

Optum



Relias Spotlight Series

July 2023

Hello Providers,

Welcome to the Optum Idaho **July Relias Spotlight Series** — a series devoted to offering you access to **free, accessible and continuing education unit-eligible** online education about topics that are important to behavioral health providers.

This month, we are going to shine our spotlight on the unique challenges and opportunities for providers when working with Dual-Diagnosed Youth and things to consider when providing services to dual-diagnosed members within your agency.

Dual Diagnosis also referred to as a co-occurring disorder, commonly refers to a member having both a substance use disorder and a mental health disorder. The disorders may emerge together, or one may emerge before or after the other. The key to successful intervention and treatment is to be able to identify through ongoing assessment and develop an integrated treatment approach that *treats both disorders at the same time*. Easier said than done, correct?

Three Don'ts of Treating Dual-Diagnosed Youth

1. **Don't get stuck in the challenges.** Too often we focus on the challenges such as treating complex mental health diagnosis, medical conditions, mental health and substance use stigma around treatment, family involvement or lack of thereof, access to services, workforce shortages, workforce training and scope

as well as an understanding of youth culture to keep youth engaged in treatment services. Instead, we need to change our perspective and focus on the opportunity; we get to be a part of the youth's life and plant seeds in their development that will continue to grow throughout their lives.

2. **Don't treat one diagnosis, then the other.** Treating dual-diagnosed youth should be a collaborative approach between providers and their family and/or support person/s. Coordination of care between providers is key. Build an individualized integrated approach to treat the "whole" youth. When a youth's whole health needs are being met in a coordinated and collaborative way, the more likely they will stay engaged and meet their treatment goals.

3. **Don't downgrade your talents and skills sets.** You are in the helping profession because you were probably *called to serve*. Use your gifts! Don't get stuck doing the same old programming, just because that is what you have always done. Find opportunities for you to connect and provide a variety of approaches and intervention with the youth you serve. Treatment is not a one size fits all, so tailor your approaches to meet the needs of those you serve. Apart of that, might also be "training up" your own knowledge and skill sets.

Why It Matters: The youth are our future! Ensuring that providers have the tools, resources, and workforce to serve dual-diagnosed youth is so important. With challenges, also comes great opportunity to rethink and retool services and programming when it comes to treating dual-diagnosed youth.

Some things to consider:

- Does your agency have the staff training and ability to treat both mental health and substance use disorders? If not, how can your agency support building those competency skills within your current workforce and/or build a workforce that can treat both disorders at the same time?
- Does your agency see members who have neurodevelopmental disorders such as: Intellectual disability, specific learning disorders, communication disorders, motor disorders, attention deficit hyperactivity disorder or autism spectrum disorder? If so, are your staff adequately trained to treat those disorders and does your agency have the resources and tools to assist members with neurodevelopment disorders?
- Does your agency promote and encourage professional development within your agency, so that staff have the time to develop skills to treat the youth's needs? Does your agency utilize the Relias platform that offers free trainings to the network to build knowledge and skill sets? Does your agency share Provider Alerts and Training opportunities with your staff?

- Does your agency provide clinical supervision to assist staff working with dual-diagnosed youth? Clinical supervision is an important part of clinical skill development and provides an opportunity for the clinical supervisor to support staff when pivoting treatment interventions and/or approaches, that may increase the youth’s engagement and a successful treatment outcome.

If you would like more information and education around the topic of Dual-Diagnosed Youth, we encourage you to log into [Relias](#) and search for the following modules:

Class	Course	CEU
Introduction to Co-Occurring Disorders	REL-BHC-ICOD	1.25
Clinical Pathways that Inform Adolescent Substance Use Disorder	REL-BHC-0-CPIASUD	1.5
Neurodevelopmental Disorders: The Basic for paraprofessionals	REL-BHC-0-NDBP	1
Substance Use and People with Intellectual and Developmental Disabilities	REL-IDD-0-DSP3	.75
Using Cognitive Behavioral Therapy with Persons with IDD	REL-IDD-0-USBTPIDD	1.75
Children with Disabilities: Development and Inclusion	REL-BHC-0-CDDI	1
Evidenced Based Practices for the Treatment of Autism Spectrum Disorder	REL-ABA-0-EBPTASD	1
Interventions for Co-Occurring Disorders: Advanced Practice for Clinicians	REL-BHC-0-ICODAPC	1.25

Thank you again for the work that you do each day with our members so that Idaho can continue to improve access to behavioral health services. Optum is excited to offer these resources to you.

Sincerely,
The Optum Education and Training Team