Title	Provide support strategies for addiction service users with co-existing problems in mental health and addiction services		
Level	5	Credits	8

Purpose	People credited with this unit standard are able to describe support strategies available, and apply and evaluate support strategies, for addiction service users with co-existing problems in mental health and addiction services.

Classification	Health, Disability, and Aged Support > Mental Health and Addiction Support

Available grade	Achieved

Guidance Information

1   Legislation relevant to this unit standard includes:
Alcoholism and Drug Addiction Act 1966;
Children, Young Persons, and Their Families Act 1989;
Criminal Justice Act 1985;
Criminal Procedure (Mentally Impaired Persons) Act 2003;
Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996;
Health Practitioners Competence Assurance Act 2003;
Intellectual Disability (Compulsory Care and Rehabilitation) Act 2003;
Mental Health (Compulsory Assessment and Treatment) Act 1992;
Misuse of Drugs Act 1975;
Privacy Act 1993;
Protection of Personal and Property Rights Act 1988.

2   New Zealand Standards relevant to this unit standard include:
NZS 8134.0:2008 *Health and disability services Standards – Health and disability services (general) Standard;*
NZS 8134.1:2008 *Health and disability services Standards – Health and disability services (core) Standards*;
NZS 8134.2:2008 *Health and disability services Standards – Health and disability services (restraint minimisation and safe practice) Standards;*
NZS 8134.3:2008 *Health and disability services Standards – Health and disability services (infection prevention and control) Standards.*
All standards are available from http://www.standards.co.nz.

3   References
American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders – DSM-IV-TR* (4th ed., Text revision). Washington DC: Author; available at http://www.psych.org.

Babor, T.F., & Higgins-Biddle, J.C. (2001). *Brief intervention for hazardous and harmful drinking: A manual for use in primary care*. Geneva: World Health Organization; available at http://www.who.int/substance_abuse/publications/alcohol/en/index.html.
Mental Health Commission – Te Kaitātaki Oranga; https://www.health.govt.nz/.
Ministry of Health. (1998). *Guidelines for clinical risk assessment and management in mental health services*. Wellington: Ministry of Health in partnership with the Health Funding Authority; available at https://www.health.govt.nz/.
Ministry of Health. (2008). *Let's get real: Real Skills for people working in mental health and addiction*. Wellington: Author; available at https://www.health.govt.nz/.
National Addiction Centre: University of Otago, & Matua Raki National Addiction Treatment Workforce Development Programme. (n.d.). *Orientation to the addiction treatment field Aotearoa New Zealand*. Christchurch: Author; available at http://www.matuaraki.org.nz/index.php?option=com_content&view=article&id=67:orientation-to-the-addiction-treatment-field-aotearoa-new-zealand&catid=23:matua-raki-publications&Itemid=51.
Prochaska, J. O., & DiClemente, C. C. (1982). Transtheoretical therapy: Toward a more integrative model of change. *Psychotherapy: theory, research and practice*, *19*(3), 276–288.
Rollnick, S. & Miller, W. R. (1995). What is motivational interviewing? *Behavioural and Cognitive Psychotherapy*, *23*, 325–334.
Te Pou o Te Whakaaro Nui, Le Va, Pasifika within Te Pou. (2009). *Real Skills Plus Seitapu – Working with Pacific Peoples.* Auckland: Author; available at http://www.leva.co.nz; or http://www.tepou.co.nz; or https://www.health.govt.nz/our-work/mental-health-and-addictions/mental-health.
The Werry Centre. (2008). *Real Skills Plus CAMHS: A competency framework for the infant, child and youth mental health and alcohol and other drug workforce*. Auckland: Author; available at http://www.werrycentre.org.nz; and https://www.health.govt.nz/.
Todd, F.C. (2010). *Te Ariari o te Oranga: The assessment and management of people with co-existing mental health and substance use problems*. Wellington: Ministry of Health; available at https://www.health.govt.nz/.

4   This unit standard cannot be assessed against in a simulated environment. For assessment, candidates must demonstrate competence in the workplace through paid or unpaid employment, or in placements in a service provider workplace negotiated by an education provider.

5   Candidates' practice must reflect appropriate values, processes, and protocols in relation to working with Māori and Pacific peoples and/or people from other cultures, in a range of settings and environments.

