

Effective approaches to co-existing problems

Christopher Brett

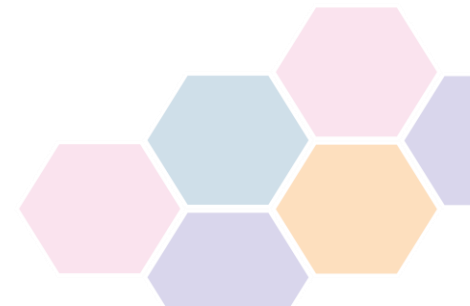
Criminal Justice Liaison and Diversion Service, NSFT



Liaison and Diversion

Liaison and Diversion (L&D) services exist to identify people who have mental health, learning disability or substance misuse vulnerabilities when they first come into contact with the criminal justice system

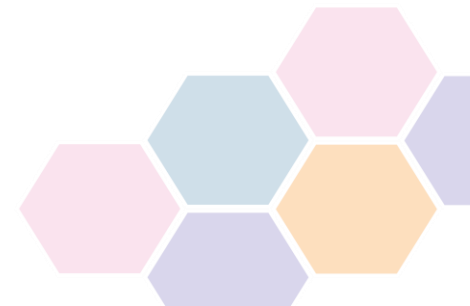
- Screening
- Signposting
- Brief intervention
- Referral
- Advice, guidance and consultation



L&D functions

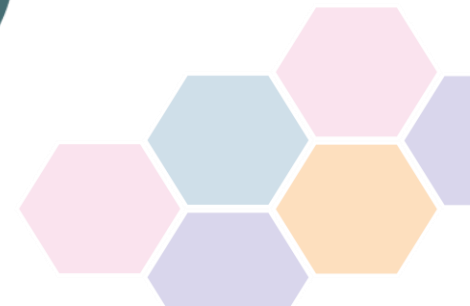
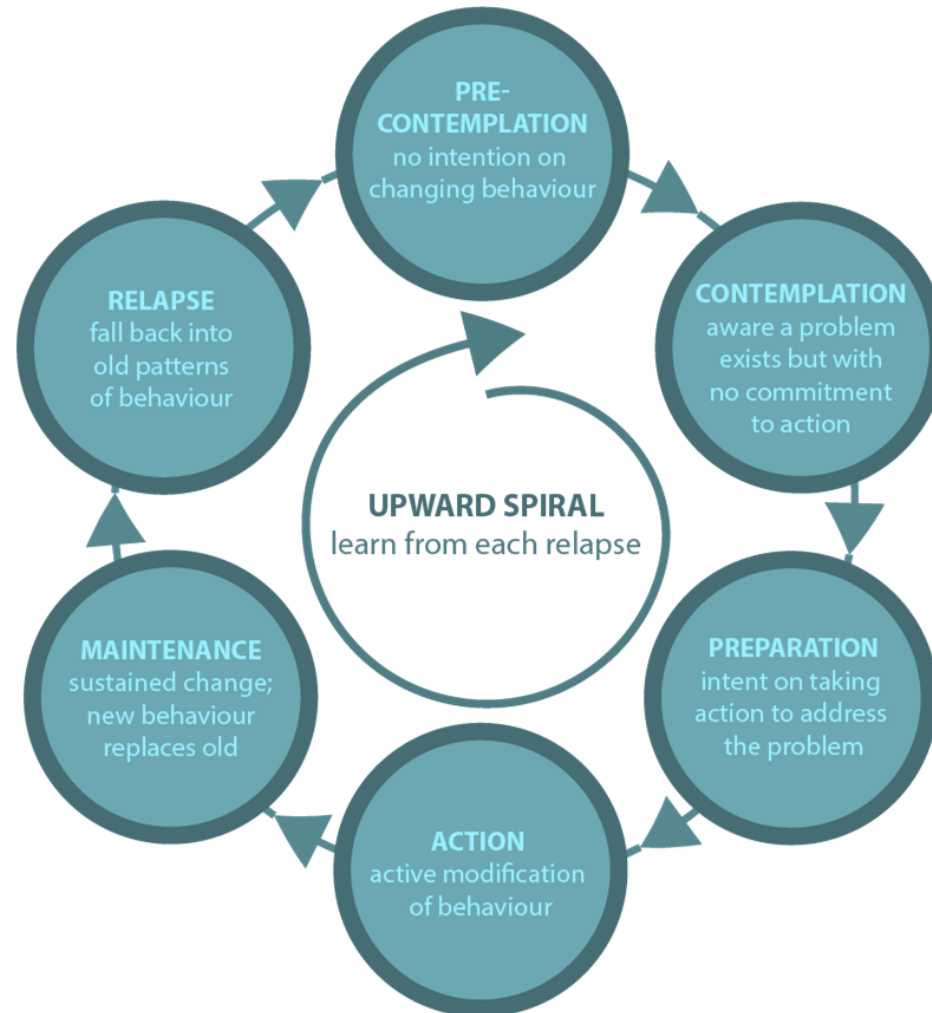
- **Liaison:** relies heavily on [partnership](#) work and a commitment to good liaison with others. This is crucial due to the wide range of services that could be involved through the criminal justice system
- **Diversion:** is early action so people in trouble with the law get the right help, in the right place, at the earliest opportunity. It can be action to avoid a person coming into the justice system (***diversion away from the system***) or action to improve outcomes if they do come in or are already in (***diversion within the system***)

