

CONCURRENT DISORDERS

PART 1: Dual Diagnosis: Mental Illness & Developmental Disabilities

Behaviour Management and Skills Workshop (DVD 2562) 2002; 151 min

Audience: health professionals; post-secondary students

- Institutional loans only

Synopsis: This Camp Winston production is a compilation of weekend training sessions. Starting with an introduction to behaviour management the disc contains several modules. These consist of setting expectations, praise, correcting behaviour, reflective listening and recognizing and responding to challenging behaviours. Each module is illustrated with role-play demonstrations. A participant workbook is also available.

Challenging Issues in Developmental Disabilities, 1992

Audience: health professionals; students in professional programs

- Institutional loans only

Précis: This two-part mock interview demonstrates active treatment and habilitation principles to help individuals with disabilities live with greater independence. The exercise a 'scientific approach' toward identifying the underlying reasons for challenging behavior, and discusses how to detect patterns of behavior to arrive at sensible treatment interventions.

• Diagnosing Challenging Behavior 1: Medical and Environmental Causes

(Video 2216.1) 12 min

Synopsis: This basic program examines challenging behavior here defined as verbal or physical aggression. Medical conditions are to be ruled out first and may include medication issues such as side effects or starting, stopping, or changing medication, or of dosage changes. Physical discomfort from medical illness and pain from dental problems, allergies or stress may also be of importance. Environmental causes are the "who, what, where, and when" aspects of an incident, the major focus of this tape.

• Diagnosing Challenging Behavior 2: Functional Analysis

(Video 2216.2) 13 min

Synopsis: Functional assessment looks at the reason for behavior that may seem disruptive or challenging but has a purpose and motivation. Four types are discussed; sensory stimulation, escape, attention seeking, and personal gain. Two main strategies are involved in the solution of these issues. Developing more effective communications, by word, sign, or gesture and altering the environment where these behaviours develop. Note is made of the situations where the same, or stereotyped, behaviour may be used to achieve different ends.

The Critical Crossroad (Video 2262) 1998; 65 min

Audience: health professionals; post-secondary students

- Institutional loans only

Synopsis: Individuals with developmental disabilities present with the same range of mental health disorders that effect the general population. This program is aimed primarily at health care providers who deal with consumers who have developmental problems and need to recognise mental health problems in this population. The program is divided into four segments. The first two cover general issues, defining developmental disability and then presenting basic concepts in mental illness. The following segments go into detail about the four general types of mental illness: psychotic, affective, anxiety and personality disorders. The concluding segment contains a simulated interdisciplinary team meeting, and concluding summary.

Dual Diagnosis Series, 2000

Audience: health providers; support teams; post-secondary students

- Note: CAMH staff & Institutional loans only

These advanced training resources are for mental health professionals and care providers of individuals with dual diagnoses. They detail information for collaborating on issues of diagnosis, treatment, and support. The contain factors relevant to medications, physical illness, quality of

life, function of behavior, grief, and abuse. Topics include discussions of diagnostic criteria, differential diagnoses, treatment options, and support measures for adult clients. Workbooks are available on request for each tape to supplement the video information and include detailed charts and tables for reference to pharmaceutical use and side effects.

- **Mood and Developmental Disorders**

(Video 2364.1) 45 min

(Workbook 2364wb.1)

Synopsis: Tape one combines recordings of individuals with mood disorders along with insights of family, support and professional staff. Signs and symptoms of major depressive episodes and manic episodes are discussed with attention to treatments using psychological and environmental mediation, medications and ECT.

- **Schizophrenia and Other Psychotic Disorders and Developmental Disabilities**

(Video 2364.2) 47 min

(Workbook 2364wb.2)

Synopsis: Tape two focuses on the recognition of signs and symptoms of schizophrenia and other psychotic disorders; emphasizes the importance of collaboration among professionals and care providers. Attention is given to causes other than psychosis for delusions, hallucinations, and disorganized behavior. As well, information on both antipsychotic drugs and their potential side effects and non-medical treatments for psychotic disorders, such as cognitive behavior therapy and adjustments to the client's physical and social environment.

The Ethics of Touch (DVD 2606) 2000; 128 min

- Note: CAMH staff and advanced institutional loans only – no general public use

Audience: health providers; students in post secondary health profession programs

Synopsis: This professional training, self-study guide for persons working assisting others with disabilities was developed by Dave Hingsberger and Mary Harber. The program is divided into four modules: Privacy Issues; Relationships and Affection; Intimate Care; Practice Guidelines for Managers and Administrators.

A Family Healing, 1996

Audience: health professionals;

Note: Viewing both videos will provide a more effective insight to the family and treatment issues presented.

