

# PUMP

A peer- led dual diagnosis  
waiting list group



# Who is ACSO?

Australian Community Support Organisation

Commenced as the Epistle Centre over 30 years ago

Provides a range of services for those involved in the criminal justice system

Intervenes to prevent people entering the criminal justice system



# Terminology

The co-existence of a diagnosed mental illness and substance use disorder is variously called dual diagnosis, comorbidity, co-existing disorders, concurrent disorders, along with a range of other terms.

For the purpose of this presentation, the presence of both a mental health disorder and substance use disorder will be referred to as a 'dual diagnosis'

# Alcohol and Other Drug & Community Mental Health Sector reforms

2014: Victoria underwent significant reform and recommissioning in AOD and community mental health sector

Late 2014: ACSO commenced Intake and Assessment in regional Victoria for AOD and MH services

# Dual diagnosis: the expectation not the exception

Up to 80% of people experiencing a mental illness also experience problematic alcohol and other drug use

Of those experiencing problematic alcohol and other drug use, 75% also experience mental health problems

# P U M P

**P**articipate

**U**nderstand

**M**otivate

**P**ersevere

# Development

- Developed by NEXUS Dual Diagnosis Services, St Vincent's Hospital for ACSO
- Evidenced based
- Adapted from  
*Optional Health & Collaborative Therapy* programs  
facilitator and consumer feedback
- Facilitated by at least one Mental Health Peer Worker

# Mind the Gap

Don't meet threshold for specialist services

Addresses needs of both mental health issues & substance use

Waiting list group & early intervention



# PUMP THEMES

- Capacity building
- Knowledge building
- Networking and Communities of Support



# PUMP

- Treatment bridging program for those experiencing mental health issues and alcohol and other drug problems

Outline: 4 x 90 minute weekly sessions that

- Educate
- Teach coping strategies
- Develop skills

# Therapeutically holding consumers

Between groups:

- Text message reminders to practice
- Extra resources also sent



# Parallel processes

Capacity building

Knowledge building

Networking and communities of support



# Where to from here?

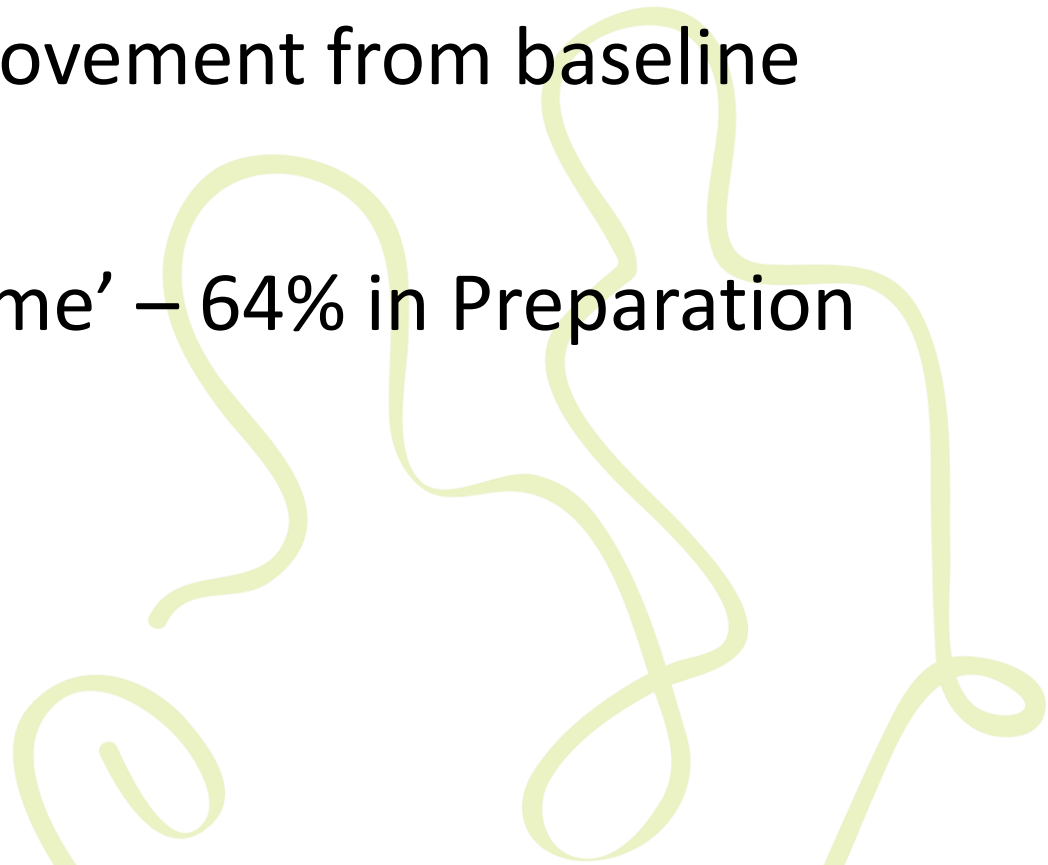
- PUMP & NDIS
- Consumer & facilitator informed change
- Being adapted for Aboriginal consumers
- To be adapted for consumers with cognitive impairment

# Pilot Evaluation

- 8 x 4 sessions between Ballarat & Traralgon
- 57% attended 1 or more sessions
- Depressive, anxiety, personality, trauma & stress related, schizophrenia spectrum
- Alcohol, cannabis, ice, heroin, prescription

# Consumer outcomes

- 20% reported improvement from baseline
- 73% 'stayed the same' – 64% in Preparation



# What do our participants think?

One consumer has almost entirely ceased his alcohol use & has reduced his cannabis use to 50%. He has also put on weight which he needed, so his health is improving. He continues to refer to the worksheets given in the PUMP sessions & finds them helpful. He has also started a regular mindfulness meditation practice & has recently started a philosophy course.



# What do our participants think?

One consumer has stated that he has now been clean since the group and has since found employment and has focused his energies into his family. Another consumer stated that he has realised that he has issues and that he can now work on fixing them. The consumer wanted to thank facilitators for always trying to come up with new ways to help him stay well.

# What do our participants think?

**“I never even admitted to having a drug problem before, this has been a good step for me”.**

**“ I have never been asked about the positive things about using and the negatives of not using”**