NHSE (2013)



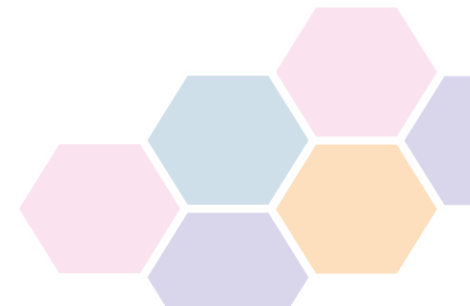
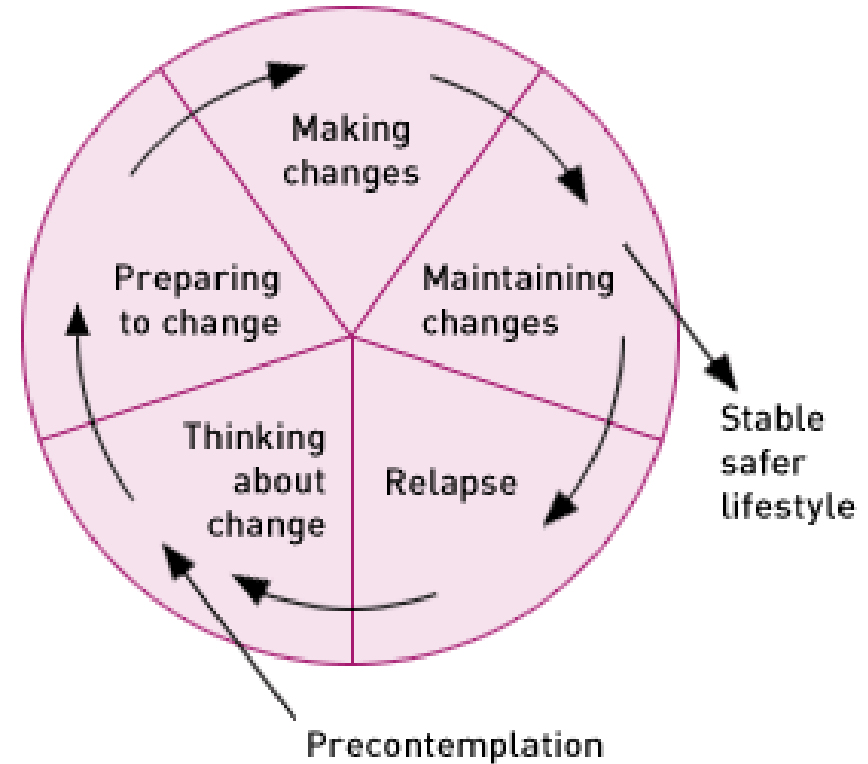
Where to start?