- **Coming to Terms with Intellectual Disabilities (Video 1533.1) 60 min**

Audience: families; post-secondary students; health professionals

Synopsis: Denise is a charming woman of 32 years, but functions academically at a grade three level. The film, made by her brother Michael, quickly became a documentary of family struggle. Agreeing to become Denise's guardian on the death of their parents, Michael realised he didn't know her very well. Denise suffers from a developmental disorder that went undetected for years. There was no accurate diagnosis until she was nine years old. In addition her life is complicated by the presence of Bipolar Disorder and its medication side effects. She made progress though and her parents had hopes of her being able to live independently some day. Denise suffered a severe set back after a sexual assault occurred while in a residential treatment setting. Post-traumatic stress symptoms from this event restrict her ability to function and recover lost ground. For the family, particularly her parents coping with the issue of sexuality in their daughter, the assault raised questions that were exceedingly difficult to manage emotionally. Frequently the relationships with physicians in the hospital setting were negative and difficult. Other major issues were the problem of incorrect diagnosis and dealing with medications and over-medication.

- **Community Activists Discuss "A Family Healing" (Video 1533.2) 27 min**

Audience: families; survivors; post-secondary students; advocates; health professionals

Synopsis: This round table discussion focuses on issues raised in *A Family Healing*, and many that were left unsaid. Peter Parks opens the discussion with the assertion "close the institutions!" From there other participants discuss inclusive schools and the importance of friendships for people with developmental disorders. They argue that in the culture of the institution the survival

skills patients learn are of no use to help people live in society. The indifference of some physicians is frustrating, especially when parents want something that is not available; they are told they are in denial or unrealistic. Specifically the group points to the sadness of Denise and the mood of hopelessness that is portrayed by the family.

PART 2: Substance Use & Mental Disorders

See also: Trauma and Its Treatment

Addictions and Mental Illness (Video 2198.1) 1994; 28 min

Audience: general adult

Synopsis: The concept of dual or concurrent disorders is discussed in this program using the example of two people who have experienced mental health and substance abuse problems. Experts comment that people suffering from both disorders are often "lost through the cracks" of the treatment system and often have a very high incidence of other psychiatric disorders. Those with mental health problems also have a high rate of substance abuse. Encouragement to attend AA for alcohol problems is not considered to be an ideal setting for those with mental health issues. Experts from several institutions, including the National Institute of Mental Health (NIMH) comment on research and theories of mental disorders, particularly on the prevention of early exposure to substance use.

Adolescents and Co-occurring Disorders (DVD 1618.2) 2003; 24 min

Audience: post secondary students; health care workers; adult

Synopsis: Janice Gabe along with five teens presents information on issues relation to mental illness and substance use among youth. Co-occurring disorders are defined along with symptoms, drug interactions and prospect for recovery. Emphasis is placed on the serious problem of mood altering drug use and the importance of integrated treatment. An overview of psychiatric disorders is presented, as is relapse prevention.

Adults and Co-occurring Disorders (DVD 1618.1) 2003; 29 min

Audience: adult; post-secondary students; professional introductory

Synopsis: Ken Minkoff provides background information on the integrated model of treatment, while individuals offer their stories and perspective on treatment and recovery strategies.

See also, for professionals: **Dual Diagnosis: A Lecture by Ken Minkoff** (Video 2281)

Alter Egos (DVD 1624) 2004; 53 min

Audience: adults

Synopsis: This documentary by Laurence Green examines the relationship between filmmakers Chris Landreth and Ryan Larkin, the subject of **Ryan** and "alter egos" of the title. Where "Ryan" presented the genius and craft of the artist, this film displays the more revealing truth of Larkin, his addiction and the impact of being famous by default. Along with the interplay between the artists, there is also the friction around substance use and life choices.

Bridging the Gap: Case Studies in Concurrent Disorders

(Video 1297.1 /2 /3) c.1995; ~120 min

Audience: CAMH staff; health professionals

Synopsis: This is a series of three informally recorded videotapes lectures by Blenos Pederson M.D. Produced co-operatively by the Grand River Hospital, the Addiction Research Foundation and Alcontrol Homes the lectures are introduced by Robert Murray. Three case studies are presented with dramatizations; major statements are emphasized in point form.

Cannabis: What Teenagers Need to Know (DVD 1613) 2005; 45 min

Audience: high school students; families

Synopsis: This BBC program introduces the controversial idea that cannabis can in some circumstances lead to the development of psychotic disorders. Though some of the evidence presented is anecdotal, from parental experience, the issue is explored in more depth with professional commentary. In addition it is pointed out that cannabis is readily available to teens

from peers, that the drug is often very potent and that exposure is happening more frequently and at much younger ages than previously. The main concerns here are the potentially harmful effects on the still developing brain.

