



# Dual Diagnosis Programme



## **The Temple Treatment Centre**

The Dual Diagnosis Programme is specifically designed for those who have a combined diagnosis of a specific mental health disorder and substance misuse.

This is a 4 week in-patient Dual Diagnosis Programme followed by a Stepdown Programme and an out-patient Aftercare Programme to support recovery.

### **Detoxification Process - Stage 1**

On Admission the following tests will be requested:

- A urine sample for drug testing.
- Breathalyser
- Routine blood tests.

Detoxification medications may be prescribed during the period of withdrawal. At this stage of treatment the Addiction Therapist will introduce himself/herself to the service user, discuss the Dual Diagnosis Programme and complete a comprehensive assessment process. A contract to engage in the programme will be signed, outlining your responsibilities as a member of the programme.

### **Dual Diagnosis Programme - Stage 2**

Stage Two of the Dual Diagnosis programme is a four week inpatient programme. During your time in treatment, your programme will focus on three specific areas:

1. Medical treatment provided by your medical team.
2. Psycho-education in relation to your specific mental health and addiction difficulties provided through group and individual work with your designated therapist and the rest of the team.
3. Peer support through your attendance and participation in group sessions, lectures and peer support groups available to you such as AA and Lifering.

Each person has an individual care and treatment plan and you will be asked to take a very active role in this plan. Your team will meet each week to discuss your progress and any difficulties you may be experiencing. It is important that you complete the comment forms provided as they will guide your treatment. If you run into difficulties while on the programme, it is important that you speak to any member of the team. We acknowledge that this may be difficult but it is based on personal responsibility which is a cornerstone of the recovery process.

## Dual Diagnosis Lectures

- 1 Morning Lectures (Monday-Friday)**  
09:30 - Various Topics (Lecture Hall)
- 2 Alcohol & Chemical Dependence Lectures (Tuesday)**  
12:15 - 13:00 - Consultant Psychiatrist/ Registrar facilitated (Lecture Hall)
- 3 Dual Diagnosis Lectures (Monday)**  
16:00 - 17:00 - Dual Consultant facilitated (Phoenix Room)
- 4 Service User & Family Education Lectures (Friday)**  
11:30 - 12:30 - Facilitated by an Addiction Therapist (Lecture Hall)

## Dual Diagnosis Group Meetings

- 1 Goal Setting Group (Monday)**  
11:30 - 12:00 - Therapist facilitated. To promote changing patterns of behaviour and establishing support in the community
- 2 Goal Setting Group (Friday)**  
Afternoon - Therapist facilitated. Specific goals for leave outside the hospital

- 3 Mental Health Group (Monday)**  
14:00 - 15:15 - Therapist facilitated. Session
- 4 Role Play Group (Tuesday)**  
15:30 - 16:30 - Therapist Practice Sessions
- 5 Recovery Plan Group (Wednesday)**  
11:00 - 12:00 - Therapist facilitated. Individual recovery plan discussions and feedback
- 6 Relapse Prevention Group (Thursday)**  
11:30 - 12:30 - Therapist facilitated.  
The Focus will be on:
  - The Wheel of Change
  - Unhelpful Thinking Patterns
  - Coping with High Risk Situations and Cravings
  - Early Warning Signs of Relapsing
- 7 Relapse Management Group (Wednesday)**  
15:00 - 16:30 - Therapist facilitated.  
The Focus will be on:
  - Review of Recovery Plan
  - Feelings and Actions
  - Inaccurate Thought Processes
  - Triggers



## **Will Health Insurance cover the Dual Diagnosis Programme?**

The 4 week In-patient Dual Diagnosis Programme is fully covered by VHI, Laya and Irish Life Healthcare Insurance. Step Down is covered by insurance. The Aftercare Programme is not covered by insurance but is offered at a very favourable cost of €40.00 per group session.

## **Aftercare Programme - Stage 3**

### **What is Aftercare?**

In St Patrick's Mental Health Services, Aftercare is based on the Recovery Model. It is highly recommended and advocated following Stages 1 and 2 on the pathway to recovery.

All three stages are equal on the pathway and this is supported by research evidence. The commitment to the year long programme provides better outcomes, supports abstinence, maintains a life more rewarding without alcohol/chemicals and maintains good mental health.

### **Aftercare Group Design**

Each service user in treatment develops their own Aftercare plan prior to discharge to ensure a successful recovery. An important component of the plan is weekly attendance at a facilitated Aftercare group.

Attendance at the group provides the service user an opportunity to continue to address primary recovery issues. It also supports personal accountability from the service user to the group members for sobriety and recovery from mental health difficulties.

Studies substantiate the importance of weekly Aftercare meetings to the success of long term recovery. Furthermore when attendance at weekly Aftercare declines, the commitment to recovery may decline and the risk of relapse may increase.

## **Support Groups**

- AA – Alcoholics Anonymous**  
[www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)
- NA – Narcotics Anonymous**  
[www.na-ireland.org](http://www.na-ireland.org)
- GA – Gamblers Anonymous**  
[www.gamblersanonymous.ie](http://www.gamblersanonymous.ie)
- **Lifering**  
[www.lifering.org](http://www.lifering.org)
- **Smart Recovery**  
[www.smartrecovery.ie](http://www.smartrecovery.ie)

*(Depending on the specific difficulties, support groups may be recommended).*

[www.stpatricks.ie](http://www.stpatricks.ie)

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