

DUAL DIAGNOSIS NETWORK

CITY OF LEEDS

DUAL DIAGNOSIS PATHWAYS GUIDE:

Service directory and decision rules to guide care co-ordination

This document is intended to be a quick guide for practitioners linked to the Dual Diagnosis Network. It describes some of the support options available in Leeds, and should be read in conjunction with the Care Co-ordination Protocol which can be found at: <http://www.dual-diagnosis.org.uk/doc/DDprotocol.pdf>

For guidance on Care Co-ordination, referrals, and how to use this pathways guide: [Click Here](#)

For a more comprehensive directory of mental health services visit: <http://www.mentalhealthleeds.info/>

MENTAL HEALTH SERVICES

Click on the below boxes for more information:

A

Support in Crisis
& Emergencies

B

Support for Common
Mental Health
Problems

C

Support for Severe &
Enduring Mental
Health Problems

DRUG & ALCOHOL SERVICES

Click on the below boxes for more information:

D

Drugs & Alcohol
Treatment & Support Options

E

Out of Area
Residential Treatment Options

HOMELESSNESS AND SUPPORTED HOUSING SERVICES

Click on the below boxes for more information:

F

Support for Homeless People

G

Supported Housing
& Floating Support

QUICK GUIDE FOR CARE CO-ORDINATION & REFERRALS:

STEP 1: Screening

- Screening of overall needs –as a minimum– should consider: mental health history & current symptoms, substance use history & current patterns, housing status / housing needs, risk history & current risks, physical health needs.
- Services that are NOT mental health specialists can use brief questionnaires to gather information about mental health before considering referral options:
 - [Brief Mental Health Triage](#)
 - [Depression Questionnaire](#)
 - [Generalised Anxiety Questionnaire](#)
- Services that are NOT drugs treatment specialists can use a range of standardised assessment tools to establish patterns & severity of substance use:
 - [AUDIT](#), [DUDIT-E](#), [DAST](#),
 - [Clinician-rated alcohol & drug scales](#)

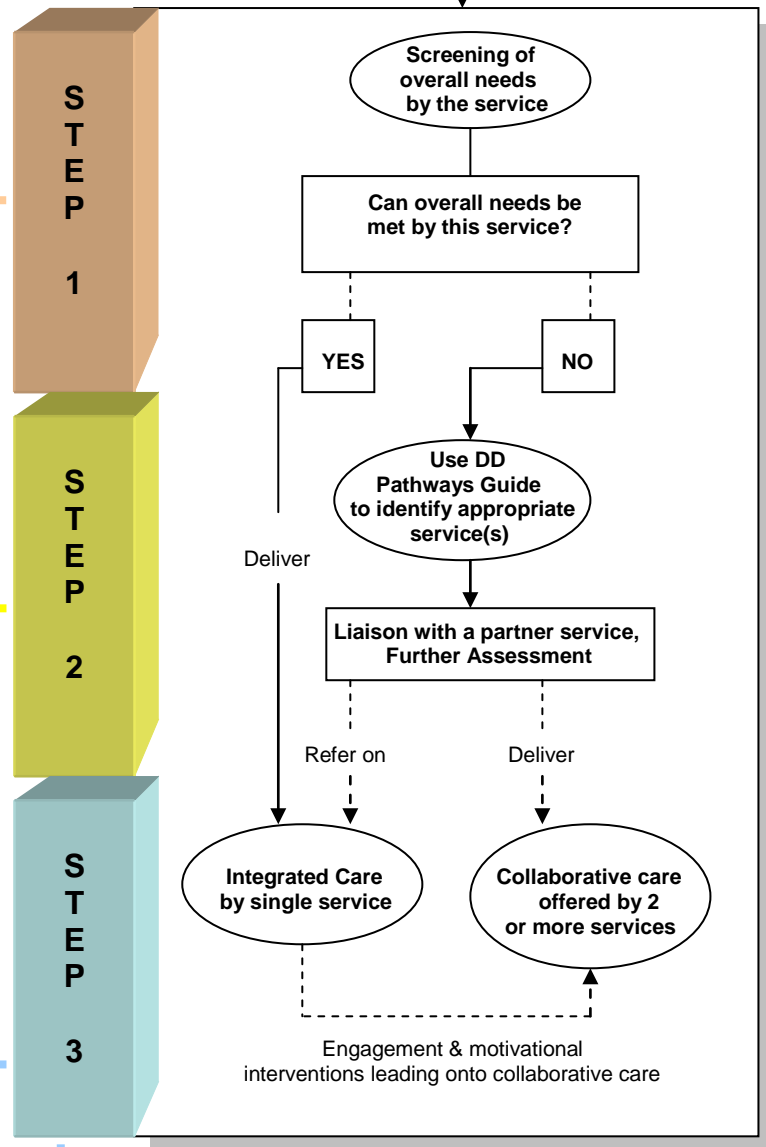
STEP 2: Using the Pathways Guide

- The pathways guide is essentially a directory with brief descriptions of various services that often come into contact with people with Dual Diagnosis issues.
- Information gathered through initial screening should be used to **'match' specific client needs to specific services**. The pathways guide clusters services in different 'Sections' to facilitate the process of 'matching'. Some guiding questions to help in this process are:
 - Is the person in crisis? → [See section A.](#)
 - Presenting symptoms of common mental disorders? → [See section B.](#)
 - Presenting symptoms of severe mental disorders? → [See section C.](#)
 - Requiring drug / alcohol related interventions? → See sections [D](#) & [E.](#)
 - Homeless or requiring support with housing? → See sections [F](#) & [G.](#)

