

Odyssey House-

DDIGIT Program



looking back, moving forward

Presented by Jenny Meyer and Airlie Ford

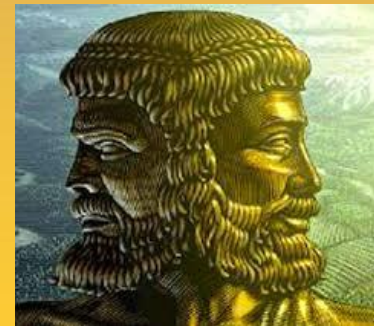
CAN YOU



DDIGIT?

What is DDIGIT?

- Dual Diagnosis Intervention Group in Treatment.
- Assists individuals in treatment for addiction to develop and strengthen coping techniques for and knowledge of their Mental health issues.
- Facilitated by two Registered Psychologists as part of the Janus Program in Odyssey House.
- Janus is the Roman God of transitions and beginnings and is usually depicted with two faces: one looking forward to future and one looking back at the past.



How is DDIGIT delivered?

- DDIGIT is facilitated into two distinct treatment stages: Assessment/ Prodigal DDIGIT and Structure DDIGIT.
- DDIGIT participants are identified through several procedures:
 1. Information gathered about their mental health diagnosis upon admission .
 2. Observations made by Nurses and Counsellors in the Withdrawal Unit before entering the residential program.
 3. Referral from their initial assessment with the Consultant Psychiatrist at Odyssey House.
 4. Recommendations made by Therapy Teams for each treatment phase, based on each individual progress into treatment.
 5. Recommendations made within Clinical Review.

DDIGIT Intake Process

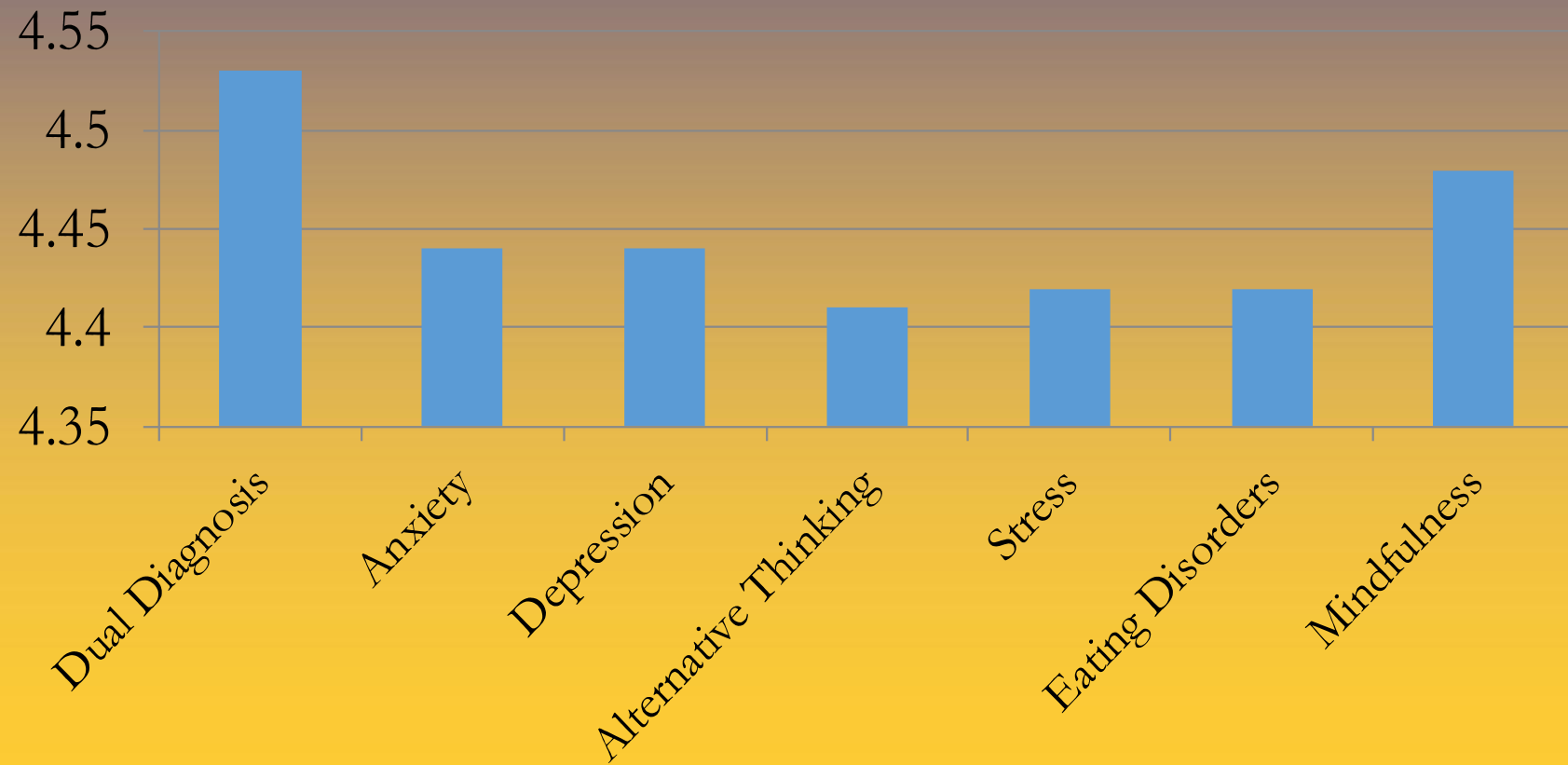
- Once a resident is identified with mental health issues, they will be assessed by the Janus Psychologist.
- The assessment gathers relevant information about their mental health history and current symptomatology.
- The Depression, Anxiety and Stress Scale (DASS) is administered to measure their current level of coping.
- For residents identified with complex symptoms, the Personality Assessment Inventory (PAI) is also administered to obtain further information.

