

The Big Lie!

In childhood

Lovability

or

Competence

or

Good enough?

Is formed



Present day

Attack

Withdraw

People Please (adapt)

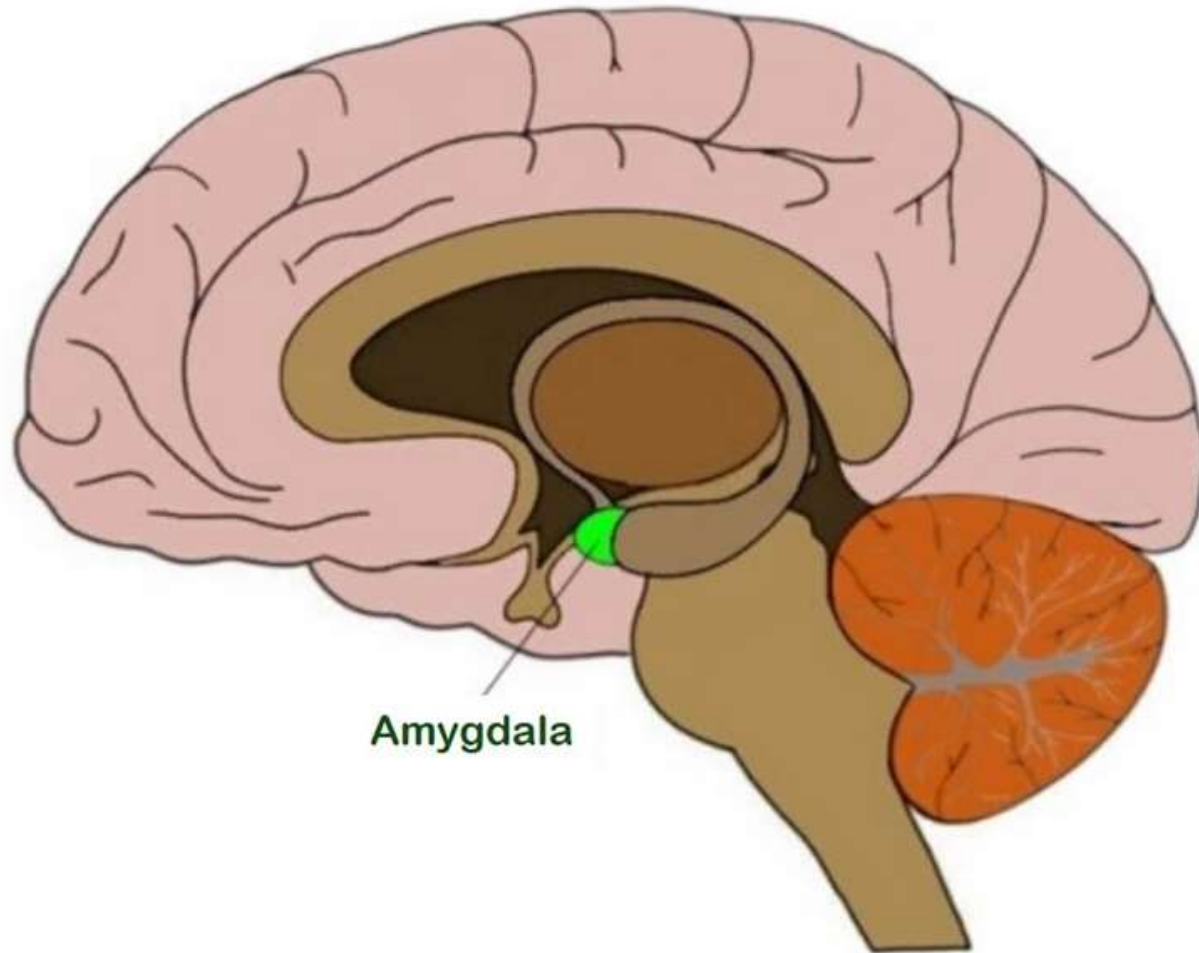
Belief system

TRIGGERS!



Christine Beekman,
M.A. Psychoanalysis

The Amygdala Hijack



Amygdala

-
- An **amygdala hijack** is an emotional response that is **immediate, overwhelming, and out of measure** with the actual stimulus because it has **triggered** a much more significant emotional threat – memory of trauma (Goleman, D.,1996)
 - Emotionally-charged responses like these are also known as **‘fight, flight or freeze’**.