STAGES OF CHANGE



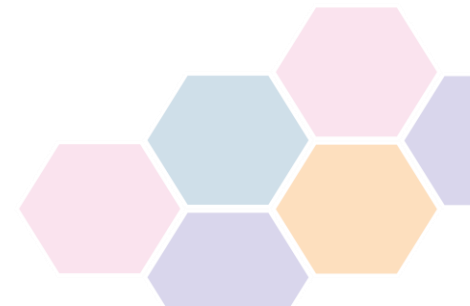
A few useful things to consider:

- Non-judgemental approaches
- Not getting too caught up with the “chicken and the egg”
- Understanding the relationship
- Developing a shared understanding of where the person is in relation to making changes to their substance use
- Multiple cycles
- Motivation
- Harm



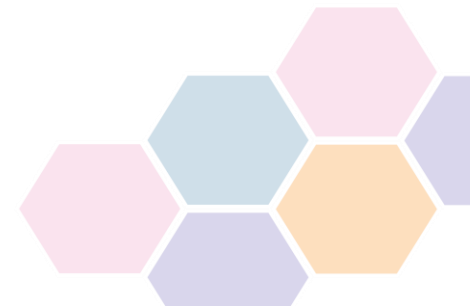
Engagement

- Proactive
- Collaborative
- Outreach
- “Rolling with resistance”
- Flexibility
- Non-judgemental
- Person centred
- Strengths based



Brief Interventions (B.I.)

- Quick & effective!
- There is good evidence for brief interventions being effective in enabling people to make positive changes
- Health promotion
- Harm reduction
- Motivation
- Holistic
- Needs led
- Priority?



B.I.

Harm reduction

- Does not condone or condemn
- Non-judgemental
- Education
- Advice
- Seeks to reduce/minimise harms
- Keeps people alive!

Motivation

- Positives of change
- Negatives of change

Decisional Balance Sheet

	Disadvantages	Advantages
No Change		
Change		

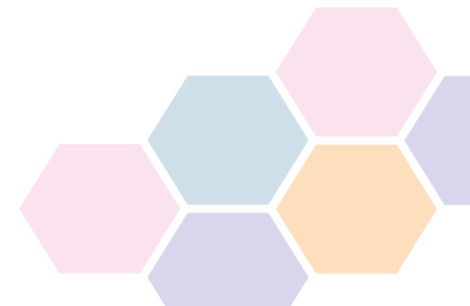
What can sustain motivation?

What can put motivation at risk?



Needs

- There is a spectrum of need associated with ‘dual diagnosis’
- Everyone is an individual
- Very few people live in isolation
- Impact on those close to the person
- You cannot over-estimate the importance of those who support
- Don’t under-estimate the need for support!



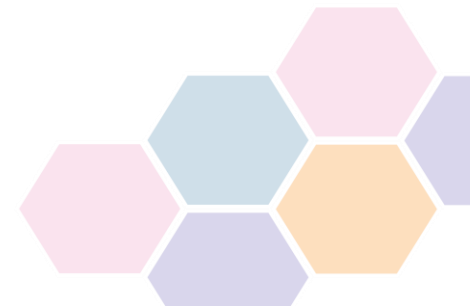
How do people access services?

Routes in

- Primary Care
- Self referral
- (Professional) referral
- Mandated/coercive access

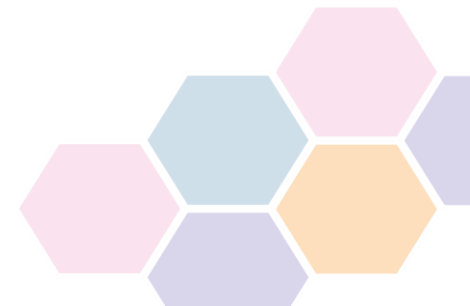
Some potential barriers

- Mental health and substance use
- Services criteria
- Opening hours
- Stigma & discrimination
- Feeling that needs are not being met
- Intoxication
- Engagement



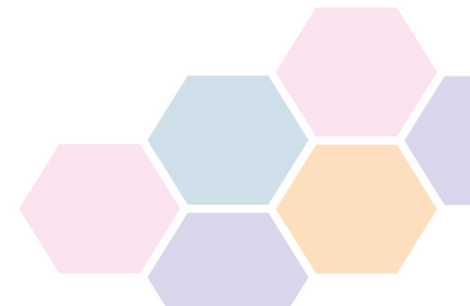
Joint working

- Evidence suggests that where possible interventions are integrated when someone has co-existing needs
- This doesn't always translate to services, which remain split



Multi-agency working

- Because people with co-existing problems often experience ongoing complex needs, focus on multi-agency working has to be a central concern.
- GPs
- Pharmacies
- Housing and social support
- Training/education/employment
- Charity/voluntary sectors



Simple things

- Joint appointments
- Sharing assessments and plans
- Goal setting
- Communication
- Inclusion
- Beware of overloading!