Assessment/ Prodigal DDIGIT

- Assessment/ Prodigal DDIGIT is a 7 week program, covering psycho-educational topics that emphasise healthy coping skills:
 1. What is Dual Diagnosis?
 2. What is Anxiety and how can I cope with Anxiety?
 3. What is depression and how can I lift my mood?
 4. What are unrealistic thoughts and how can I challenge my negative thinking?
 5. What is stress and how can I cope when stressors arise?
 6. What are eating disorders and how can I develop a healthy body image? What is self-care and how do I assess what I need?
 7. What is mindfulness and how will it help me cope?

Client Ratings of Assessment/ Prodigal DDIGIT topics

Client Ratings

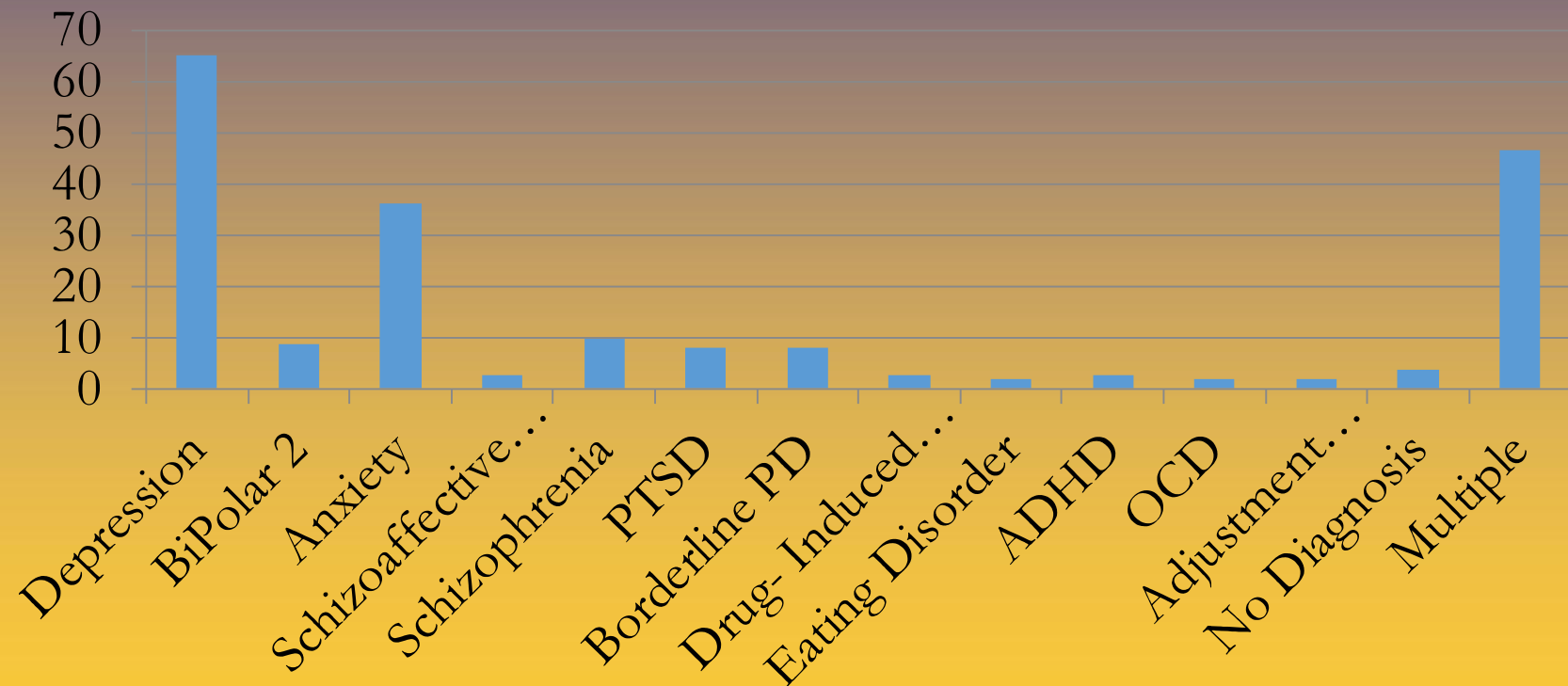


Assessment/ Prodigal DDIGIT statistics

- From September 2012- September 2013:
 - Total amount of groups run: 47
 - Total amount of participants: 114
 - Total amount of residents who completed the Assessment/ Prodigal DDIGIT program: 62

