

# What is Integrated Treatment for Co-Occurring Disorders?

In evidence-based integrated treatment programs, individuals receive combined treatment for mental illnesses and substance use disorders from the same practitioner or treatment team.



## Why participate in Integrated Treatment?

Substance use disorders are common among people with serious mental illnesses and put people at risk for many other problems. Integrated Treatment programs help consumers develop hope, knowledge, skills and the support they need to manage their problems and to pursue meaningful life goals.

## How does integrated treatment work?

### Integrated Services

Mental health and substance abuse treatment are integrated to meet the needs of people with co-occurring disorders.

### Cross-trained practitioners

Integrated treatment specialists are trained to treat both substance use disorders and serious mental illnesses.

### Stage-wise treatment

Integrated treatment specialists match services to the consumer's stage of recovery.

### Motivational Interventions

Motivational interventions are used to help consumers identify and pursue personal recovery goals.

### Cognitive-behavioral approach

A cognitive-behavioral approach is used to help consumers identify and change their thoughts, feelings and behaviors related to their co-occurring disorders.

### Multiple formats

Services are available in individual, group, self-help and family formats.

### Integrated medication services

Medication services are integrated with other services.

# Integrated Treatment for Co-Occurring Disorders

*Integrating mental health and substance mis-use treatment to meet the needs of people with co-occurring disorders.*

**Evidence-based treatment works!**



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Individuals who struggle with both a substance use disorder and a psychiatric disorder are diagnosed as having co-occurring disorders, or dual disorders. This coexistence within a single person is also known as a dual diagnosis.

Because the symptoms of mental illness & addiction often overlap, our *integrated treatment* program addresses both substance abuse and *co-occurring disorders*.