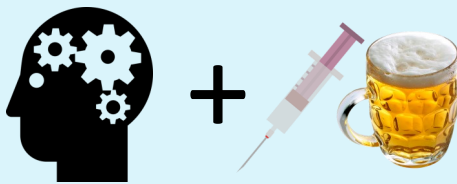
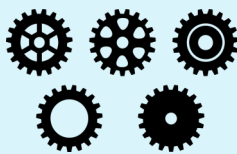


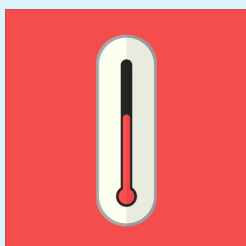
What happens if you have combined mental health and drug or alcohol problems?



When you suffer from mental health problems and drug or alcohol problems at the same time, this is called **Dual Diagnosis**.

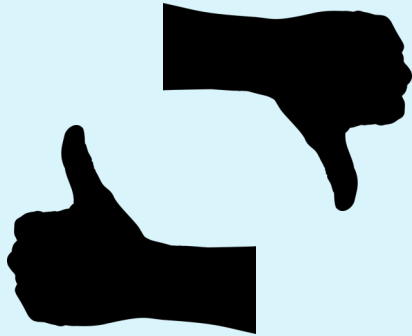


This guide is to inform you and/ or your carer about how **Spectrum CGL** (the drug and alcohol service) and **HPFT** (the mental health service) work together to help you if you have **Dual Diagnosis**.

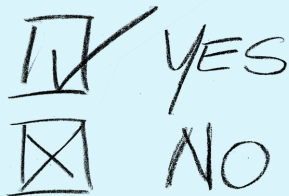


When you have a dual diagnosis we will care for you based on how severe your mental health and drug or alcohol problems are.

What are your rights?



HPFT and Spectrum CGL decide what care you receive but you and your carer can choose to accept or refuse the treatment you are offered. **(2005 Mental Capacity Act)**



This means that you do not have to go to Spectrum CGL or accept treatment from them.

It is a voluntary decision.

Understand
information

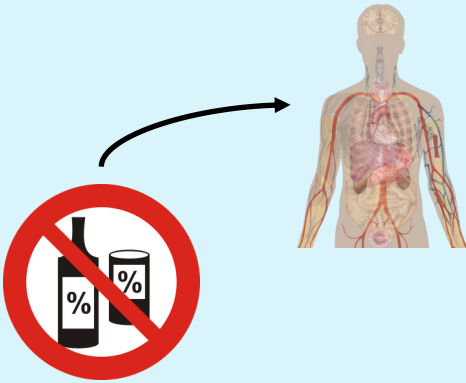
Retain
information

Use the
information

Express views
or wishes

HPFT provide treatment under the Mental health Act if they do not think you are able to make the decision for yourself.

What happens if you drink every day?



You can be assessed by HPFT once you have stopped drinking and your body has got rid of the alcohol in it.

This is called a **Detox**.

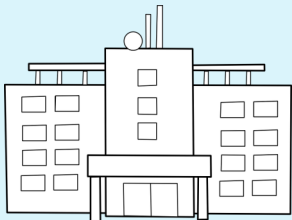


The Spectrum CGL doctor will discuss what your needs are and will give you a letter that helps HPFT decide what mental health treatment will be best for you.



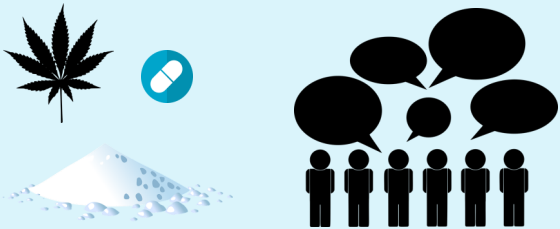
You can then be referred to HPFT with the help of this letter.

What happens if you receive an alcohol detox in hospital?



Spectrum CGL have staff working in the hospitals who can help you remain alcohol free if you wish.

What happens if you use other drugs?



There are various talking therapies available for other drugs like cocaine, cannabis or legal highs.



If you can show you have made progress during these face-to-face and group sessions you can then be referred to HPFT.



Spectrum CGL will help you refer to HPFT depending on your individual needs.

What happens if you use Opiates (Heroin, Tramadol, Codeine)?



If you use Opiates and can show you have made positive progress in your treatment at Spectrum CGL you can self-refer to HPFT.



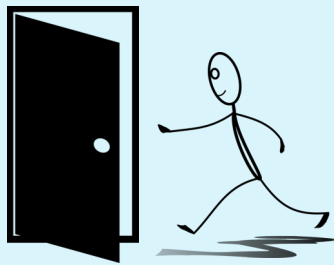
Positive progress may include:

- Attending regularly at Spectrum
- Attending appointments with the Spectrum CGL doctor
- Reducing or stopping your drug use



You can then be referred to HPFT with the help of this letter.

We can help if you have a learning disability



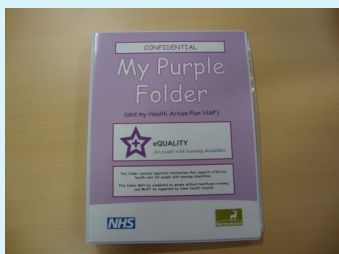
Mental health services and drug or alcohol treatments are available to people with learning disabilities.



HPFT and Spectrum CGL are responsible for helping you get the right treatment for your mental health and drug or alcohol problems.



When you first look for treatment, HPFT and Spectrum CGL will carry out an assessment with the Learning Disability Services.



Remember to bring your **Purple Folder** (if you have one) with you, so we can better understand your needs.