



## Our promise to you

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

We will look beyond your symptoms and problems and work with you to help and support you on your path to recovery and a healthier happier life.

We will also make sure to respect your rights - you can accept or refuse the treatment we offer you.

## What do I do now?

If you're more concerned with your drug or alcohol use, get in touch with Spectrum.

If you're more worried about your mental health, get in touch with HPFT.

If you're already receiving treatment with one of us, ask your Recovery Worker or Care Coordinator to help refer you for extra support.

### Contact Spectrum

T: 0800 652 3169

E: [Herts@cgl.org.uk](mailto:Herts@cgl.org.uk)

W: [changegrowlive.org/spectrum-hertfordshire-drug-alcohol-services/hertford](https://changegrowlive.org/spectrum-hertfordshire-drug-alcohol-services/hertford)

### Contact HPFT

T: 0800 6444 101

E: [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net)

W: [www.hpft.nhs.uk](http://www.hpft.nhs.uk)



We're part of

We work in partnership with:




Hertfordshire Partnership   
University NHS Foundation Trust

Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number 1079327 (England and Wales) and SC039861 (Scotland). Company Registration Number 3861209 (England and Wales).



SPECTRUM  
Drug and Alcohol  
Recovery Services

Hertfordshire



If you're struggling  
with drugs or  
alcohol and your  
mental health,  
we're here to help



We're part of

## If you're struggling with drugs or alcohol and your mental health, we're here to help

Getting support with substances and your mental health at the same time is called a Dual Diagnosis.

Spectrum Drug and Alcohol Recovery Service and Hertfordshire Partnership Foundation Trust (HPFT) work together to support people with a dual diagnosis. We can also support you if you are worried about a loved one.

This leaflet is to let you (and your loved ones) know about how Spectrum (the drug and alcohol service) and HPFT (the mental health service) work together to help you if you have a **Dual Diagnosis**.



## How we help

Spectrum and HPFT will work together to make sure you get the support that's right for you.

Both teams can help refer you to the other and will discuss your needs when you first come to us.

If you have mental health and drug or alcohol problems, you are entitled to:

- **An assessment** – This is an opportunity for you to talk to us about your care, wellbeing and your support needs
- **A joint care plan** – this plan involves you and your carer (if appropriate) and will document your care and needs
- **Regular care meetings and reviews** (which your loved ones can join as well)
- **Other services** – there is help and support on offer, which may include peer support, access to medication, therapy, work/volunteering opportunities, group programmes and more...
- **Support from HPFT and Spectrum to assess and treat your mental health and address and treat your substance misuse** – a named contact from HPFT and a Recovery Worker from Spectrum will support you.

## Frequently asked questions

### ***Do I have to stop drinking or using drugs before I can ask for mental health support?***

No. We understand you might be using drugs or alcohol to treat your mental health, so the mental health team will still assess you if you are.

### ***Can I come back for help and support if I've been discharged or disengaged from HPFT or Spectrum before?***

Yes. If you need help with your mental health or drugs/ alcohol now or in the future, we will be happy to help you.

### ***Do I get a say in what my treatment plan is?***

Yes! We will listen to you, make sure the plan is right for you and respect the decisions you make. If a loved one is involved in your care, we will listen to them as well.

### ***Will you tell anyone else (like my family) about my treatment?***

No. Unless someone is involved in your care (like a family member or friend) and you give us permission to speak with them, we won't tell anyone else about your treatment.

We will respect your privacy throughout your time with us.

### ***I'm worried about my love one - what support can I get?***

Spectrum and HPFT both have family and carer's support options, aimed at helping YOU to manage your life more easily and build resilience.