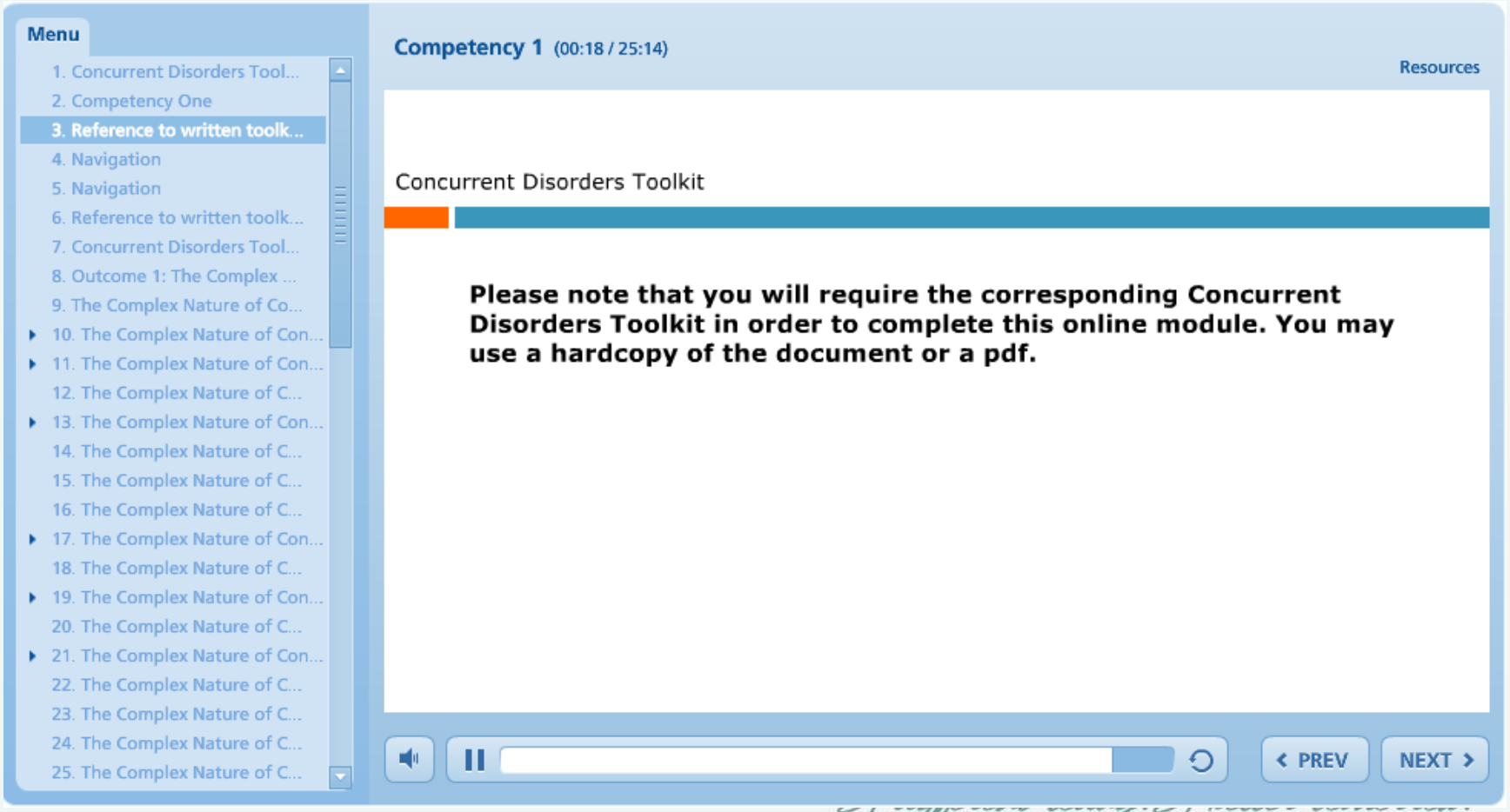
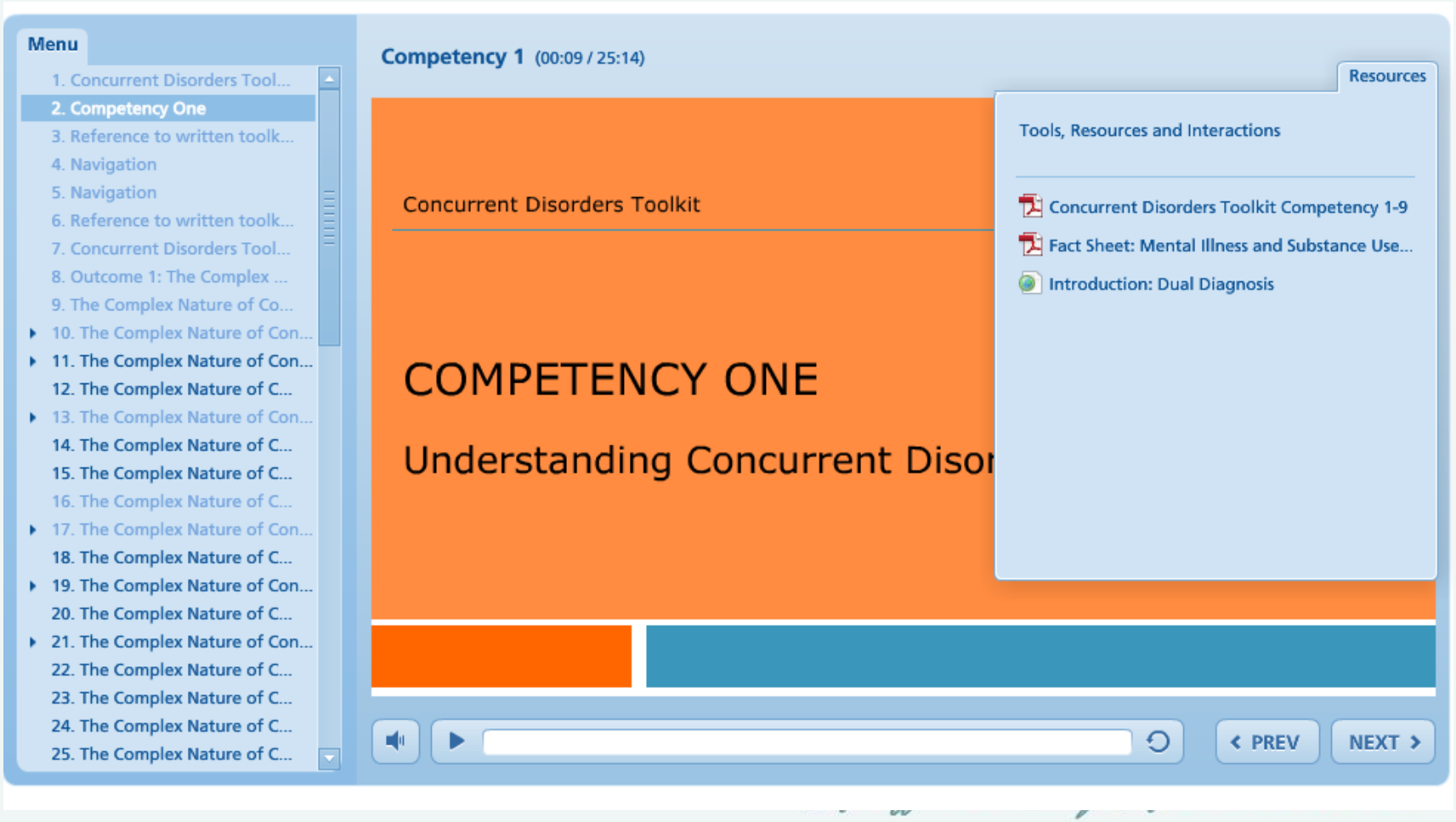
CD Toolkit Supplements LMS