STEP 3: Care Models

- The Department of Health's Dual Diagnosis good practice guide (2002) describes *integrated care* as a best practice model: where treatment is offered concurrently for mental health, substance use and other related needs during the same period of care.
- In some cases, clients may access *integrated care* within a single specialist service, and this approach is often preferred by service users and maximises engagement and continuity of care.
- In other cases, care may be offered following a *collaborative* or *shared care* model: where two or more services are involved in offering different aspects of care & support. The defining feature of *collaborative care* is the delivery of services under a shared and explicit care plan describing the aims, expectations and roles of the different services/people involved. Care co-ordination under CPA can be taken as a model for this approach.

A service comes into contact with a person with combined mental health & addiction problems



CARE CO-ORDINATION

In accordance with local care co-ordination guidelines, where more than one organisation is involved, care should be co-ordinated by a named service. There are specific conditions based on which specific services would take on the role of care co-ordination:

CONDITION	CARE CO-ORDINATOR
Severe mental disorder (and combined addiction)	Secondary care mental health team (e.g. CMHT, AOT, etc.)
Common mental disorder (and combined addiction)	Community Drugs Treatment Service
Involvement in criminal justice sector (and dual diagnosis)	Criminal Justice service (e.g. DIP, forensic services)
Homelessness (and dual diagnosis)	Homeless team (e.g. NFA, Street Outreach Team)

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CRISIS SUPPORT SERVICES: SECTION A

SUPPORT OPTIONS FOR PEOPLE IN CRISIS OR EMERGENCY SITUATIONS

GENERAL PRACTITIONERS

Contact: Known GP directly, or NHS Direct on: 0845 46 47

Referral Criteria: Concerns about current mental health which may include uncharacteristic changes in mood, anxiety, erratic or unusual behaviour, delusional thoughts, hallucinations, self-neglect, self-harm, etc.

Exclusions: Concerns about imminent harm to self or others including risk of suicide, overdose, fits, drunk or heavily intoxicated.

Outcomes: A home-visit or emergency appointment is usually offered within 24 hours.

More info:

<http://www.nhs.uk/servicedirectorios/Pages/ServiceSearch.aspx?ServiceType=GP>
<http://www.leedspt.nhs.uk/patients/?pagepath=For%20Patients/Help%20and%20Advice>

KEY POINTS:

- All services should have risk assessment and crisis management plans agreed in advance. For instance, if a person has been known to be in crisis in the past, efforts should be made to identify appropriate services and to offer support before risk escalates again into a crisis situation.
- Where there is no imminent risk of harm to self or others, but there are concerns about someone's mental health & well-being, **the first point of contact should be that person's GP, or key-worker / care co-ordinator if the person is already involved with a mental health service.**
- Crisis cases related to severe mental illness should be referred to Crisis Resolution Team, unless someone is violent, heavily drunk or intoxicated, or likely to refuse help, in which cases involving the Police should be considered. A&E is an option for imminent suicidal risk, urgent medical care or severe mental distress, only if Crisis Resolution is unfeasible.
- There are a number of out of hours help lines and advocacy / counselling services for crises & vulnerability arising from social, housing & financial circumstances.

CRISIS RESOLUTION & HOME TREATMENT

Contact: Via NHS Direct on: 0845 46 47, or on: 0113 305 6683

Referral Criteria: Concerns about severe mental health problems including psychotic episodes, suicidal intent, high risk of self-neglect or harm, concerns about high vulnerability. Contact this service only if hospitalisation may be required and if other options are unfeasible.

Exclusions: If risk to self or others has already occurred or is likely to occur immediately. In cases of mild-to-moderate mental health problems (such as depression, anxiety, post traumatic stress, etc.). If someone is drunk or heavily intoxicated. If someone refuses to engage with this service.

Outcomes: The team sees patients within 24 hours and aims to assess within 4 hours where a referral is agreed.

A&E

Contact: Drop-in at local A&E department.

Referral Criteria: Concerns about imminent risk of suicide, possible overdose, severe mental health problem requiring immediate psychiatric assessment and where involvement of crisis resolution team is unfeasible (e.g. waiting times for triage, etc.).

Exclusions: If mental state, intoxication and/or behaviour may put others at serious risk in a hospital setting. It is preferable to allow someone time to recover if they are heavily drunk or intoxicated before going to hospital.

Outcomes: Patients with mental health related crisis will be referred to an A&E liaison psychiatry team. Intoxicated patients at A&E will usually be in a waiting area for several hours until they are fit for an assessment, in this case it is important that there is someone available to supervise or accompany the person in crisis at the waiting area.

