Dual Diagnosis and Positive Approaches

ASSOCIATION OF BEHAVIORAL CONSULTANTS

KESTREL Behavioral Health

Dr. Jim Wiltz, HSPP
JWiltz@Kestrelbh.com

ViaQuest Community Solutions

Kelly Hartman, MA
Kelly.Hartman@ViaQuestinc.com
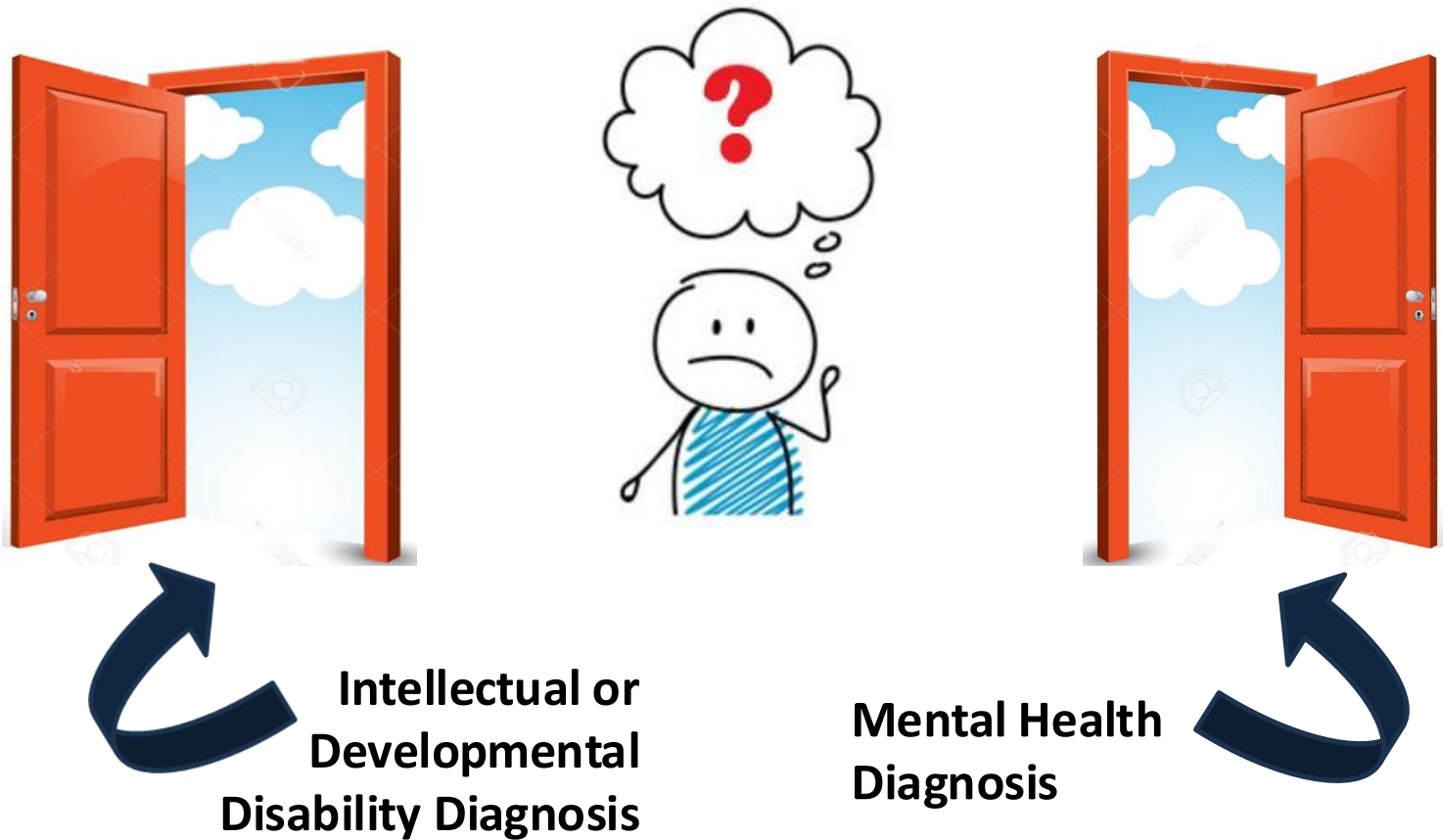
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Issue of Primary Diagnosis