Co-morbid Depression and Substance abuse (Video 2362) 2001; 36 min

Audience: primary care physicians; students in post-secondary programs

Synopsis: Starting with impressionistic images of depression and drug use the film is introduced by Steve Paikin of TVO. The narrative continues with a mix of patient testimonial and commentaries by care givers, primary care and specialist physicians. There is discussion of programs for remission, assessment and rating scales, particularly the abbreviated Hamilton D. Medications are discussed along with side effects and interactions with other drugs.

Co-occurring Disorders: Relapse Prevention (DVD 1346) 1994; 24 min

Audience: general adult

Synopsis: This program offers a general introductory discussion on relapse prevention in concurrent disorders, with host Denis Daley. Aimed at a general audience this Hazelden program covers issues in relapse warning, trigger identification and practical strategies for wellness maintenance. The strategy is total abstinence and twelve step oriented. Advice is offered on medication use and on relations with others, especially where strong feelings are involved.

David with FAS (Video 1263) 1996; 45 min

Audience: general adult

Synopsis: David's primary diagnosis is Fetal Alcohol Syndrome. Until he was diagnosed with FAS, 21-year-old David never understood what he was doing wrong, why his adoptive parents were frustrated with him, why he was rejected, and neither did his parents. There are many moving scenes of David poetically expressing how he feels imprisoned by FAS. He expresses suicidal ideation, uses alcohol, self-harms and has depression. David needs constant prompting by his caregiver throughout the day because he cannot manage many of the basic routines of his life for himself. Interviews with his parents and siblings provide insight into living with a family member who has FAS and how their lives were impacted before and after the actual diagnosis. The documentary also covers a conference on FAS where the nature of the disorder is explained

Double Trouble Series, 1992

Note: these programs offer only an elementary introduction to the concept of concurrent disorders for a general audience; they are not suitable for professional development.

• **Mood and Anxiety Disorders** (Video 1005.1) 30 min

Audience: general adult

Synopsis: Leo, a recovering alcoholic, feels paralysed by depression. Though supportive, neither his wife nor his boss can find a way to lift his spirits. Mary suffers from panic attacks and uses alcohol and tranquillisers to relieve her symptoms, while her worried family tries to cope. The video dramatizes their symptoms and follows both through diagnosis and treatment. As part of his therapy, Leo has been prescribed an anti-depressant medication. Psychotherapy helps him resolve feelings of grief and anger. It is rightfully pointed out that this medication does not violate his sobriety.

• **Personality Disorders** (Video 1005.2) 30 min

Audience: general adult

Synopsis: Jack's antisocial behaviour has created several problems. He mistreats women and has difficulty controlling his temper. He also uses and sells cocaine. Julia has a history of alcohol abuse and self-harm. When she becomes involved in a new romantic relationship, with unrealistic expectations, despite a caution from her therapist, she finds herself on the brink of relapse. This video dramatizes their stories and shows how they learn to cope with their substance abuse and personality disorders.

Driven to Distraction: Recognizing and Coping with ADD (Video 1229) 1995; 47 min

Audience: general adult

Synopsis: *Driven to Distraction* describes Attention Deficit Disorder (ADD) among adults and examines the problem of concurrent substance abuse. The main symptoms are identified, such as distractibility, impulsiveness and restlessness. The video also discusses how ADD contributes to stress, depression, substance abuse and mental health problems, which in turn complicate diagnosis and treatment. Another complicating factor in diagnosis can be the presence of Fetal Alcohol Effects (FAE) and the importance of screening addiction clients for this in addition to ADD is suggested.

Dual Diagnosis (Video 1174) 1992; 26 min

Audience: health care professionals; nursing students; adults

Synopsis: This National Institute on Drug Abuse (NIDA) documentary argues that the use of alcohol and drugs by a client will often hamper a counsellor from properly diagnosing a mental health problem. In a group therapy session, a woman explains that she always thought alcohol was the only cause of her problems. Later, she learned she was also suffering from Post-Traumatic Stress Disorder (PTSD). The program also addresses the mistaken assumption of some self-help proponents who assert, "a drug is a drug is a drug," including psychiatric medication. Dual Diagnosis clients who attend some of these groups may come under pressure to discontinue using prescribed medication.

Dual Diagnosis: A Lecture by Kenneth Minkoff M.D. (Video and DVD 2281) 2000; 120 min

Audience: health professionals; advanced post-secondary schools

Synopsis: It is recognized that more than half of clients with major mental disorders also have co-occurring substance use problems. In the past patients with dual, or co-occurring disorders were normally treated in separate facilities without regard to the complex nature of the problem. In this lively presentation Doctor Minkoff outlines how each treatment system can learn from the other and how services can be linked even with differences in treatment philosophy. A set of principles for an integrated model of care is presented.