EMERGENCY SERVICES

Contact: Police or Ambulance on 999

Referral Criteria: Police: in the most severe cases of risk of or actual harm to self or others *in a public place*, and where behaviour may warrant arrest or detention in a place of safety under section 136 of the mental health act. This might include scenarios where mental health and/or heavy intoxication results in a dangerous crisis situation, and where other options are unfeasible on a voluntary basis. Ambulance: In situations where urgent medical care is required and accessing other services is unfeasible.

Other Non-Medical Crisis Support Options

Below are other services that can help people who have been in a recent crisis, offering counselling, support, signposting and out of hours helplines.

Referral Criteria: Where immediate risks are not likely to warrant contact with the above listed crisis & emergency services. Where an alternative to the services listed above is appropriate and desired. These services require a reasonable degree of functioning and motivation to engage. Very serious alcohol or drug addictions would usually be referred on to addiction treatment services.

LEEDS CRISIS CENTRE: 0113 275 5898

Free and confidential counselling service for people over age 16 having a recent crisis. Referrals taken by telephone from any involved person (self, professional, friend etc). Short term help to a maximum of 16 weeks (usually up to 8 weeks).
<http://www.mentalhealthleeds.info/search2/details.php?organisationID=1198&searchtype=quickpage>

LEEDS SURVIVOR LED CRISIS SERVICE: 0113 260 9328, OUT OF HOURS - 0808 800 1212

Provides services to people in acute MH crisis as an alternative to hospital & statutory services. Survivor-led, person-centred, offering a non-medical service within a home environment.
<http://www.lslcs.org.uk/>

ADVICE FOR EMERGENCIES ARISING FROM SOCIAL / HOUSING / FINANCIAL CIRCUMSTANCES:

People with mental health & drug problems can face emergencies related to issues such as Benefits, Disability Allowances, Debt, Employment Rights, Housing, Community Care, Discrimination, etc. In these circumstances advice, advocacy and support can be sought from:

LEEDS CAB MENTAL HEALTH OUTREACH ADVICE SERVICE: 0113 281 6733 (office hours, by appointment)

SHELTER LINE: advice around emergency housing matters (free phone line 24 hrs) 0808 800 4444

ADULT SOCIAL CARE: office hours – 0113 222 4401, out of hours (Emergency Duty Team) – 0113 240 9536

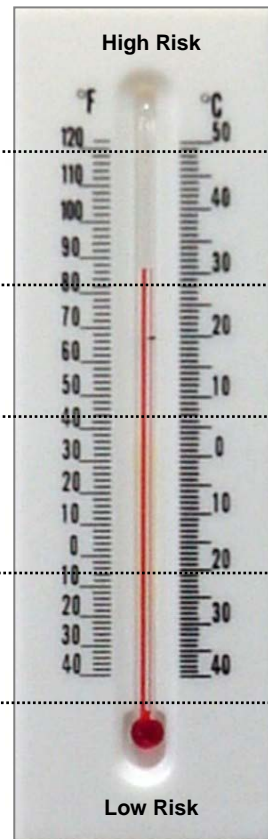


A list of HELP LINES can be found at:

http://www.leedsmentalhealth.nhs.uk/service_users/i_need_help

SUGGESTED DECISION RULE FOR CRISIS:

RISK FACTORS	
Inappropriate	Appropriate
Where person is willing and capable of engaging with below options.	Imminent harm to self or others. <u>Highly dangerous</u> situation. Heavily drunk or intoxicated, overdose. Urgent need for medical care or containment in place of safety.
Highly dangerous, violent behaviour. Heavily intoxicated people may be placed in waiting area; security & police may become involved.	Imminent risk of suicide / self-harm. In need of urgent medical care due to illness or physical condition. In need of urgent psychiatric assessment and if crisis resolution is unfeasible.
Highly dangerous, violent behaviour. Mild-to-moderate mental health problems. Heavily drunk or intoxicated. 'Social crises' that can be addressed via advocacy / housing / social services.	Crisis related to <u>severe mental health problems</u> , risk to self or others, suicidal intent. In cases where hospitalisation may be <u>necessary</u> and other options below are unfeasible.
Imminent risk of suicide or harm to self to others. Severe alcohol or drug addictions.	Experienced recent crisis which affected mental health and overall functioning. Requires support in emergency related to social, financial, housing, emotional circumstances.
Imminent risk of suicide or harm to self to others. Highly dangerous, violent behaviour.	Recent concerns about mental health and overall functioning. Vulnerable or at risk due to current psychological state. May require mental health assessment and referral to specialist services.



Police or Ambulance

A&E Department

Crisis Resolution & Home Treatment

Crisis Help Lines & Non-Medical support options

General Practitioners

or Social Services

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SUPPORT OPTIONS FOR PEOPLE WITH COMMON MENTAL HEALTH PROBLEMS

PRIMARY CARE MENTAL HEALTH SERVICES

Contact: Through GP surgeries, NHS Direct on: 0845 46 47, or area based teams (see below web-link for contact numbers)

Referral Criteria: Concerns about current mental health which may include symptoms of depression, anxiety, phobias, stress and other emotional / psychological problems. Patients whose substance use is stable and who are motivated to obtain mental health support can access the service.

Exclusions: People with significant / unstable alcohol or drug problems should be referred to community drugs & alcohol treatment services, see **Sections D & E**. Concerns about mental health related crisis should refer to **Section A**. People with symptoms of severe mental disorders should refer to **Section C**.