The **HARMONY**



WORKSHOPS

GIVING A VOICE TO DUAL DIAGNOSIS

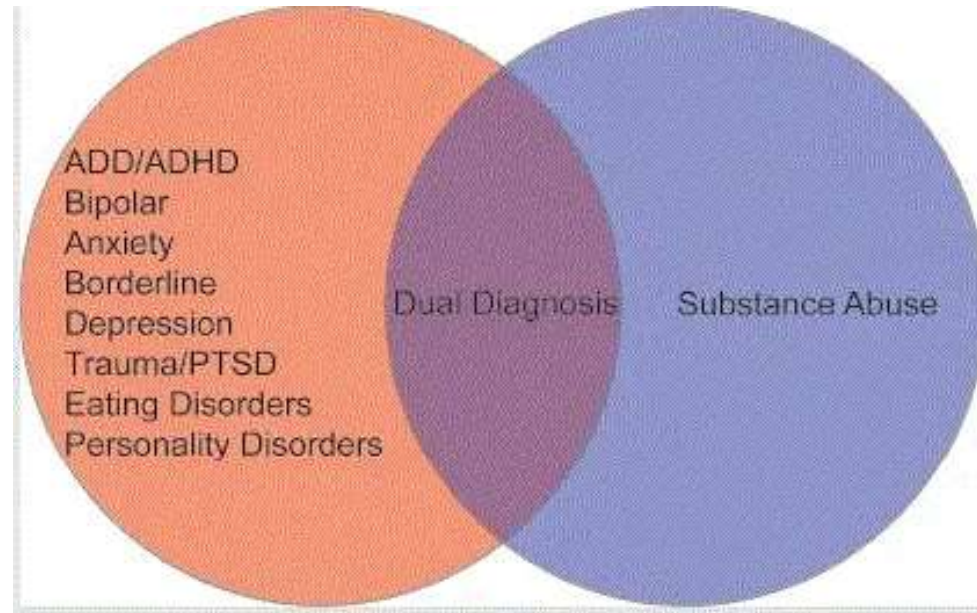
Studies

- **B.A. (Hons) Degree in Counselling & Psychotherapy - Irish College of Humanities and Applied Sciences (ICHAS), Limerick 2019**
- **B.A. Degree in Counselling & Addiction Studies - Irish College of Humanities and Applied Sciences (ICHAS), Limerick 2018**
- **Diploma in Drug & Alcohol Studies - University of Limerick 2011**
- **Certificate in Drugs Counselling Theory & Intervention Skills – UCD 2010**
- **Advanced Certificate Motivational Interviewing for Addictive Behaviours – HSE 2014**
- **Certificate in Community Addiction - Waterford Institute of Technology 2009**
- **Auricular Acupuncture Detoxification Specialist - National Acupuncture Detoxification Association (NADA) 2009.**



What is dual diagnosis?





People with mental illness are more likely to experience a substance use disorder than those **not** affected by a mental illness. According to SAMHSA's [2021 National Survey on Drug Use and Health](#), approximately 9.2 million adults in the United States have a co-occurring disorder.

In 2022, WHO launched the World Mental Health Report: Transforming Mental health for All...*Mental health conditions are increasing worldwide...There has been a 13% rise in mental health conditions and substance use disorders in the last decade (to 2017).*

Undiagnosed bipolar disorder / trauma – C-PTSD



Collage of Psychiatrist warns that cannabis is;
'gravest threat to young Irish people's mental health today.' (College of Psychiatrist of Ireland, May 2021)



Ice skating accident
October 1994



Near fatal car crash
16th July 1995

A total of 8 operations due to cannabis misuse to manage C-PTSD

**Aiséirí Addiction Centre, Nov 1998.
Mental health journey May 2008.**

Voluntary and professionally since 2000

- **Individuals – alcoholism & drug addiction**
- **Families – ‘family disease’**
- **Tipperary Regional coordinator for Public Information on alcoholism**
- **Addiction support work- in patients St. Michaels Psychiatric Hospital, Clonmel**
- **Community Drug and Alcohol Worker - Mid Tipperary Drug Initiative, HSE, 2011-2012.**
- **Child & Family Support Worker / Counsellor & Psychotherapist – Spafield Family Resource Centre Cashel, Co. Tipperary. 2019 - 2022**
- **Private Practice – May 2022**