See also: **Adults and Co-occurring Disorders** (DVD 1618)

Integrated Treatment Training Series, 1999

Audience: health professionals

Synopsis: Developed by the University of Arizona, this teaching program was developed for facilitators to present an integrated model of treatment for patients with co-occurring mental illness and substance use disorders. The program is for in-service training in agencies that do not have direct access to training and educational resources. The demonstration videotapes are to be used with an accompanying workbook that contains the full course program.

• **Epidemiology and Assessment** (Video 2359.1) 87 min

+**Workbook** (2359WB1)

• **How Do We Do It?** (Video 2359.2) 98 min

+**Workbook** (2359WB2)

• **Medication Management** (Video 2359.3) 180 min

+**Workbook** (2359WB3)

• **Group Treatment** (Video 2359.4) 135 min

+**Workbook** (2359WB4)

• **Relapse Prevention Module 1** (Video 2359.5A) 135 min

• **Relapse Prevention Module 2** (Video 2359.5B) 135 min

+**Workbook** (2359WB5)

Integrated Treatment for MIDAA Across Alaska (Video 2220) 1995; 55 min

Audience: health professionals; students in post-secondary professional programs

Synopsis: This video presents the results of a state-wide establishment of a dual disorders program in Alaska. Conversations involve the director of the program, staff at a community health centre and patients who have experienced success. Important details of starting the program and issues specific to treating the dually diagnosed population, as well as outcomes and future directions for the program are presented.

Man Alive: A Safe Space (Video 2166) 1992; 27 min

Audience: health professionals; general

Synopsis: Cottage 13 was used as a program site at the Whitby Psychiatric Hospital for the treatment of clients experiencing dual disorders of chemical dependence and mental health problems. Clients profiled here learning to manage their daily needs in a group home setting. Within this safe setting, limited supervision was provided, and no medication was given. During intensive group therapy sessions, clients work out relationship problems and develop communication skills for eventual use in the world outside the hospital. Interviews are conducted with a social worker and a physician involved with the program. The emotional impact on the members of the group is noted when a client relapses while on a temporary pass.

Mental Health Issues in the Acute Care Setting, 2008

- CAMH staff and advanced nurse training program use only

Recognition and Assessment (DVD 1706.1) 25 min

Synopsis: Part one examines the impact of mental health disorders not only on the individual's ability to provide self-care, but also on health care providers. Some attention is given to the economic costs worldwide. The concepts of stereotype, stigma and prejudice relating to mental health are discussed. Medical workers may have concerns and fears relating to the care of mental health patients in the acute medical setting. These kinds of concerns are identified and discussed along with attention to steps in the assessment process to identify the presence of mental health disorders.

Effective Intervention Techniques (DVD 1706.2) 24 min

Synopsis: Part two uses dramatized episodes to illustrate effective methods of working with patients who are suffering from mental disorders while in the acute care environment. Techniques to promote safety and prevent patient or staff injury are outlined. Methods to maintain control of the situation when a patient is acting out are also presented. A discussion of the reasons mental health patients fail to follow treatment plans is presented. Appropriate methods for supporting family members and eliciting helpful information are also illustrated. The place of the nurse as a facilitator of communication between the various members of the health care team is emphasized. Limitations on the use of restraints, both physical and chemical, are addressed along with importance of accurate documentation of observed behavior.

Instructor's Guides (CD-ROM 1706.3) PDF format

Numbing the Pain: Substance Abuse and Psychological Trauma

(Video or DVD No.1374) 1997; 30 min

Audience: adults; clients in treatment; health professionals

Synopsis: This video points to problems in the specialised approaches to mental health and the resulting gaps in knowledge between professionals in different areas, especially when the attempt is made to treat certain disorders separately. Patients may often have the dual diagnosis of substance dependence and post-traumatic stress disorder. Rather than treat each disorder separately, this presentation argues that it is advantageous to treat them together with a more holistic approach. The video mixes testimonials from former patients about the stresses that led to their cycle of self-medication with alcohol and other drugs mediated with commentary from health experts.

See also: TRAUMA & ITS TREATMENT

Sane and Sober (Video No.1238) 1992; 16 min

Audience: health professionals; general adult

Synopsis: The basic message of this video is that people who have both substance abuse and mental health problems can recover and lead a better life. The viewer is introduced to eight individuals who comment on various aspects of their recovery. Among them Lawrence describes how it felt to be labelled as schizophrenic, while Bill comments on the negative stereotypes in the popular media. Rhonda is upbeat and enjoys life, while Richard is grateful for little accomplishments like learning to make meat loaf. The video argues that persons with dual diagnosis need to abstain from self medicating with substances, routinely take medications as prescribed and find ways to minimise stress in their lives.

Treating Co-Occurring Disorders (DVD 1621) 2006; 75 min

Audience: health professionals; post-secondary students

Synopsis: Clinician Robert E. Drake explores the connections between substance use and severe mental disorders. Issues of prevalence, integrated treatment, medication management, and the components of successful treatment are presented.