Assessment/ Prodigal DDIGIT

Mental Health Diagnoses



Assessment/ Prodigal DDIGIT Evaluation

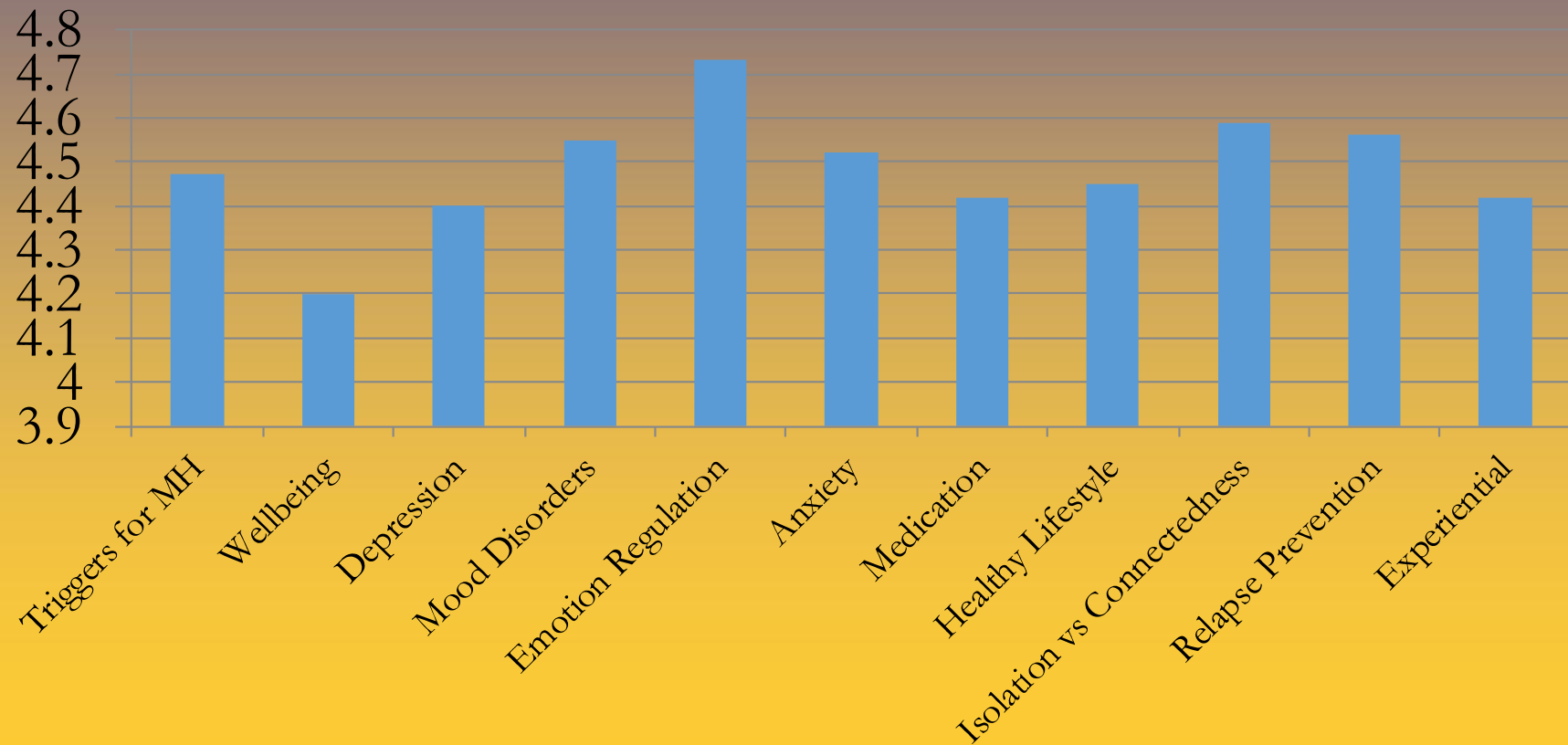
- Overall rating for Janus Program (Assessment/ Prodigal DDIGIT) from 20 respondents in September 2012: 4.55
 - Comments from the evaluation:
 1. It was a good group.
 2. This is a good group.
 3. I would like to thank the facilitators for all their help and encouragement throughout the process of easing me out of my anxiety issues; and giving me positive ways of coping with this.
 4. Integral part of the program.
- Overall rating for Janus Program (Assessment/ Prodigal DDIGIT) from 20 respondents in September 2013: 4.64
 - Comments from the evaluation:
 1. Everyone should do this group.
 2. First person I trusted and still trust. Has help me more than I can say.
 3. Love DDIGIT. Very helpful.
 4. Good group.
 5. This course has helped me look more into the big picture of my addiction.

Structure DDIGIT

- Structure DDIGIT is a 12 week program, covering 10 psycho-educational topics and 2 experiential sessions:
 1. Triggers for Mental Health and Addiction
 2. Wellbeing and Mental Health
 3. Depression and Coping Techniques- Extended
 4. Other Mood Disorders
 5. Emotion Regulation
 6. Anxiety Disorders- Extended and Relaxation Techniques
 7. Medication
 8. Healthy Lifestyle and Mental Health: structure, problem solving and goal setting.
 9. Isolation vs Connectedness
 10. Relapse Prevention for Mental Health.
- Experiential sessions are organised to match current resident needs.

