











# EUROPEAN TRAINING MODULES FOR STAFF SUPPORTING INDIVIDUALS WITH DUAL DIAGNOSIS: FIRST RESULTS FROM THE TRINNODD PROJECT



## PARTNERS

-  **AEECRM** / Spanish Society for the Study of Mental Retardation
-  **APEMH** / Parents' Association of Intellectually Disabled Children
-  **ARFIE** / Association for Research and Training on Integration in Europe
-  **CTE SRL** / Private Institute for Rehabilitation
-  **FENACERCI** / National Federation of Social Solidarity Cooperatives
-  **SIRM** / Italian Society for the Study of Mental Retardation
-  **UCOS** / One Child, One Hope Foundation
-  Royal College of Psychiatrists

## INTRODUCTION

The literature indicates that training for support workers can have a positive impact on the intensity and pervasiveness of psychopathological and behavioural disorders in people with Dual Diagnosis (DD: intellectual disability combined with mental health problems). Despite this, training programmes are still rare or inadequate across most European countries. A shared body of updated knowledge for daily practice is also lacking.

## THE PROJECT

In order to answer those needs, the above partnership set up the TRINNODD (TRansfer of INNOveration on Dual Diagnosis). TRINNODD is a 2-year European project (2008-2010) funded by the Leonardo da Vinci Lifelong Learning Programme which aims at updating the previous TRIADD product [www.triadd.lu](http://www.triadd.lu) and transferring practice knowledge about problems related to DD to new target groups in Italy, Spain, Portugal and Romania.

## ACHIEVEMENTS

### FIRST PHASE - Needs assessment

A 17-item questionnaire was completed by 250 experienced staff members supporting people with DD. They were randomly selected in different settings across the 4 European countries participating in the project. They were asked to describe the context of their work, the subjects related to DD that could have been useful to them, the principles or practices their team was following and the specific training they had received. Considerable divergences emerged between Romania and other countries, while minor differences were noticed for Italy, Portugal and Spain. Four main areas of innovation were identified: emotionality, quality of life, vulnerability and training methodology.

### SECOND PHASE - Development of training modules

Within the four settings above, the following subjects were identified as a priority for training: stress prevention, assessment of individual and family quality of life, complexity of individual vulnerability, environment (family and community), different theoretical approaches to intellectual disability.

On the basis of these conclusions, recommendations from former TRIADD training modules and results drawn from recent research studies, new training units including these aspects were designed by TRINNODD partners.

### THIRD PHASE - The delivery of training sessions in Italy, Portugal, Spain and Romania

The training modules were organised in partner countries between November 2009 and March 2010. The sessions lasted 20 to 30 hours and were delivered to health care professionals and frontline carers (doctors, nurses, psychologists, therapists, rehabilitation technicians, social workers, educators). The training modules focused on the 4 areas of innovation mentioned above and on some areas identified as specific to particular countries.

### FOURTH PHASE - The evaluation process

The training sessions were evaluated very positively by trainees. A long-term evaluation will be scheduled 6 months after the course delivery in order to assess the impact of the modules on trainees. A final evaluation of the level of satisfaction of users, families and professionals will be planned at the very end of the project lifetime.

### FIFTH PHASE – Dissemination of the project results

The project achievements will be published in a newsletter, in a brochure with DVD, and on the project website. Targeted valorisation activities are being planned in partners' countries and within European and international networks. A final dissemination conference will be organised in Romania in September 2010. For further information please visit our website: [www.trinnodd.eu](http://www.trinnodd.eu)