Musical Background

- DJ 1983-1987 / 2002 – 2020 -London, Dublin, Cork.
- Radio broadcaster - Centre Radio 101FM, WLR FM & Tipp FM.
- Musician/singer/songwriter – Dodgy, Damien Rice, Aslan.
- Crossroads: Song, performance, dance therapy workshops - ETB - HSE, The National Council for the Blind, RehabCare, Alzheimer Society of Ireland, Dementia Ireland, Senior Citizens. (2011-2014)
- Radio Broadcasting Graduate (Distinction) 2007 – National Film School of Ireland, IADT, Dublin



Born in the Bronx NYC,
11th August 1973



The lyrical content of hip-hop music addresses themes such as poverty, trauma, depression, anxiety, and addiction, creating an avenue for individuals to confront their own emotions and experiences. By sharing their personal narratives, hip-hop artists encourage open conversations about mental health and dual diagnosis, inspiring others to seek help and support.

First workshop summer 2009

Evidence-based, The Harmony Workshops are a pioneering psychoeducation approach in understanding the biopsychosocial effects on DD.

A colorful brochure for 'The Harmony Workshops'. The top right features a photo of a man singing into a microphone. The brochure is filled with text, images of workshop participants, and logos. A central image shows a group of people in a workshop setting. The bottom right has a photo of a woman speaking. The brochure includes testimonials, contact information, and details about the founder and the workshops themselves.

Testimonials

"One of the most relevant and useful workshops for TV students would centre health and substance misuse." - The Irish Second-Level Students' Union, survey 2015.

"The Harmony Workshops for our students were a reassuring success. The rap and music elements of the workshop provided a very creative, educational, and meaningful opportunity for the students to reflect on mental health, drug, and alcohol addiction, and explore ways to prevent misuse of the same." - Wexford, Louise Walsh, Coordinator of Progression, Westspring Community School, New Ross.

"The kids really enjoyed the workshop. It was engaging, thought-provoking, and interactive. It was relevant to the syllabus, and the delivery of the workshop was simple and concise." - Anna Bland, Transition Year Coordinator, Brehin De La Salle College, Phibsboro, Dublin.

Anti-depressant prescriptions for under-18s up 100% since 2012. HSE figures show (Hewson, S., The Irish Times, June 2013)

College of Psychiatric were first to make it 'groundbreaking' using hip-hop to raise mental health issues (College of Psychiatric of Ireland, May 2011)

CONTACT
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Co. Tipperary
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t: 00 353 86 919 4132

APCP Association of Professional Counselors & Psychologists in Ireland

Founder & workshop facilitator
Roger Kirby, B.A. (Hons), B.A., is an APCP-qualified addiction counselor and psychotherapist. He has been a musician, singer, song writer, DJ, and radio broadcaster for over 30 years.

Roger's family of origin has been deeply affected by dual diagnosis. In 1988, his father's recovery from his condition formed Roger's unique personal and inspirational story that inspires students to reach out for help in the face of their own life difficulties.

Issues covered and predictors to poor mental health and alcohol/drug misuse.
Adverse Childhood Experiences (ACEs), parental separation, racism, bullying, peer pressure, poverty, social inequalities, psychological and emotional dysfunction within families and heavy addiction (DeBorja et al., 2004; Bernal, 2008; Garfield & Wiersma, 2007).

Creative rap performance workshop
With its unique blend of music, lyrics and storytelling, a rap composition and performance workshop offers students a distinctive platform to express their experiences with mental health and the risks associated with drug or alcohol misuse.

The workshops
Hip-hop artists, through their candid and introspective lyrics, shed light on the internal battles they face, exposing the realities of living with poor mental health and/or substance misuse. Their stories help to normalize and destigmatize dual diagnosis, allowing students to empathize with and relate to their struggles.

Hip-hop and the rap workshop offer serve as a form of catharsis for the student. It serves as a platform for individuals to connect with others who share various struggles, fostering a sense of belonging and allowing students find solace in the knowledge that they are not alone in their battles and that there is hope for recovery and healing.

Developing student well-being through:

- The cultural roots of music
- The cultural roots of sport in America
- Learning to integrate, individualize, and adapt
- Storytelling, connected to family and friends
- Hobbies: "Stay away to anything that makes you feel like you're alone"

Workshops can be delivered as part of a 50-minute, weekly programme, full-day programme for post-primary schools and youth settings, or half-day workshops.