Intellectual or Developmental Disability Diagnosis

Mental Health Diagnosis

Early Mental Health Diagnosis

} Originally, the focus was on statistics or the percentage of people with disorders

} 1840: Census Bureau began MH tracking by recording frequency of "idiocy/insanity"
   } No distinction between Intellectual and Mental Health Disorder

} 1917: Diagnosis numbers were gathered across mental hospitals
   } the first "Statistical Manual"

Dual Diagnosis Timeline

Prior to 1980: No Dual Diagnosis - "lack of insight"

Steven Reiss studies Diagnostic Overshadowing

Clinical scales (e.g., Reiss Screen, PIMRA, etc.)

1982

1983

2007

Before 1980

1982

1980s & 90s

Frank Menolascino, coins the term "Dual Diagnosis"

Robert Fletcher founds NADD

DM-ID is published / a DSM companion

Dual Diagnosis / The "Point"

⟩ Beware of Diagnostic Overshadowing / We should not attribute MH concerns to the disability

⟩ People with ID are not "immune" to mental health problems
  ⟩ NCI: about 50% (n=12K) – same in Indiana

⟩ Sometimes the clinical presentation is a little different

⟩ People with Dual Diagnosis benefit from high-quality treatment

What does Treatment look like?

Mental Health Tx for People without Disability

} Psychotherapy

} sometimes Psychotropic Medication

Mental Health Tx for Those with Dual Diagnosis

} Psychotherapy *(can be limited by cognitive and communication abilities)*

} often Psychotropic Medication *(NCI: 50%)*

} Behavior Support

Summary

} Dual Diagnosis = ID + Mental Disorder

} Words matter

} Many Mental Disorders exist, and people with ID are susceptible to <u>all</u> of them

} Diagnostic Overshadowing is when a clinician mistakes a Mental Disorder for just part of a person's Intellectual Disability

The invitation to BMAN

Brain development

Birth

Experiences > diagnosis, response of social system

Frustration > communicated (behaviorally)

