

# Guidelines on co-occurring AOD and mental health conditions online training: key learning outcomes

## Module 1: What are co-occurring conditions

By the end of this module, you will be able to:

- Define co-occurring AOD and mental health conditions.
- Understand the difference between a mental health condition and a mental disorder.
- Understand how and why co-occurring conditions occur.
- Understand the potential impact of co-occurring conditions on treatment outcomes.
- Explain some of the harms associated with co-occurring conditions.

## Module 2: Guiding principles

By the end of this module, you will be able to:

- Understand the guiding principles of working with clients with co-occurring conditions.
- Reflect on the required systems support to put these principles into practice.
- Consider the impact of these principles on everyday practice.

## Module 3: Classification of disorders

By the end of this module, you will be able to:

- Recognise the signs and symptoms of some of the common mental disorders to co-occur with AOD use disorder.
- Understand how mental disorders are diagnosed.
- Recognise how mental health symptoms may present in clients of AOD services.

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## Module 4: Holistic health care

By the end of this module, you will be able to:

- Describe a model of a pathway through care.
- Understand the relationship between co-occurring conditions and cardiovascular disease (CVD).
- Understand why people with co-occurring conditions are at increased risk of developing CVD.
- Understand the need for interventions that focus on overall wellbeing.
- Reflect on how the inclusion of multiple services is crucial to a holistic health care approach.

## Module 5: Trauma-informed care

By the end of this module, you will be able to:

- Describe the core components of trauma informed care.
- Understand how to respond to trauma at the practitioner and service levels.
- Describe the key components involved in creating a safe environment where both clients and staff have a sense of psychological safety.
- Identify barriers to providing trauma-informed care.

## Module 6: Identifying co-occurring conditions

By the end of this module, you will be able to:

- Describe the process and components of case formulation.
- Understand how informal and formal assessment techniques are used.
- Understand which domains need to be assessed at intake, throughout treatment, and which screening tools and assessments can be used.
- Know where to access screening tools and assessments.

## Module 7: Assessing risk

By the end of this module, you will be able to:

- Understand why clients of AOD services are at high risk of suicide, domestic and family violence.
- Understand how to detect the warning signs, and protective factors for suicide.
- Be aware of how to use your clinical expertise and judgement when conducting assessments, and not rely exclusively on risk assessment tools.
- Describe a cohesive response to domestic and family violence.

## **Module 8: Coordinating care**

By the end of this module, you will be able to:

- Understand the principles and core elements of effective coordinated care.
- Describe the barriers to coordinating care.
- Describe the processes for referring clients to external services.
- Communicate with other services and share client information without violating client confidentiality.
- Prepare a client for discharge and know which support services to link them in with, and how to facilitate this process.

## **Module 9: Approaches to co-occurring conditions**

By the end of this module, you will be able to:

- Understand the models of care in the treatment of co-occurring conditions.
- Describe the advantages of integrative treatment over other treatment approaches.
- Describe the main interventions that are used in the treatment of co-occurring conditions.

## **Module 10: Managing and treating specific disorders**

By the end of this module, you will be able to:

- Understand strategies for managing AOD use as well as mental health conditions.
- Describe the interventions that have some benefit in the treatment of many co-occurring conditions.
- Describe some alternative approaches in developing a person's treatment plan.

## **Module 11: Worker self-care**

By the end of this module, you will be able to:

- Describe the common workplace stressors for AOD workers.
- Understand the importance of worker self-care.
- Describe some of the main strategies that may be useful in AOD workers' self-care.

## **Module 12: Specific population groups**

By the end of this module, you will be:

- Aware of specific factors that affect the management and treatment of people belonging to specific population groups.
- Able to tailor treatment appropriately.