More info:

http://www.leedspt.nhs.uk/patients/?pagepath=For%20Patients/A-Z%20of%20Services&vm_action=show&suparticle=1&service=Primary%20Care%20Mental%20Health%20Teams

COMMON MENTAL DISORDERS:

- One in six people in the UK experience common mental health problems. The prevalence is much higher in alcohol & drug users, affecting one in three people involved in addictions treatment.
- Some of the most common disorders are: depression, generalised anxiety, panic disorder, phobias, post traumatic stress and obsessive-compulsive disorder.
- The below links contain detailed information about signs and symptoms of mental disorders:

<http://www.who.int/classifications/apps/icd/icd10online/kf00.htm>
<http://www.rcpsych.ac.uk/mentalhealthinfo/keyfacts.aspx>
<http://www.webmd.com/mental-health/mental-health-types-illness>

Depression:

<http://www.webmd.com/depression/guide/detecting-depression>

Anxiety:

<http://www.webmd.com/anxiety-panic/guide/anxiety-attack-symptoms>

Other support options in the community

Below are other mental health services that can help people with common mental health problems, offering interventions such as counselling, group work, advocacy, complementary therapies and community based activities.

Important: The below options usually require people with co-existing addictions to have attained a degree of stability with drug/alcohol problems, and to be motivated to address mental health problems. Collaborative care alongside alcohol / drugs treatment services is advised.

Health & Wellbeing Centre: 0113 244 4546

Offering counselling and a range of complementary therapies to people with drug & alcohol problems, mental health problems and other needs.

www.leedswellbeingcentre.org.uk

Leeds MIND:

'Counselling and Therapy Service' (0113 230 7673) offers counselling to a wide-ranging client group including people with issues around anxiety, depression, relationships, sexuality, abuse, bereavement and loss.

'Self help initiatives project' (0113 245 9221) offers user-led facilitated groups for people who experience mental distress.

<http://www.leedsmind.org.uk/view.aspx?id=13>

Touchstone Support Centre: 0113 219 2727

Therapeutic resource in the community for **Black and Minority Ethnic** people who may have mental health problems, offering a key worker service, a Drop-In service, the Carers Project, the Chinese Satellite project and a structured programme.

<http://www.touchstone-leeds.co.uk/view.aspx?id=26>

Counselling services in Leeds:

Contact **'Information for Mental Health'** on 0113 275 2417. Information, links and contact details for various counselling & therapy services can be accessed via below web-page:

<http://www.mentalhealthleeds.info/search2/search.php?searchtype=quickpage&quickpageID=6>

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SUPPORT OPTIONS FOR PEOPLE WITH SEVERE MENTAL HEALTH PROBLEMS

NHS MENTAL HEALTH SERVICES:

Community Mental Health Teams

Provide medical and nursing care in the community for people with severe mental illness and coordinate care for other complex health and psychosocial issues.

Assertive Outreach Team

Provide intensive medical and nursing care in the community for people who are severely affected by schizophrenia.

Adult Inpatient Service

Provide acute hospital care for people with severe mental illness and work in liaison with other day centres and community based teams to ensure continuity of care post-discharge.

Rehabilitation & Recovery Service

Offer intensive medical and nursing care for people with severe mental illness in hospital and acute day centres.

Forensic Service

Provides inpatient and community-based mental health support to people who have mental health issues and are in, or have been through, the criminal justice system.

Prison In-reach Team

Provides a criminal justice liaison service, to care for people in prison who are identified as having severe and enduring mental health issues.

Contact: Through GP surgeries or NHS Direct on: 0845 46 47. Only GPs and other mental health services are able to directly refer to these services.

Referral Criteria: Concerns about signs & symptoms of severe mental disorders.

Exclusions: Concerns about mental health related crisis should refer to **Section A**. People with common mental disorders (see **Section B**). People with transient psychological symptoms related to intoxication or withdrawal should undergo assessment at a drugs treatment service (see **Sections D & E**).

More info:

http://www.leedspsft.nhs.uk/our_services/adult_services

ASPIRE – Early Intervention in Psychosis: 0113 200 9170

Aspire works with people between the ages 14-35 who are, or may be, experiencing their first episode of psychosis. The service offers a holistic assessment and treatment in the pursuit of an active recovery. The service accepts referrals from all sources but requires the individuals' permission. We welcome telephone consultations. We are unable to offer a service to those not experiencing a psychosis, to those previously treated for a psychosis and those not within the age range. See Exclusions as above.

<http://www.aspireleeds.com/default.aspx>

TOUCHSTONE Community Support Team: 0113 216 2792

Offers one-to-one and group based support for people with severe and enduring mental health problems including (but not limited to) schizophrenia, personality disorders, and other combined problems such as substance use, learning difficulties or forensic history. The service will also work with people who may not have a formal diagnosis or who have disengaged with or not been able to access other mental health services. See Exclusions as above.

