Nexus Dual Diagnosis Service
The Reasons For Use Package

**Critical success factors and inhibitors**

The Reasons For Use Package (RFUP) is a resource that facilitates therapeutic conversations with consumers to explore mental health, substance use and related issues. The package combines a mentoring process, a questionnaire, and potential interventions.

The package has several benefits, including but not limited to consumer friendly and recovery based, staff friendly, effective in building dual diagnosis capacity alongside positive outcomes for consumers, highly cost effective to train and use the resource, can be used by a wide variety of services and professionals, and aligns with current State and National mental health and alcohol and other drugs strategies.

**Focus on consumers**

A key innovative aspect of the RFUP is that it provides a framework for meaningful engagement with the consumers’ lived experience of dual diagnosis in a collaborative strengths based manner. If the consumer chooses, this can lead to working collaboratively on treatment goals using a range of optional strategies.

**Implementation ideas for other organisations**

- The launch of the RFUP as a web based platform, in partnership with Monash University Art Design & Architecture (MADA), will significantly increase accessibility.

- NEXUS has current partnerships with multiple organisations to roll out the RFUP, including St Vincent’s Mental Health Melbourne, Neami National Victoria NSW & Queensland, Cohealth Victoria, and the Pamela Youde Nethersole Eastern Hospital in Hong Kong, as well further expressions of interest from a number of stakeholders.

**Consumer perspectives**

68.4% of respondents agreed or strongly agreed that the RFUP helped them and their worker develop goals to work on.

78.9% of respondents agreed or strongly agreed that the RFUP helped them explore areas of their life in relation to substance use.

**Contact details**

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