

Resources on Co-Occurring Disorders

Websites

The Substance Abuse and Mental Health Services Administration (SAMHSA) hosts the Co-Occurring Center for Excellence. Look for fact sheets, slide shows, and research reviews on co-occurring disorders.

<http://coce.samhsa.gov/>

The Minnesota Co-Occurring State Incentive Grant website contains information on what the Minnesota Department of Human Services is doing about co-occurring disorders. The page also includes links to useful resources. [http://](http://www.dhs.state.mn.us/id_028650)

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Publications

Treatment Improvement Protocol 42 (TIP 42) addresses the rationale for and core components of integrated treatment for co-occurring disorders. It was published by the Center for Substance Abuse Treatment at SAMHSA in 2005. [http://](http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=hstat5.chapter.74073)

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The book "Integrated Treatment for Dual Disorders: A Guide to Effective Practice," by Kim Mueser, Douglas Noordsy, Robert Drake, & Lindy Fox also describes integrated treatment. It is available from Guilford Press in New York.



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Co-Occurring Mental Illness and Substance Use Disorders

*Information for
consumers and families*



Co-Occurring Mental Illness and Substance Use Disorders

Co-occurring disorders are....

Common.

About 10% to 20% of individuals who have a mental illness also have a substance use disorder. Among individuals who have a substance use disorder, up to half also have mental illness. **If you have one of these disorders, you may have the other, too.**

Under-detected.

Few individuals receive treatment for both types of disorders, often because they have never been detected. **A short screening test can tell whether you may have co-occurring disorders.**

Linked to serious life problems.

People who have co-occurring disorders are much more likely to have serious problems in life, such as:

- Frequent hospital visits
- Trouble with the law
- Family and relationship conflicts
- Loss of housing and jobs
- Infectious and chronic diseases
- Risk of suicide
- Difficulty staying in treatment

If you struggle with these problems over and over, you may have **co-occurring disorders**.

Co-occurring disorders interact...

If you have a mental illness, substance use may...

- Make your mental illness worse
- Hide symptoms so your mental illness can't be detected and treated
- Seem to help reduce symptoms, but prevent them from really getting better
- Reduce the effectiveness of your medication for mental illness
- Keep you from getting the most out of counseling for mental illness

If you have a substance use disorder, mental illness may...

- Increase your substance use and lead more easily to addiction
- Hide symptoms so your substance use disorder can't be detected and treated

Effective treatment for co-occurring disorders addresses these interactions by focusing on both disorders at the same time.

Integrated treatment...

Treating both disorders at the same time, preferably with the same treatment team, is called integrated treatment. Integrated treatment uses the best techniques from mental health and chemical health treatment, and combines them into a unique approach specifically designed for co-occurring disorders. This approach includes:

- **Listening to what you want.** Only you can decide if you're ready to begin treatment for co-occurring disorders. If you're not ready yet, we will listen to your concerns and help you with any problems you'd like to work on first.
- **Trying a variety of techniques to find what works best for you.** Options include individual counseling, medications to treat mental illness or to help reduce substance use, informational materials, and groups specially designed to address co-occurring disorders.
- **Working with others you'd like to help support you.** We can work with your doctor, social worker, case manager, or other professionals who may be able to support your treatment. We can help your loved ones better understand your disorders and your treatment. We can also help you find a self-group that understands the unique situation of people with co-occurring disorders.