Client Ratings of Structure DDIGIT Topics

Client Ratings

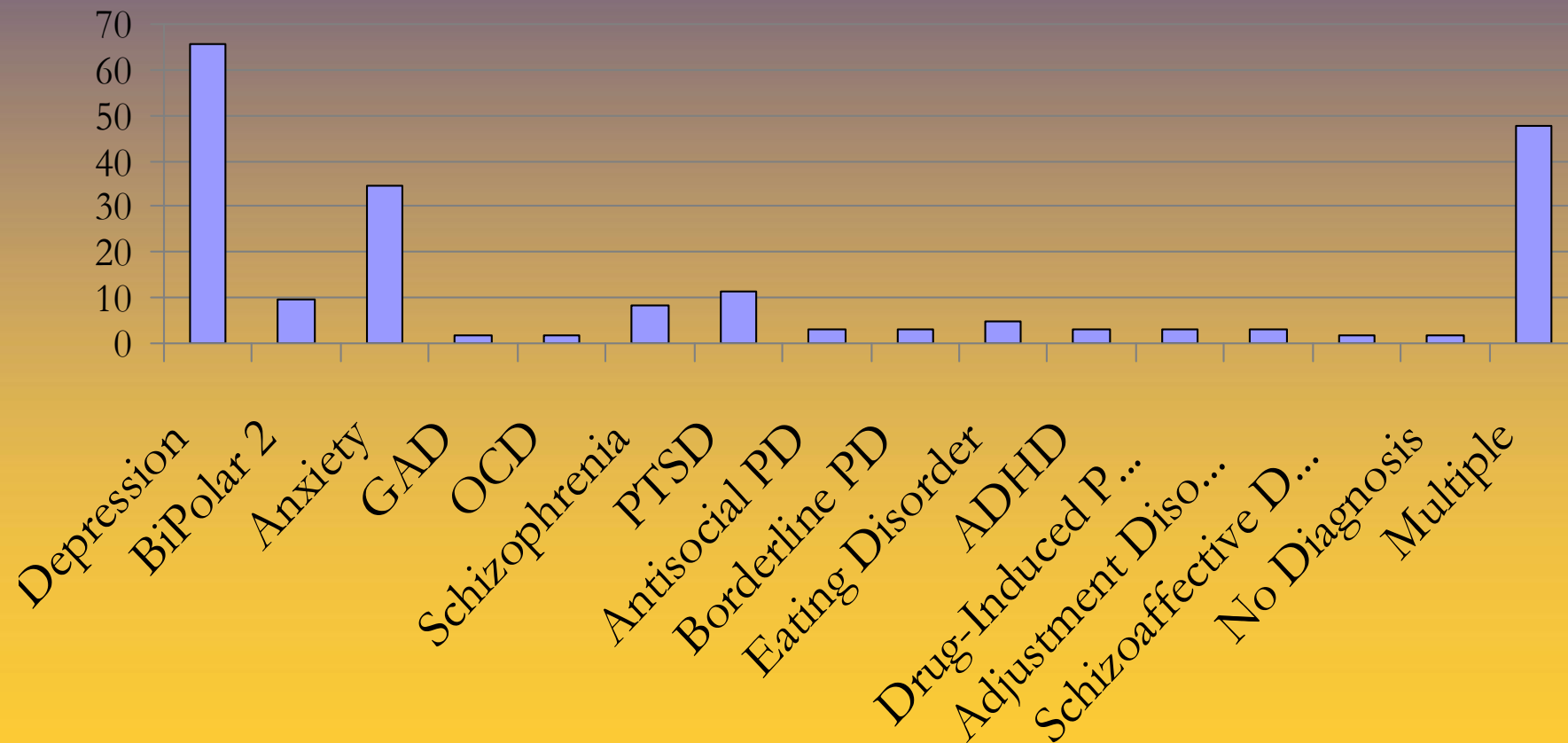


Structure DDIGIT Statistics

- From September 2012- September 2013:
 - Total amount of groups run: 49
 - Total amount of participants: 61
 - Total amount of residents who completed the Structure DDIGIT program: 20