<http://www.touchstone-leeds.co.uk/files/touchstone/What%20we%20do.pdf>

Personality Disorder Clinical Network: 0113 295 4594

The Service is provided by a linked group of staff from different agencies and disciplines working in a co-ordinated way, to ensure high quality professional care. The main aims are: (1) To work effectively with individuals who present with personality disorder and significant risk issues for themselves and/or others; (2) to assist others across different disciplines and agencies to work more effectively with people with personality disorder who require or seek input from their service(s); and (3) to take a lead role in developing an effective clinical care pathway across Leeds, for individuals diagnosed with personality disorder.

http://www.leedsmentalhealth.nhs.uk/our_services/personality_disorder

SEVERE MENTAL DISORDERS:

- 0.5 to 1% of adults in the UK experience severe & enduring mental health problems. Around one third to half of people with severe mental health problems have a co-existing substance use problem, increasing the risk of harm, relapse and hospitalisation.
- Severe mental disorders usually refer to cases where psychotic symptoms are present, including some of the following conditions: Schizophrenia, schizophreniform disorder, schizoaffective disorder, delusional disorder, bipolar affective disorder.
- Personality Disorders affect 1 in 10 people and can also have an impact on psychological wellbeing and social functioning. PD's can coexist with other mental health disorders and addictions.
- The below links contain detailed information about signs and symptoms of severe & enduring mental disorders:

<http://www.who.int/classifications/apps/icd/icd10online/kf00.htm>
<http://www.webmd.com/mental-health/mental-health-types-illness>

Schizophrenia:

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/schizophrenia/schizophreniakeyfacts.aspx>

Bipolar Disorder:

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/bipolarmanicdepression/bipolardisorder.aspx>

Personality Disorders:

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/personalitydisorders.aspx>

<http://www.personalitydisorder.org.uk/>

LEEDS ADDICTION UNIT (LAU)

Contact: 0113 295 1300

Referral Criteria: Medical & psychosocial interventions for: Alcohol dependent people, and **drug / alcohol** users whose health is complicated by **pregnancy** or **severe mental illness**.

Exclusions: Concerns about mental health related crisis should refer to **Section A**. See **Section F** for homeless people.

More info: <http://www.lau.org.uk/gettinghelp/treatment.htm>

COMMUNITY DRUGS TREATMENT SERVICES

Contact: *Leeds Community Drugs Partnership (LCDP)*
City & South CDTs – 0113 236 6610
East & North East CDTs – 0113 3060 700
West & North West CDTs – 0113 220 9788

Referral Criteria: Concerns about dependent **DRUG use and common mental health problems** which may include changes in mood, anxiety, self-neglect, poor coping, compulsive drug use, poor social functioning, etc.

Exclusions: Concerns about mental health related crisis should refer to **Section A**. See **Section F** for homeless people. People with a primary ALCOHOL problem, or complications relating to pregnancy or severe mental illness should be referred to Leeds Addiction Unit. Also see **Section C** for severe mental illness.

More info: http://www.disc-vol.org.uk/disc/images/project_lcdp_mr.pdf

HARM REDUCTION SERVICE

Contact:
City, South & East Team – 0113 242 1161
West & North West Team – 0113 255 2227

Referral Criteria: Offers a **needle exchange** service, assessment, **harm reduction information**, support and advocacy for DRUG users across Leeds. The service has 2 drop-in bases, and also engages with people via proactive **outreach** work. The service works with people with a range of social, physical and psychological conditions and aims to minimise the impact of drug use in the short term and to establish links with and **access to specialist treatment** in the long term.

Exclusions: The service will not usually be the sole care provider for people with severe mental illness or homelessness, but will work closely in partnership with specialist services to provide collaborative care.

MULTIPLE CHOICE

Contact: 0113 245 6616

Referral Criteria: Multiple Choice offers a **structured day care** programme for people affected by **DRUG use** and also provides access to residential rehab facilities. People should have a degree of motivation to enable them to access the programme regularly and service users are encouraged and supported to take part in group work. People with **common mental health problems** may benefit from accessing the day care programme and the Health & Wellbeing Centre linked to this organisation.

Exclusions: People who use mainly or only alcohol should be referred to LAU (see above). See **Section C** for severe mental illness.

More info: www.multiplechoice.org.uk

KEY POINTS:

- Alcohol specific support is available from: Leeds Addiction Unit, St. Anne's Alcohol Services, ADS (Addiction Dependency Solutions), Carr Beck, Alcoholics Anonymous.
- Drug specific support is available from: Leeds Addiction Unit, Community Drugs Treatment Services, Harm Reduction Service, Multiple Choice, Narcotics Anonymous.
- Alcohol / drug users with severe mental illness should be referred to Leeds Addiction Unit – Dual Diagnosis Team.
- Drug users with common mental disorders can be referred for assessment and treatment to Community Drugs Treatment Services, who will liaise with appropriate mental health services.
- Multiple Choice and ADS (Addiction Dependency Solutions) offer aftercare, and structured day care programmes for drug users who may have stabilised in their treatment and wish to work towards recovery from addiction.
- Alcoholics Anonymous and Narcotics Anonymous may help people who wish to pursue abstinence and who require regular support and mentorship, following the 12-step approach.

