



# *DUAL DIAGNOSIS*

&

# *MENTAL HEALTH*

## **REPORT 2015**



# VOX Dual Diagnosis Report 2015

## Researching and Planning

- **Information gathering**
- **Online research**
- **Community Leader Meeting**
- **Visiting focus groups**
- **Lived experience information**

Gathering information from rehab clinics and focus groups was the initial start for the project. Meeting individuals, listening to experiences and discussing information of dual diagnosis gave the project directions to reach its aims and objectives.

Individuals talked about different types of drugs and alcohol effects and impacts on mental health. What helped and what didn't when seeking recovery.

Online information helped get a bigger picture of services and signposting information available.

## Aims and Objectives

- Raising awareness
- Challenging Stigma
- Promoting recovery
- Signposting information
- Talking about mental health & Dual Diagnosis

Drugs and Alcoholism can be very severe and dangerous. The impacts on an addict can be life threatening and can deeply impact mental wellbeing. This can confuse an individual in understanding the difference between physical health and mental health. It is important to raise awareness and make the community understand the differences. Stigma has always played a big role in mental health and talking dual diagnosis has been challenging for the community. Signposting information is so that the message can be conveyed to a large scale of service users on how to

identify impacts of mental and dual diagnosis along with addictions. This will also help recovery and to seek help which is available.

### **Awareness Raising Sessions**

- Genesis Youth Group
- 17 male 1 female
- Ages from 18 – 45
- African
- Motherwell

#### **Session 1 – Identifying & Understanding**

Group discussions and exploring different types of addictions was the initial start of the session. Participants shared lived experience stories and recovery. All information was new to the group and they enjoyed interacting. Participants used artistic ideas to explore mental health issues and understand different kinds of symptoms that can occur in addictions. Group activities helped build confidence and beat stigmatised issues when talking about mental health. Participants showed a lot of interest in how they can create a design and show piece the display at the Moving Minds festival 2015.

The session ended with a better understanding of basic mental health and dual diagnosis. Planning for the 2<sup>nd</sup> session was to start an artistic piece which is to be displayed at the moving minds festival 2015.



## **Session 2 – Art Work & Exploring Signposting Information**

The session started by participants talking about what they want to start the art work and how it would illustrate the project aims and objectives. They explored on different images from online to magazines to describe methods of dual diagnosis. Participants brainstormed ideas, wrote positive messages to recovery. Researching online was used to download images and information gathering on different types of drugs and alcohol. Great team work and effort was put in and they enjoyed the session thoroughly.

Information booklets explaining positives and negative in dual diagnosis were given in our signposting session. This led to a group discussion and the group showed interest on how they would pass on relevant information. All information was new to them and it was appreciated. As the group is from an ethnic origin this helped them understand the differences from different cultures.



### Session 3 – Equality & Art Work

A football activity was used to understand what equality means which involved group work and physical exercise. The group was split into 2 teams (A&B) of 5 participants in each team. Team B had 4 players eliminated from the game without any reason. This was to demonstrate discrimination and to show what equality means amongst a group. This raised awareness of human rights and equality.

The exercise opened up a group discussion, where participants shared their experiences and opinions on equality & discrimination. This gave an insight how important it was to talk about human rights to young people as they were unaware. There is a lot stigma around how people were treated living away from their communities. Settling in a new environment had impacted on their mental wellbeing. New changes and challenges were discussed and the group expressed how the discussion has helped them understand stigma in better form.



## Session 4 – Evaluation & Activity

This session was fun packed session, which involved evaluation & art activity. A group discussion was started by reflecting on the past sessions and how that has made a difference in their lives. Here are some quotes and some sayings which the participants expressed:

**Before: “I didn’t know what mental health meant” “what addiction meant”**

**“How different substances have different effects” “can alcohol be harmful?”**

**“Is there help for people with addictions?” “Is culture a barrier when seeking help?” “I didn’t know mental health can play a role with addictions” “in my country mental health is a stigma”**

**After: “I can help identify signs of mental health” “I can help someone with addiction issues” “I can signpost information to others” “I can talk about mental health and addictions to others” “These sessions have given me confidence” “I will promote mental health in my community”**

The participants finished of their art piece for the moving minds festival and celebrated the joy of the last session and achievement of understanding mental health & dual diagnosis.



## Conclusion

Overall the sessions made the project achieve its aims and objectives. It was fun and interesting to work with Genesis Youth Group; we involved activities to open discussions as they were young and optimistic about learning more on mental health. The topics on dual diagnosis discussed were all new to the participants. There was a lot of stigma around the topics however the participants managed to overcome it by utilising into activities.

This project has encouraged the participants to reflect on their understandings and issues around mental health. They will now promote positive messages in their community and friends and family. They have a better understanding of how to identify signs and how to seek recovery.