6   Definitions
Addiction refers to a 'maladaptive pattern of substance use or problem gambling that leads to a clinically significant impairment or distress. Substance use disorders and pathological gambling disorder are characterised by dyscontrol, [increased] tolerance, withdrawal, and salience [conspicuous behaviour], and they are considered chronic relapsing conditions' (*Let's get real*, 'Glossary', p. 25).
'Maladaptive' in the context of this definition refers to any pattern of substance use or problem gambling that is unconstructive or disruptive, and which does not assist or promote the ability of a person to adjust the addictive behaviour which he or she is exhibiting.

Addiction service user in the context of this unit standard refers to a person accessing services in a mental health or addiction setting. Service users may also be known as consumers, clients, patients, tūroro, or tangata whai ora in particular contexts and settings.

Candidate refers to the person seeking credit for this unit standard.

Co-existing problems refers to the presence of both mental health and addiction issues. Co-existing problems can also be referred to as 'co-morbidity', 'dual diagnosis', or 'co-occurring disorders'.

Goals refers to cultural and/or spiritual, environmental, physical, psychological, and social goals.

An *integrated approach* to support refers to support in which mental health issues and addiction issues (and the relationship between the two) are addressed simultaneously by the candidate or organisation.

Natural supports refers to any assistance, relationships, or interactions provided to addiction service users by family/whānau, friends, peers, co-workers, or community volunteers. In a specifically Māori context, natural supports may include but are not limited to: kaumātua, kuia, tohunga, whānau, iwi, and hapū.

Organisation's policies and procedures are the policies and procedures of the employing organisation of the candidate and include ethical codes, standards, and other organisational requirements.

Support strategies in the context of this unit standard refers to a broad range of plans, actions, and interventions which may be remedial, therapeutic, or restorative in nature, and that aim to maintain, improve, or restore a person's independence and/or interdependence; utilise the person's existing strengths; and, where possible, utilise the resources of the local community. Support strategies provided for mental health and addiction service users may include their natural supports.

7   Recommended skills and knowledge for entry:
Unit 26984, *Describe mental health and addiction issues and the potential impact of co-existing issues*.

Outcomes and performance criteria

Outcome 1

Describe support strategies available for addiction service users with co-existing problems in mental health and addiction services.

Range   evidence is required for two addiction service users with co-existing problems.

Performance criteria

1.1   Support strategies are described in terms of an integrated approach to addressing both mental health and addiction issues in accordance with the references.

1.2   Support strategies are described in terms of the range of actions and interventions that can be provided in accordance with addiction service users' goal(s).

Range   may include but is not limited to support strategies related to – maintenance of engagement and motivation, maintenance of mental wellbeing and minimised substance use, ongoing relapse prevention, coping skills, restoration of wellbeing, rehabilitation, recovery, development of supportive social networks, family/whānau connections, employment, housing, recreational activities;
evidence is required for two support strategies for each addiction service user.

Outcome 2

Apply and evaluate support strategies for addiction service users with co-existing problems in mental health and addiction services.

Range   may include but is not limited to support strategies related to – maintenance of engagement and motivation, maintenance of mental wellbeing and minimised substance use, ongoing relapse prevention, coping skills, restoration of wellbeing, rehabilitation, recovery, development of supportive social networks, family/whānau connections, employment, housing, recreational activities; evidence is required for provision of two support strategies for each of two addiction service users.

Performance criteria

2.1   Support strategies are applied in a way that builds and maintains positive relationships with addiction service users and their natural supports in accordance with service users' goal(s).

2.2   Support strategies are applied in a way that identifies mental health and addiction issues and promotes the achievement of service users' goal(s).

2.3   Support strategies are applied in accordance with boundaries of the candidate's role and the organisation's policies and procedures.

2.4   The effectiveness of the support strategies in achieving services users' goal(s) is evaluated in accordance with the organisation's policies and procedures.

This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	21 July 2011	31 December 2021
Revision	2	17 May 2012	31 December 2021
Review	3	28 May 2020	31 December 2021

Consent and Moderation Requirements (CMR) reference	0024

This CMR can be accessed at http://www.nzqa.govt.nz/framework/search/index.do.