ST. ANNE'S ALCOHOL SERVICES

Contact: 0113 243 4486

Referral Criteria: The service provides **residential Alcohol detoxification and rehabilitation**, and a community-based floating support service. Referrals are received strictly via General Practitioners or other drugs & alcohol treatment services in Leeds. The service is for people where alcohol is the primary substance used and who have the support and motivation to be able to benefit from and cope with a residential programme. People with mental health problems are assessed for eligibility case by case. The detoxification service is also available to people who are stable on a methadone script and who wish to detox from alcohol.

Exclusions: Cases where concurrent use of harmful substances is likely to complicate the detoxification process. Cases where community detoxification may be preferable or more appropriate (refer to LAU). Cases where severe mental illness and other complicating physical or social circumstances may increase risks to self or to other residents, or increase potential for disengagement with the programme.

More info: http://www.st-annes.org.uk/what_we_do/substance_use/Alcohol.htm

ADS (Addiction Dependency Solutions)

Contact: 0113 247 0111

Referral Criteria: ADS offer a range of interventions for people whose lives are affected by alcohol, including concerned others. We offer advice information and support for non-dependent drinkers, and more intensive therapeutic interventions and support for dependent drinkers. We can also refer people in for different detox and rehab options, as well as providing a non residential community rehab programme from our centre. Referral can be through other services or by self referral. ADS also provides an aftercare service for users of the drug treatment system across Leeds who are coming to the end of their treatment journey and are looking to increase their employability options and to re-engage within the community prior to, and after their exit from treatment.

Exclusions: Concerns about mental health related crisis should refer to **Section A**. See **sections B and C** for mental health treatment pathways. See **Section F** for homeless people.

More info: <http://www.adsolutions.org.uk/centres/leeds.php>

No Fixed Abode (NFA) Health Team

(NHS Leeds Community Healthcare)

Contact: 0113 295 4840

Referrals: Clients need to register with the NFA Health Team to access drug treatment. (See [Section F](#): entry for NFA Health Team for further details).

Exclusions: Under 18 clients need to be referred to T3. Pregnant clients or those with severe mental illness should be referred for substance misuse to LAU. (NB: homeless clients can still access GP services with the NFA Health Team even if going elsewhere for substance misuse treatment.) If in any doubt over appropriateness of referrals please ring drug team at NFA for clarification.

More info: <http://www.nfahealthteam.org/>

Other support options in the community

Carr Beck: 0113 271 7295

Provides is a 'wet hostel' providing accommodation and support for single women over the age of 25, who may be homeless and who have alcohol problems and choose to continue to drink. Carr Beck works in partnership with other health and social care professionals to provide a holistic package of care for residents. Referrals are accepted from social work teams, Local Authority Hostels, Community Psychiatric Services and various voluntary sector agencies. Self-referrals are not accepted.

<http://www.leedshc.org.uk/text/projects/carrbeck/carrbeck.html>

Alcoholics Anonymous (AA): 0845 769 7555 (helpline)

Narcotics Anonymous (NA): 0845 373 3366 or 0207 730 0009 (helpline)

Voluntary groups based on 12-Step programme, providing support and mentorship for people with alcohol (AA) or drug (NA) problems. More information about the location and time of meetings can be found in these groups' web-sites, or information can also be sought by contacting Leeds Addiction Unit or Multiple Choice (above).

<http://www.aa-uk.org.uk/Default.htm>

<http://www.ukna.org/info/what-is-na.htm>

Al-Anon Family Groups: 020 7403 0888 (helpline)

Provide support to anyone whose life is, or has been, affected by someone else's drinking. Al-Anon is a fellowship of relatives and friends of alcoholics who share their experience in order to solve their common problems.

<http://www.al-anonuk.org.uk/>

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OUT OF AREA RESIDENTIAL DRUG & ALCOHOL TREATMENT: SECTION E

The current pathways to out-of-area residential detox and rehabilitation programmes for adults in Leeds are via:

MULTIPLE CHOICE: 0113 245 6616

Contact: 0113 245 6616

Referral Criteria: DRUG USE (not alcohol). Can self-refer, or be referred by other services for a suitability assessment. Other local area alternatives must have been considered. Important that client is able to commit to a long and intensive residential rehab programme which will involve participation in groups.

Exclusions: Sole ALCOHOL USE.

Description of referral procedure:

- Self referral or referral by another service to Multiple Choice.
- Person is offered an appointment to learn about rehab options and how it works.
- An assessment takes place over a number of appointments.
- A visit to an appropriate rehab is arranged as part of the assessment process; subject to eligibility this usually results in allocation of a place and the person is informed about any waiting time.
- Multiple Choice will initiate an application for funding which mostly concludes during the specified waiting time for the rehab service.
- The person accesses rehab and Multiple Choice continue to provide support throughout their stay, including visits.
- People completing or dropping-out of rehab have an option to access on-going aftercare either back in Leeds or in the area of the rehab service.

More info: www.multiplechoice.org.uk

KEY POINTS:

- Leeds does not have structured in-patient detox and rehab provision for DRUGS within the city, so all clients accessing these services do so out of the local area.
- See St. Anne's Alcohol Services on the second page of section D for residential ALCOHOL detox and rehabilitation in Leeds.
- Multiple Choice and ADS are two services in Leeds that are commissioned to carry out assessments, to apply for funding and to support cases deemed appropriate for residential detox and rehabilitation in services outside of the Leeds area.
- Contact Multiple Choice with inquiries about out-of-area DRUG detox and rehabilitation.
- Contact ADS or LAU with inquiries about out-of-area ALCOHOL detox and rehabilitation.

