MERGING HIGHWAYS, AN INTEGRATED TREATMENT APPROACH TO CO-OCCURRING DISORDERS

SOMETIMES IT ‘S NECESSARY TO DRIVE IN BOTH LANES

PRESENTED BY

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TRAINING OBJECTIVES

• The participant will be able to appropriately identify and address a person with a Co-Occurring Disorder.

• The participant will learn the importance of various activities to assist an individual who presents with different concerns at once.

• The participant will be able to practice skills taught in the presentation with peers in the group and later in their own practice.
IDENTIFYING CO-OCCURRING DISORDERS
OBJECTIVE #1
IDENTIFYING CO-OCCURRING DISORDERS

• What is the definition of a co-occurring disorder?
• Give an example?
• Do you feel as counselors that the individual is always aware that they have co-occurring disorders?
OBJECTIVE #1
DEFINITION OF CO-OCCURRING DISORDERS

• The term *co-occurring disorder* refers to the condition in which an individual has a co-existing mental illness and substance use disorder. While commonly used to refer to the combination of substance use and mental disorders, the term also refers to other combinations of disorders, such as a mental disorder and an *intellectual disability*. (The terms *dual disorder* and *dual diagnosis* were previously used to describe the same condition.

• -Psychology Today-
OBJECTIVE #1
IDENTIFYING CO-OCCURRING DISORDERS

• The symptoms of co-occurring disorders include those associated with the particular substance-abuse and/or mental health conditions affecting an individual. People with co-occurring disorders are at high risk for many additional problems such as symptomatic relapses, hospitalizations, financial problems, social isolation, family problems, homelessness, sexual and physical victimization, incarceration, and serious medical illnesses.

• -Psychology Today-
OBJECTIVE #1
IDENTIFYING CO-OCCURRING DISORDERS

- Mental health and substance use disorders result from a combination of factors. Certain people have a high genetic risk for such disorders, but one's environment can also contribute to the risk.

- People with mental health disorders are more likely to have a substance use disorder than those who do not. Roughly half of individuals who have either a mental illness or a substance use disorder will have the other at some point in their lives, according to the National Institute on Drug Abuse.
OBJECTIVE #1
IDENTIFYING CO-OCCURRING DISORDERS

• It is possible that a substance use problem leads to the development of other mental health challenges or that it worsens a preexisting disorder.
OBJECTIVE # 2
TREATMENT OF CO-OCCURRING DISORDERS

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OBJECTIVE #2
TREATMENT OF CO-OCCURRING DISORDERS

To provide appropriate treatment for co-occurring disorders, the Substance Abuse and Mental Health Services Administration (SAMHSA) recommends an integrated treatment approach. Integrated treatment involves coordinating substance-abuse and mental health interventions, rather than treating each disorder separately without consideration for the other.
OBJECTIVE #2
TREATMENT OF CO-OCCURRING DISORDERS

- Integrated treatment often involves forms of behavioral treatment, such as cognitive behavioral therapy or dialectical behavior therapy, that can help improve coping skills and reduce maladaptive behaviors. These may be used in combination with medication. Treatment may also entail a collaboration between clinicians and organizations that offer support to handle issues related to housing, health, and work.
OBJECTIVE #2
TREATMENT OF CO-OCCURRING DISORDERS

- Psychoeducational classes can help increase awareness of the symptoms of disorders and the relationship between mental disorders and substance abuse. Relapse-prevention education can help clients become aware of cues that make them more likely to abuse substances and help them develop alternative responses.

- Dual-recovery groups located on treatment sites or offsite can also play a role in recovery by offering a supportive forum for the discussion of psychiatric symptoms, medication, substance-related impulses, and coping strategies.

- Psychology Today-
OBJECTIVE #2
TREATMENT OF CO-OCCURRING DISORDERS

- TIP 42 is a guide that provides resources for treating co-occurring mental illnesses and substance use disorders. Center for Substance Abuse Treatment, Substance Abuse Treatment for Persons with Co-Occurring Disorders, Treatment Improvement Protocol (TIP) Series 42, DHHS Publication No. (SMA) 05-3992, Rockville, MD: Substance Abuse and Mental Health Services Administration, 2005
OBJECTIVE #3
LET’S PRACTICE DRIVING IN BOTH LANES
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LET’S PRACTICE DRIVING IN BOTH LANES

- Demonstrate an understanding and acceptance of the individual.
- Help the individual clarify the nature of their difficulty.
- Indicate that you and the individual will be working together as a team.
- Express empathy and a willingness to listen to the individual’s formulation of the problem.
- Assist the individual to solve some external problems directly and immediately.
- Foster hope for positive change.
OBJECTIVE #3
LET’S PRACTICE DRIVING IN BOTH LANES

• Activity #1
• Activity #2
• Activity #3
OPEN DISCUSSION AND SUMMARY

• Review of Objectives

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