Structure DDIGIT

Mental Health Diagnoses



Structure DDIGIT

Evaluation

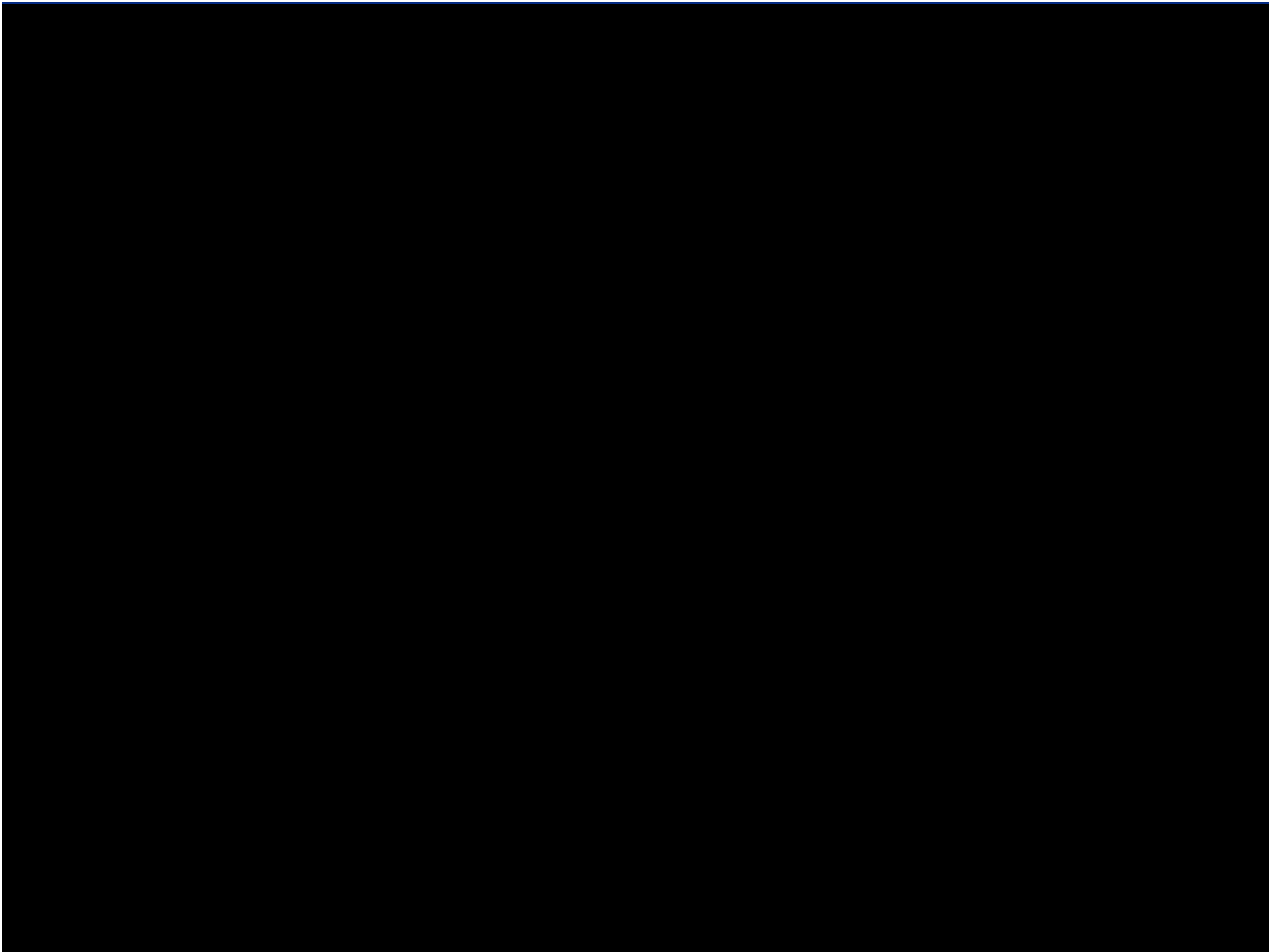
- Overall rating for Janus Program (Structure DDIGIT) from 20 respondents in September 2012: 4.72
 - Comments from the evaluation:
 1. Really enjoyed group.
 2. It was good to do.
 3. Very beneficial for those who require it.
 4. Thanks.
 5. I would like to thank the facilitators for all their help and encouragement throughout the process of easing me out of my anxiety issues; and giving me positive ways of coping with this.
- Overall rating for Janus Program (Structure DDIGIT) from 20 respondents in September 2013: 4.58
 - Comments from the evaluation:
 1. It is where I open up the most.
 2. This course has helped me work on some big triggers for my addiction and made my recovery more possible.