Resources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Competency 1 (00:09 / 25:14)
Concurrent Disorders Toolkit
COMPETENCY ONE
Understanding Concurrent Diso
Resources
Tools, Resources and Interactions
Concurrent Disorders Toolkit Competency 1-9
Fact Sheet: Mental Illness and Substance Use...
Introduction: Dual Diagnosis
PREV
NEXT

Live Demonstration

- https://elearning.nshealth.ca

- *But first…*

A few things to keep in mind…

- Not all slides or interactions have audio
- Audio may be similar to the text but has additional information and examples
- Progress is saved automatically, users can resume where they left off
- User must advance every slide
- Modules do not need to be completed in order however, it is recommended

Completion of Competencies

- Certificates will be provided to staff once they have completed the training
- Core Competencies training will count for 10 hours of professional development
- Currently working to obtain accreditations from various regulatory bodies
- Can be used as self-approved learning credits for some disciplines

Additional Information

- The toolkit is a “living document” and is intended to be updated at regular intervals
- Difficult decisions were made regarding which content to include/exclude
- Efforts made to be as concise, yet comprehensive, as possible
- Strived to maintain focus on basic (core) competencies across disciplines

Additional Information

- Specific steps regarding how to access LMS, login to LMS, add the courses, etc. will be distributed by your managers
- Information regarding reports and obtaining certificates will be sent to DHAs
- Additional hardcopies of CD Toolkit can be ordered, details will be sent to directors

Comments: Toolkit and LMS

To report errors, broken web-links, or provide comments, please contact:

CDToolkit@cdha.nshealth.ca

Next Steps for CD Training

Core Competencies Training

- Version 1.1 of the CD Core Competencies Toolkit is currently in development
- Version 2.0 of modules and toolkit expected to be released within 2-3 years
- Additional modules may be developed

Next Steps: Advanced Competencies

- Capital Health co-leading project with DHW and working collaboratively with the DHAs/IWK
- Provincial working group established (Nov ‘13)
- Currently developing intermediate/advanced competencies and sustainable training plan
- Focus on skill development and supervision
- Training will more specialized and offered to a limited number of staff

Questions?

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Thank you