Message is a result of exclusion, being treated differently, sometimes not even being acknowledged, decreased opportunity for learning
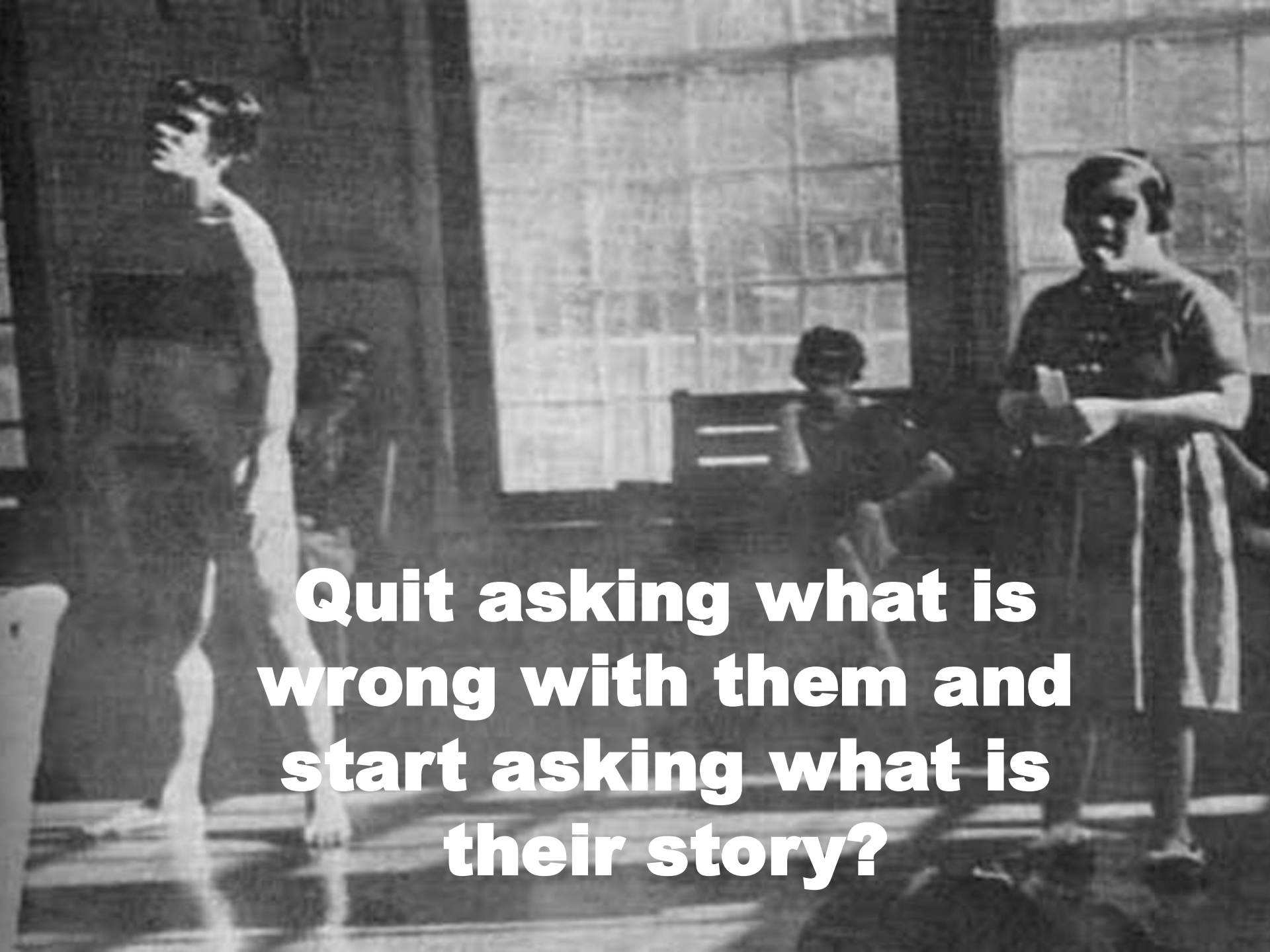
Emerges as a pattern (that we can all be driven to!)

The targeted behavior interferes with trajectory to the GOOD LIFE

Behavioral Consultant invited in to "fix" the person

Quit asking what is wrong with them and start asking what is their story?

Paradigm Shift

Behavior Modification

- Punishment/Consequences
- Rights restrictions
- Compliance
- Control
- Use of reinforcement schedules
- Strategies were based on medical model (underlying disease)
- Focus was primarily on root cause analysis
- Deficit model
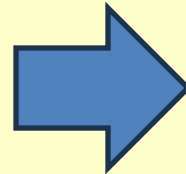
Positive Behaviors Supports

- Positive approaches
- Science of Happiness
- Trajectory toward "Good Life"
- Recognizes trauma's impact
- Believes that all behavior is communication
- Approach is based on psychological model
- Bio-Psycho-Social Approach
- Strengths based model

Behavior

Positive Psychology

- Historically, our approach was to look at how to "decrease" the behaviors or symptoms and categorized people as "disordered" – this is a medical model.

- Positive psychology allows us to focus on happiness and personal growth. We need to see and enhance the good.

