

# Substance Abuse and SMI

## Integrated Dual Disorders Treatment (IDDT)

This model specifies that the concurrent treatment should be provided for severe mental illness and substance use disorder (dual disorders) by the same clinical or team of clinician, with the treatment team assuming responsibility for integrating the treatment of the two disorders. Integration treatment emphasizes; the use of assertive outreach to engage clients in treatment and provide as needed assistance in the community; motivational enhancements to address one's substance use problems and better manage one's mental illness; reduction of harmful consequences relative to substance use; cognitive-behavioral therapy strategies to help people develop skills for refusing offers to use substances, prevent substance abuse or mental illness relapses, and cope with symptoms or cravings; collaboration with significant others; comprehensiveness to address the broad range of social, health, housing, and medical needs; and long-term treatment when needed. Multiple treatment modalities are employed, including individual, group, and family approaches.