

## Intellectual Disability/Mental Health Dual Diagnosis Service

The Intellectual Disability/Mental Health Dual Diagnosis Service is a free, community based, specialist psychiatric outpatient service for individuals with a co-existing intellectual disability and mental health issues, who are 18 years of age or older.

Acceptance into the service is based on the premise that the ID/Mental Health Dual Diagnosis Service aims to facilitate the optimal care of individuals with an intellectual disability, serious mental illness/suspected psychiatric disorder and an associated level of complexity which requires input from a specialist mental health service.

The needs for dual diagnosis clients may fall into either the ID/Mental Health Dual Diagnosis Service or adult mental health services, depending on the complexity of their presentation. The most appropriate service to meet these needs is determined clinically.

Referrals that are accepted by the ID/Mental Health Dual Diagnosis Service will have an identified co-existing intellectual disability (full scale IQ of 70 or less) and mental health issue rather than a primary social, relationship or behavioural problem. Individuals referred to the service who do not meet the entry criteria will be offered assistance to access appropriate alternative services. The service is predominantly a case management service and a consult-liaison approach is used where appropriate.

Geographically the ID/Mental Health Dual Diagnosis Service accepts referrals for people living in the Waikato DHB area only and outreach services are not provided. It is usually expected that clients will be able to attend psychiatric appointments in Hamilton but appointments at other venues can be sometimes arranged. Nursing assessments/input is often at the client's home.

We cannot accept individuals with problems related solely to:

- intellectual disability
- learning difficulties
- criminal activities/antisocial behaviours/conduct disorders
- accommodation issues.

The following services are not provided by us:

- eligibility/IQ testing
- counselling services
- needs assessment for funding of services
- behaviour management
- provision of accommodation or other support services.



### Staff

The Intellectual Disability/Mental Health Dual Diagnosis Service is a small clinical team consisting of a part-time Consultant Psychiatrist, part-time psychiatric registrar and two full-time community mental health nurses.

All clinicians are trained to carry out comprehensive assessments and to identify key areas in the treatment/management of individuals with an intellectual disability and mental health problem.

The dual diagnosis team is currently no multidisciplinary and doesn't include psychology, social worker or OT services.

- Phone (07) 834 6902

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### Who can refer to the ID/Mental Health Dual Diagnosis Service?

As we are a specialist service, individuals must be referred to us by a primary clinician. We receive our referrals from GP's, medical specialists and other community mental health teams. It is essential that the referrals are in writing.

We expect the client's GP to be informed and to remain involved as the primary medical caregiver.

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## **What information do we require:**

We need to know the individuals name, date of birth, NHI number, address, telephone number, cultural identity, level of intellectual disability and contact details of parents and/or caregivers. In addition, a detailed outline of the specific mental health concerns that you have leading to the referral.

Any accompanying information would be helpful such as:

- mental health history
- medical history – medical conditions and relevant investigations
- medication – current and historical.