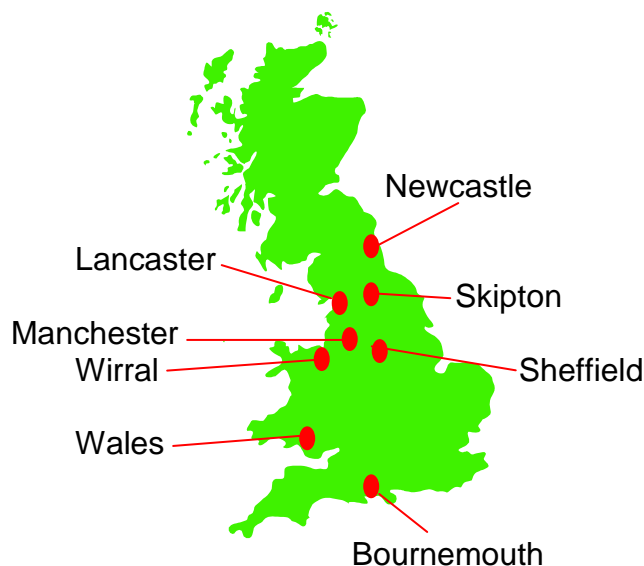
Services that can assess and support cases for out of area ALCOHOL detox and rehabilitation are:

ADS (Addiction Dependency Solutions): 0113 247 0111

LEEDS ADDICTION UNIT (LAU): 0113 295 1300

NOTE: Referral via LAU may be considered for cases where there are significant concerns over mental health problems that co-exist with problematic alcohol use.

There are a number of detox & rehab centres in cities and rural areas in the UK. Some examples are:



ALSO SEE: www.multiplechoice.org.uk/resilast.html

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KEY POINTS:

- There are numerous services in Leeds working to provide support, treatment and accommodation to people affected by homelessness or who are at risk of becoming homeless.
- The services listed in this guide have close links with alcohol & drugs treatment services in Leeds and can offer quick access into specialist health and social care services.

NO FIXED ABODE (NFA) HEALTH TEAM

(NHS Leeds Community Healthcare)

The NFA Health Team offers a range of treatments and interventions to improve the health of homeless people aged 16+ in Leeds, including those who find it difficult to engage with services.

Services provided: Comprehensive patient health assessment (including drug and alcohol use, mental health and social needs), clinical management of health needs, comprehensive specialist nursing interventions, treatment including drug treatment, physical and psychological (individual and group) therapies. Enabling access to a range of facilities including accommodation, community-based facilities, rehabilitation facilities, voluntary agencies, training and employment opportunities. Education, advice and health promotion. Appropriate referrals to hospitals, Primary Care Teams, Community Drug Teams and other appropriate voluntary and statutory services.

Contact: 0113 295 4840

Referrals: Self referral, on the day appointments. New patients need a nurse registration appointment. Service available to the public between 9am-4:30pm Monday –Thursday and 0am - 4.30pm on Fridays. Out-of-hours cover is provided by Local Care direct. Tel - 0845 1207066.

More info: <http://www.nfahealthteam.org/>

STREET OUTREACH TEAM

The Street Outreach Team delivers assertive outreach services that proactively engage with homeless people across the Leeds area who often have multiple and complex needs including addictions and mental health problems. The service aims to engage with and develop relationships with homeless people, conduct assessments and support them to understand and to access available sources of accommodation, health and social care.

Contact: 0113 245 9445

Referrals: The service proactively seeks to engage rough sleepers and people at risk of homelessness. Referrals and collaborative work can also be arranged by contacting the service on the number above.

More info: http://www.cri.org.uk/our_services/street_services.php#tp55

R.A.I.S.E.

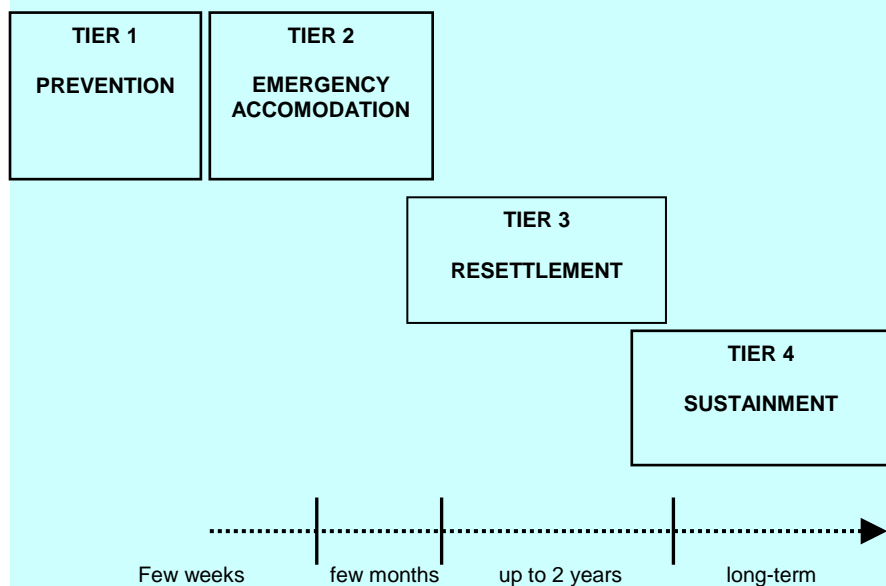
R.A.I.S.E. is located on the top floor of St. Anne's Resource Centre in York Street – Leeds City Centre. The service offers a range of activities, advice, information and support for homeless people. The service can help people with issues such as access to housing and benefits, access to health care and drugs/alcohol treatment, access to education and employment opportunities, structured activities and support groups for people affected by homelessness.

