Program highlight: Dual Diagnosis Treatment Team (DDTT)

Dual Diagnosis Treatment Team (DDTT) provides comprehensive care
Magellan is partnering with Northwestern Human Services (NHS) and Delaware, Lehigh, Montgomery and Northampton counties to introduce DDTT, a community-based program providing comprehensive supports to Medical Assistance-eligible adults who:

- Have co-existing mental health (MH) and intellectual and developmental disabilities (IDD)
- Have experienced challenges with complex behaviors that resulted in a history of inpatient mental health admissions
- Have been historically high utilizers of behavioral health services.

These individuals are often involved with multiple service systems such as the mental health, drug and alcohol, developmental disability, and/or legal systems.

DDTT is a voluntary, community-based, direct service that provides intensive supports with a primary focus on crisis intervention, hospital diversion and community stabilization. This is achieved through the delivery of integrated case management, medication monitoring/management, behavioral assessment, and the development and implementation of comprehensive behavioral support plans.

Whole-person perspective
DDTT provides a comprehensive, collaborative, continuum-of-care service model that addresses the needs of consumers with MH/IDD from a "whole person" perspective, assisting the individual, his/her family, providers and other community and natural supports with the skills to manage symptoms and behaviors that place the person at risk for more restrictive levels of care. Services are strengths-based, person-centered and recovery-oriented and focus on positive approaches.

Teams provide comprehensive, whole health services
Comprehensive services are provided by two teams, one providing services to Magellan members from Lehigh and Northampton counties and a second team providing services to members from Delaware and Montgomery counties.

Each team consists of a psychiatrist, a registered nurse, a program director, a behavioral specialist and two recovery coordinators. Services are available to participants 24 hours a day/seven days a week. Each team provides services to 14 to 20 individuals who will be in the program from 12 to 18 months.
DDTT responsibilities

The DDTT's responsibilities include:

- Initial assessment
- Functional Behavioral Analysis (FBA) completion
- Medication monitoring/management
- Safety/crisis plan development
- Treatment/recovery planning, including discharge/transition planning beginning with the initial treatment plan
- Coordination with physical health

Treatment plans

Individualized treatment plans are developed based on an individual's diagnosis, behavioral patterns and other identified unique needs. The treatment itself will follow the best practice guidelines for MH/IDD evidence-based practices and best practice philosophies. Treatment planning will identify the specific evidence-based intervention method(s) that will be used (Illness Management and Recovery, Cognitive Behavior Therapy, FBA, Dialectic Behavioral Therapy).

Individualized services

Team members work non-traditional hours, and staff is available for all hours individuals need supported. Crisis services are provided 24/7 by the DDTT. Participants will receive an average of three face-to-face per week contacts with team members. Services may be team-delivered or provided one-on-one. Consumers may receive services from more than one team member in a day. Frequency of contact may be more intensive at the onset of services and will taper off throughout the duration of treatment.

Following discharge from the DDTT, individuals may experience symptoms or behaviors that may put them at risk for inpatient admission or otherwise jeopardize their community placement. They may benefit from the short-term resumption of services. This brief service period will be four weeks. The intensity of services for the brief service period will be individualized to meet the needs of the individual, with an average of two face-to-face contacts per week. The targeted length of service ranges from 12-18 months, with the average length of service being 12 months.

DDTT objectives

1. Maintain individuals in the community who are in crisis or at risk of admission to higher levels of care.
2. Provide ongoing assessment, individual/group supportive interventions and medication monitoring/management consistent with individual treatment plans.
3. Provide ongoing symptom education to enable participants and those supporting them to identify symptoms that put them at risk for more restrictive levels of care.
4. Provide direct clinical services to consumers and families and other supports to teach symptom management and promote personal growth and recovery.
5. Build and maintain linkages with providers, community and natural supports, and others involved with the individual.
6. Provide individualized support, advocacy, coordination, training and supervision to help individuals succeed in the community.