- This is a conceptual framework – not an exclusive psychological theory, but a culture that should be intertwined through all things

- Founded by Martin Seligman, President of APA, 1998

- Essentially this is the study of happiness

- Scientific study of the strengths that enable people to achieve their good life

- The foundation is a knowing that ALL people want to lead meaningful lives, achieve what is their BEST, and to enhance experiences of love, work and play.

According to Seligman, people that are thriving, flourishing, making progress toward their good life......it is not the absence of misery that defines them, but the presence of these things:

- **P**ositive Emotions

- **E**ngagement

- **R**elationships

- **M**eaning

- **A**chievement

- **+**PLUS physical activity, nutrition, sleep & optimism

P E R M A +

POSITIVE EMOTIONS · ENGAGEMENT · RELATIONSHIPS · MEANING · ACCOMPLISHMENT · PLUS

P	Positive Emotions	Enhances perseverance, creativity, gratitude and hope	*feeling good*
E	Engagement	Builds cognitive and emotional endurance. Can be experienced in many ways – good conversations, work task, reading a book, gardening, playing sports or a musical instrument, etc.	*absorbed in satisfying, interesting activities*
R	Relationships	Connections to others can give life purpose, and increases support. This is enabled by our capacity for love, compassion, kindness, empathy, teamwork and cooperation	*connected to others*
M	Meaning	Guards against depression. Sense of belonging can be involvement in family, religion, work organizations, community groups, social causes	*purpose/ belonging*
A	Accomplishment	Builds self-belief. Can be experienced in many ways – workplace, sports, games, hobbies, etc.	*sense of achievement/success*
+	Plus	The building blocks for wellness. These have to be supported in order to build on the elements of PERMA	*activities that help someone enhance health and safety*

https://ppc.sas.upenn.edu/learn-more/perma-theory-well-being-and-perma-workshops#:~:text=There%20are%20five%20building%20blocks,route%20to%20a%20flourishing%20life.
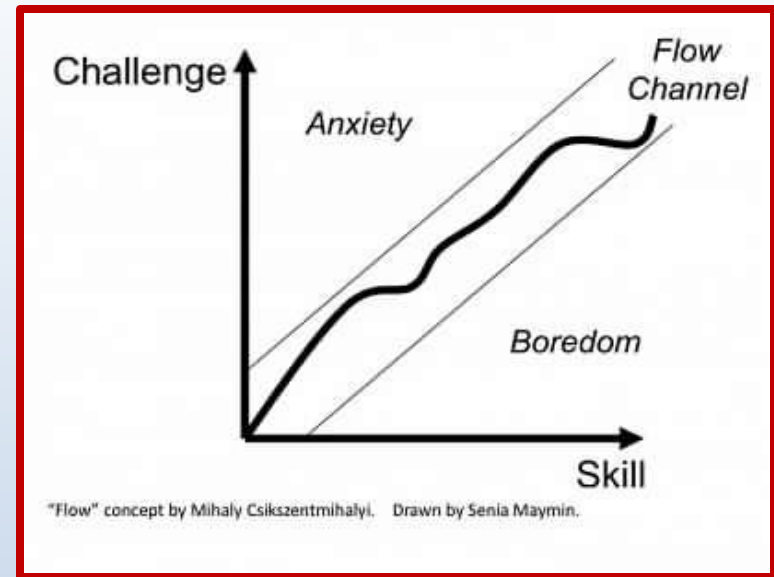
✚ Plus

- Optimism
- Nutrition
- Physical activity
- Hydration
- Sleep
  - The absence of these things leads to significant health problems which has a significant impact on mental health and life longevity.
  - The presence of these things leads to resilience

RESILIENCE

- Increasing this reduces the expression of targeted behaviors
- The ability to bounce back
- Key to coping with stressful events
- [5] "capacity to remain flexible in our thoughts, feelings, and behaviors when faced by life disruption, or extended periods of pressure, so that we emerge from difficulty stronger, wiser, and more able"
- lengthening "the fuse"