Contact: 0113 243 1894

Referrals: Homeless people are able to drop-in and register with the service. Referrals can also be taken from other professionals and organisations.

More info: http://www.st-annes.org.uk/what_we_do/Homelessness/Resource_Centre_Leeds.htm

SUPPORTED HOUSING TIERED MODEL



KEY POINTS:

- **Supporting People** funds housing support services for vulnerable people aged 16 and above. In Leeds there are around 500 schemes provided by over 50 organisations.
- Housing services are generally structured according to a 4 'tier' model, which determines the length of involvement of specific services. In practice, a number of services work 'across tiers' and there is a cross-over between services that are more short-term and those that offer support for longer periods.
- This guide lists some services that work to support people with mental health and drugs & alcohol problems. Links are also provided to other web-sites containing more detailed information about services offering housing and floating support for vulnerable people.
- Note: Not all services listed below are part of the *Supporting People* tiered model.

Below is a basic mapping of various services according to the length of accommodation / support on offer:

FIRST POINT OF CONTACT	Emergency accommodation	Resettlement – medium term	Sustainment – long term
<ul style="list-style-type: none"> • Leeds Housing Options • R.A.I.S.E. (at St. Anne's Resource Centre) • Street Outreach Team • Citizens Advice Bureau – MH Support • St. George's Crypt • Leeds Housing Concern – Sustain 	<ul style="list-style-type: none"> • St. Anne's: Holdforth Court • LHC: Pennington Place • ECHG: Bracken Court • ECHG: Ladybeck • St. George's Crypt • Carr Gomm: Richmond Court • LHC: Sahara • Leeds Women's Aid • LHC: The Hollies • LEAP • Foundation Housing: TEAS Team • Adult Social Care: Mental Health Housing Support Team 	<ul style="list-style-type: none"> • Adult Social Care: Independent Living Project, Housing Support Team • Leeds Housing Concern • St. Anne's Community Services • Touchstone • Carr Gomm • Leeds MIND • Community Links • Archway • Oakwood Hall • Foundation Housing • Irish Health & Homes • Leeds Federated Housing Association • Sinclair Project 	<ul style="list-style-type: none"> • Adult Social Care • St. Anne's Community Services • Community Links • LHC: Carr Beck • Catholic Care • Making Space • Archway • Oakwood Hall • Touchstone

- Most of the services highlighted in yellow do not themselves run accommodation / housing schemes, but they can be a useful first point of contact and can help to determine which housing scheme may be suitable in particular cases.
- The above table illustrates how numerous 'umbrella organisations' manage a range of specific housing / support schemes, and also illustrates that many of these organisations overlap and work across the 'tiers'.
- The below links lead to web-pages that help to search and identify numerous housing and floating support organisations working in Leeds:
- <http://www.leeds.gov.uk/page.aspx?cacheId=29bcd477-0dac-47cb-811a-e33b68231503&cacheId=270b56d8-d8ee-4ee2-9a85-d0de022a2c54&cacheId=2bb89b2f-92ff-4098-838f-697a4b5b7b72&cacheId=5203628&pageIdentifier=c949be2b-dbf4-4d5f-9722-0f718468b6af&siteID=1>
- <http://www.spdirectory.org.uk/DirectoryServices/Public/HomeDC.aspx?CTM0=PUBLIC-WELCOME>

Below are contact details for specific organisations that work across the 'tiers' and that provide accommodation and support for people with significant mental health problems:

ORGANSIATION	CONTACT	FURTHER INFORMATION
St. Anne's Community Services	0113 200 8353/4	http://www.st-annes.org.uk/what_we_do/Mental_Health/Supported_Housing.htm
Community Links	0113 307 3900	http://www.commlinks.co.uk/view.aspx?id=89
Touchstone	0113 271 8277	http://www.touchstone-leeds.co.uk/view.aspx?id=17
Leeds Mind	0113 258 8581	http://www.leedsmind.org.uk/view.aspx?id=97
Leeds Housing Concern	0113 276 0616	http://www.leedshc.org.uk/
Carr Gomm	0113 225 8912	http://www.carrgomm.org.uk/
Adult Social Care Housing	0113 222 4401	http://www.leeds.gov.uk/Health_and_social_care/Help_for_adults/Care_at_home.aspx
Mental Health Housing Support Team	0113 214 4710	http://www.mentalhealthleeds.info/search2/details.php?organisationID=1126&searchtype=alpha