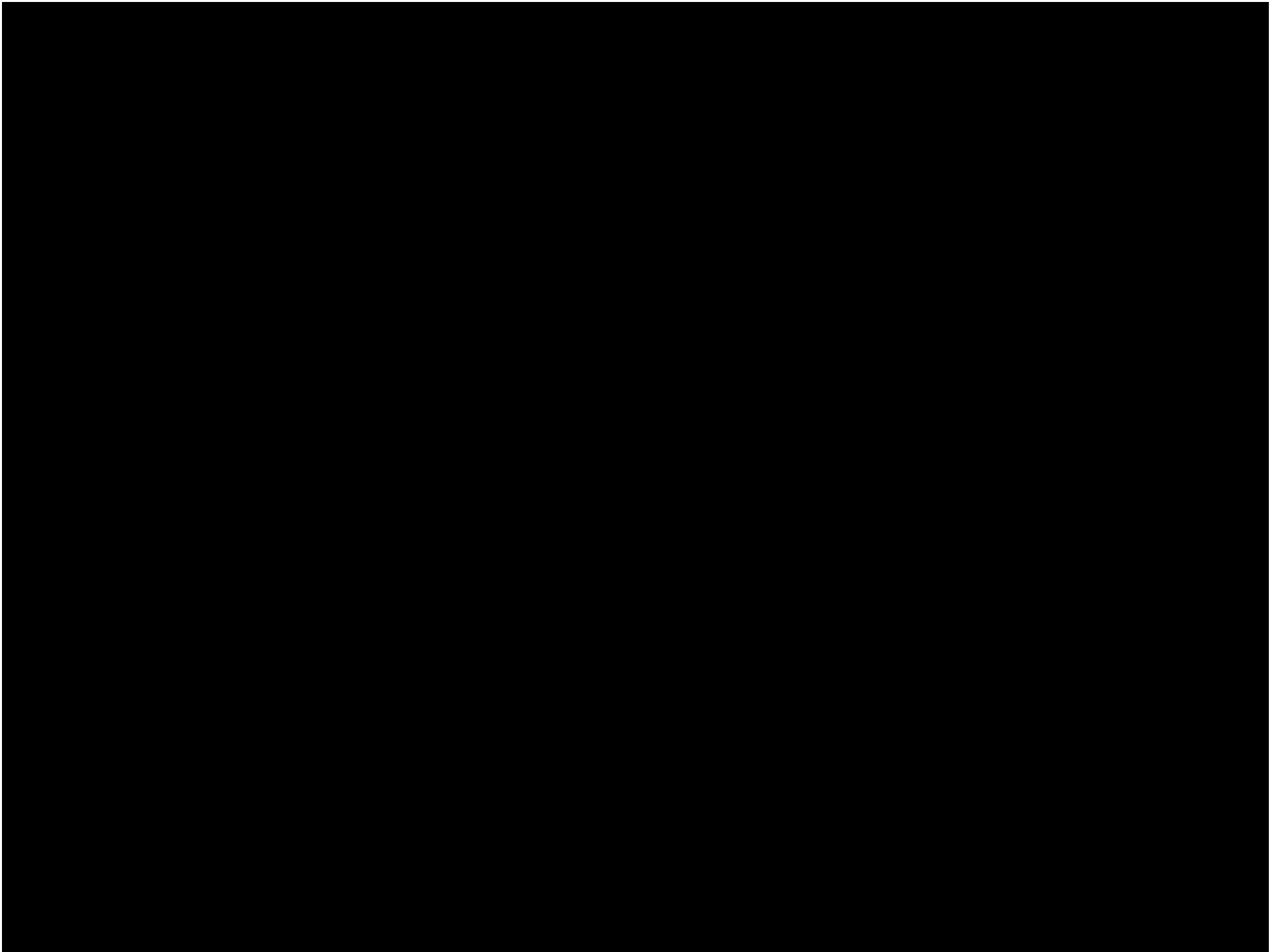
Treatment Outcomes

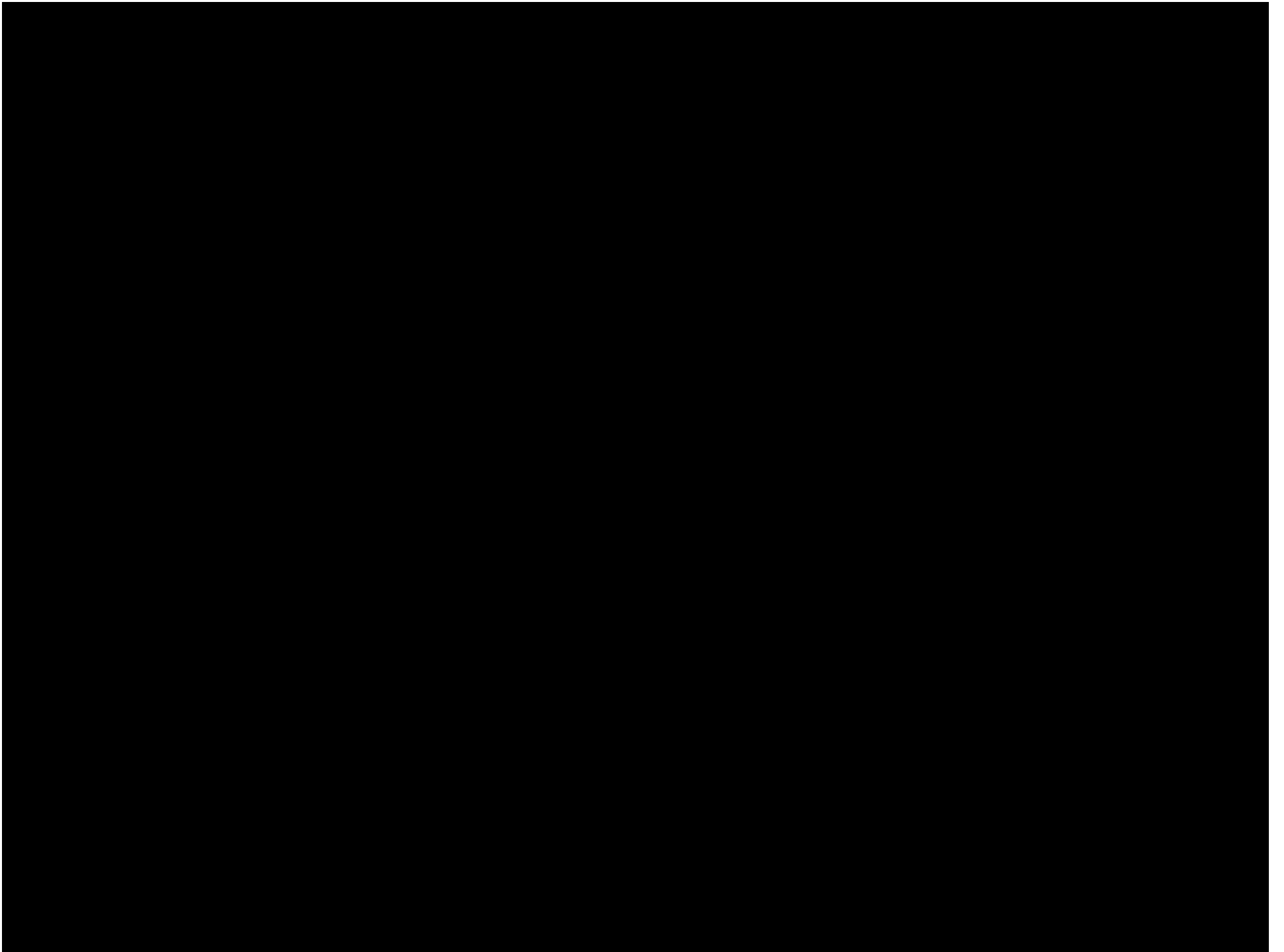
- The DASS is utilised every 4 weeks with DDIGIT participants to track Depression, Anxiety and Stress symptoms. A comparison of pre and post DASS scores reveal the following:
- 51.52% of DDIGIT participants had their Depression scores reduced in severity range.
- 30.30% of DDIGIT members had Depression scores that remained the same in severity range.
- 18.18% of DDIGIT members had Depression scores that increased in severity range.

Treatment Outcomes

- 12.36% of DDIGIT members had Anxiety scores that reduced in severity range.
- 57.58% of DDIGIT members had Anxiety scores that remained the same in severity range.
- 6.06% of DDIGIT members had Anxiety scores that increased in severity range.
- 42.42% of DDIGIT members had Stress scores that reduced in severity range.
- 45.45% of DDIGIT members had Stress scores that remained the same in severity range.
- 12.12% of DDIGIT members had Stress scores that increased in severity range.

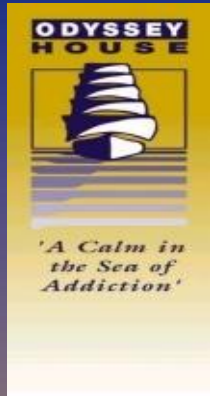






Looking to the Future

- Re-evaluating treatment outcome measures
- Improve the evaluation process aiming to capture retention rate for dual diagnosed client population
- Continue to develop relevant psycho-educational packages



Thankyou!



Questions?