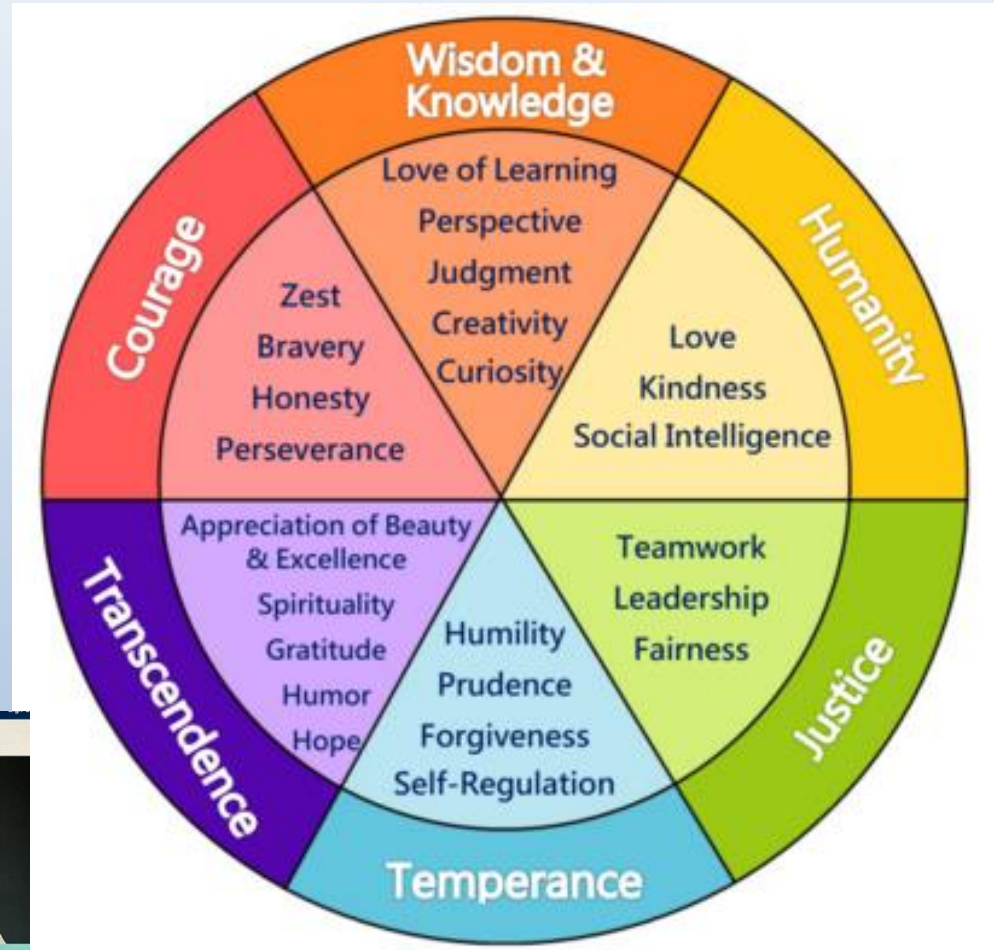[5] Pemberton, C. (2015). *Resilience: A practical guide for coaches.* Open University Press.

Challenge / Anxiety / Flow Channel / Boredom / Skill

"Flow" concept by Mihaly Csikszentmihalyi. Drawn by Senia Maymin.

FLOW

- State of being immersed, feeling energized, focused – aka "in the zone" or being "locked in."
- Requires a balance of skill and challenge
- Leads to a sense of enjoyment and accomplishment
- Benefits psychological well being and productivity
- For more check out Mihaly Csikszentmihalyi

VIA Character Strengths Assessment

www.viacharacter.org

- Looks at the positive parts of your personality
- Impacts how you think, feel and behave
- 24 strengths in 6 virtues
- Widely researched across several sub populations
- Excellent functional assessment tool to help with the paradigm shift toward positive approaches

…are the same things you want.

...PEOPLE...that make you happy!.

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