Eminem – Cleanin’ Out My Closet

“...emotions run deep as ocean's exploding
Tempers flaring from parents just blow 'em off and keep going
Not taking nothing from no one,
Give 'em hell long as I'm breathing
Keep kicking ass in the morning and taking names in the evening
Leave 'em with a taste as sour as vinegar in their mouth
See they can trigger me,
But they'll never figure me out...”

Exploring themes of: Family breakdown, Domestic violence, childhood trauma, lack of love, lack of nurturing, parental misuse of drugs/alcohol and poverty.

Impacts on individual: Low self-esteem, low self-worth, mental and emotional issues, underachieving, dual diagnosis, intergenerational trauma.

Pop music and rap programme helps prevent teen addiction



...the programme...
...helps prevent...
...teen addiction...
...pop music and rap...
...programme...
...delivered since 2009...
...youth clubs...
...Foróige...
...Youthreach...
...CTC - Community Training Centres...
...Garda diversion projects...
...Post - primary schools around Ireland since 2014...
...Residential Treatment Centres Aislinn Adolescent, Kilkenny & Matt Talbot Adolescent, Cork...
...Since 2014 part of TARP (Treatment and recovery programme) on the medical unit of Mountjoy Prison - featured in the TV3 documentary 'The Joy'...
...Currently being delivered to Merchant Quay's, High Park Treatment Centre, Drumcondra

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The pen is mightier than the sword!



Creative rap performance workshop

A rap composition and performance workshop offer students a distinctive platform to express their experiences with mental health and the risks associated with drug or alcohol misuse as a coping mechanism.





Growing Up

I started off watching my da smoking brown,
Then I watched him going down,
Six feet under,
Then I wonder why everyone wants to give me hugs,
All I want to do is take drugs,
I started taking drugs to block out stuff,
All that it did was push my family away,
Because I wanted them to pay for my drugs,
Now my life is looking good,
No more going back,
Just forward to Loughlan House open prison,
So maybe one day I'll buy my own house.

Written by Stephen H.



The Observer
Mental health

The rise of sad rap: how hip-hop got the blues

The genre is often blamed for glamourising violence and misogyny but a new study reveals that rappers are prioritising mental health and social angst in their lyrics



Nosheen Iqbal

@nosheeniqbal
Sun 17 Mar 2019 10.00
CET



“...providing a vivid commentary on social angst, malaise and mental health...”

Iqbal, N., The Observer, Mental, health, March 2019



Hip Hop Psych is Co- Founded by Dr Akeem Sule, a Consultant Psychiatrist affiliated with Cambridge University and British Association of Psychopharmacology.

Dr Becky Inkster, a neuroscientist affiliated with Cambridge University and the Alan Turing Institute.

Hip Hop Psych is a social initiative that uses hip-hop music and culture as a vehicle for addressing mental health.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

"This programme brings another element to drug information dissemination and decision-making skills for people." – HSE, Substance Misuse Dept., South Tipperary.



Shortlisted for the SEI Awards 2013



Dual diagnosis burden on society

Psychiatric comorbidity is highly prevalent among those with substance use problems; it can lead to increased risk of hospitalisation, suicide and criminal behaviour -**The European Monitoring Centre for Drugs and Drug Addiction (EMCDDA), 2015.**



IMPACT OF CHILDHOOD TRAUMA

The CDC and Kaiser Permanente surveyed 17,000 of the health plan's members to ask whether they'd had adverse childhood experiences defined as:

ABUSE	NEGLECT	HOUSEHOLD CHALLENGES
Psychological Physical Sexual	Emotional Physical	Family member experiencing: Domestic abuse Mental illness Imprisonment

The landmark study found those with adverse childhood experiences were at higher risk for:

- HEART, LUNG, AND LIVER DISEASE
- OBESITY
- DIABETES
- DEPRESSION
- SUBSTANCE ABUSE

--- THE STUDY ALSO FOUND ---

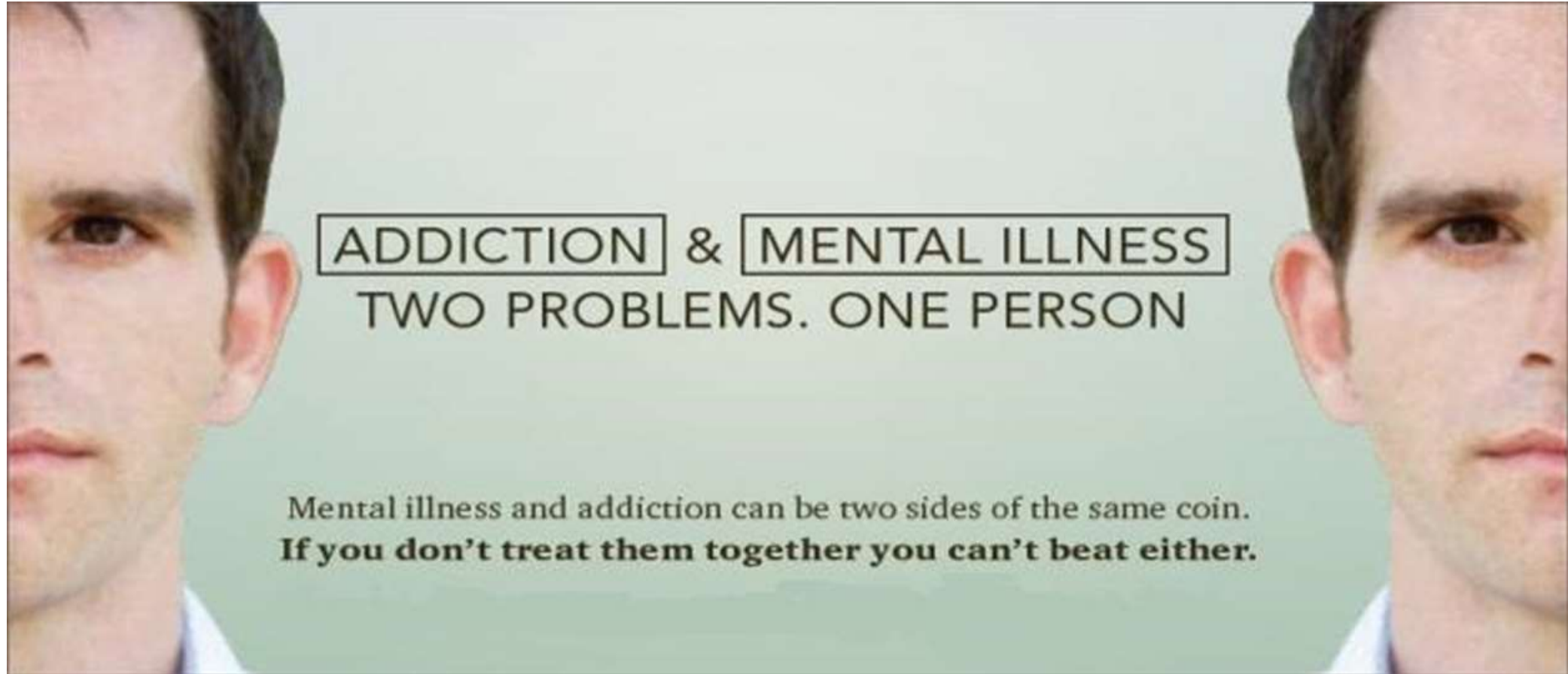
NEARLY TWO THIRDS of those surveyed experienced at least one event.

The higher the score on ACE survey, the more likely people were to be in poor health:

Adverse Childhood Experiences (ACE) Study Score	Liver disease (%)	CPD (chronic obstructive pulmonary disease) (%)
0	~5	~6
1	~6	~8
2	~8	~11
3	~10	~15
≥4	~12	~18

Sources: CDC ACE Study page <https://www.cdc.gov/violenceprevention/acestudy/> and V. J. Felitti and R. F. Anda. "The Relationship of Adverse Childhood Experiences to Adult Health, Well Being, Social Function, and Health Care," from *The Impact of Early Life Trauma on Health and Disease: The Hidden Epidemic* (Cambridge, England: Cambridge University Press, September 2010).

Evidenced based programmes need to be funded!!!



ADDICTION & MENTAL ILLNESS
TWO PROBLEMS. ONE PERSON

Mental illness and addiction can be two sides of the same coin.
If you don't treat them together you can't beat either.

The **HARMONY**



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