

# Co-occurring Disorders

Module 10

ALLIED TRADES ASSISTANCE PROGRAM

Preventative Education: Substance Use Disorder



# **What is a Co-occurring disorder?**

Co-occurring disorder is the existence of both substance use disorder and mental health at the same time. It was previously referred to as Dual Diagnosis.


Approximately 7.9 million adults in the United States had co-occurring disorders in 2014.

**You are  
not  
alone..**

6 in 10 people with an illicit substance use disorder also suffer from another mental illness



People with mental health disorders are more likely than people without mental health disorders to experience an alcohol or substance use disorder



According to the National Survey of Substance Abuse Treatment Services (N-SSATS), In 2014 about 45% of Americans seeking substance use disorder treatment have been diagnosed as having a co-occurring mental and substance use disorder.

## **Which comes first... Substance Use or Mental Health?**

- Either substance use disorder or mental illness can develop first. A person experiencing a mental health condition may turn to drugs and alcohol as a form of self-medication to improve the troubling mental health symptoms they experience.
- Research shows that drugs and alcohol only make the symptoms of mental health conditions worse.
- Early detection and treatment can improve treatment outcomes and the quality of life for those who need these services.

People have biological and psychological characteristics that can make them vulnerable or resilient to potential behavioral health problems. Individual-level protective factors might include a positive self-image, self-control, or social competence.

## **Risks and Protective Factors**

# **Symptoms to look for:**

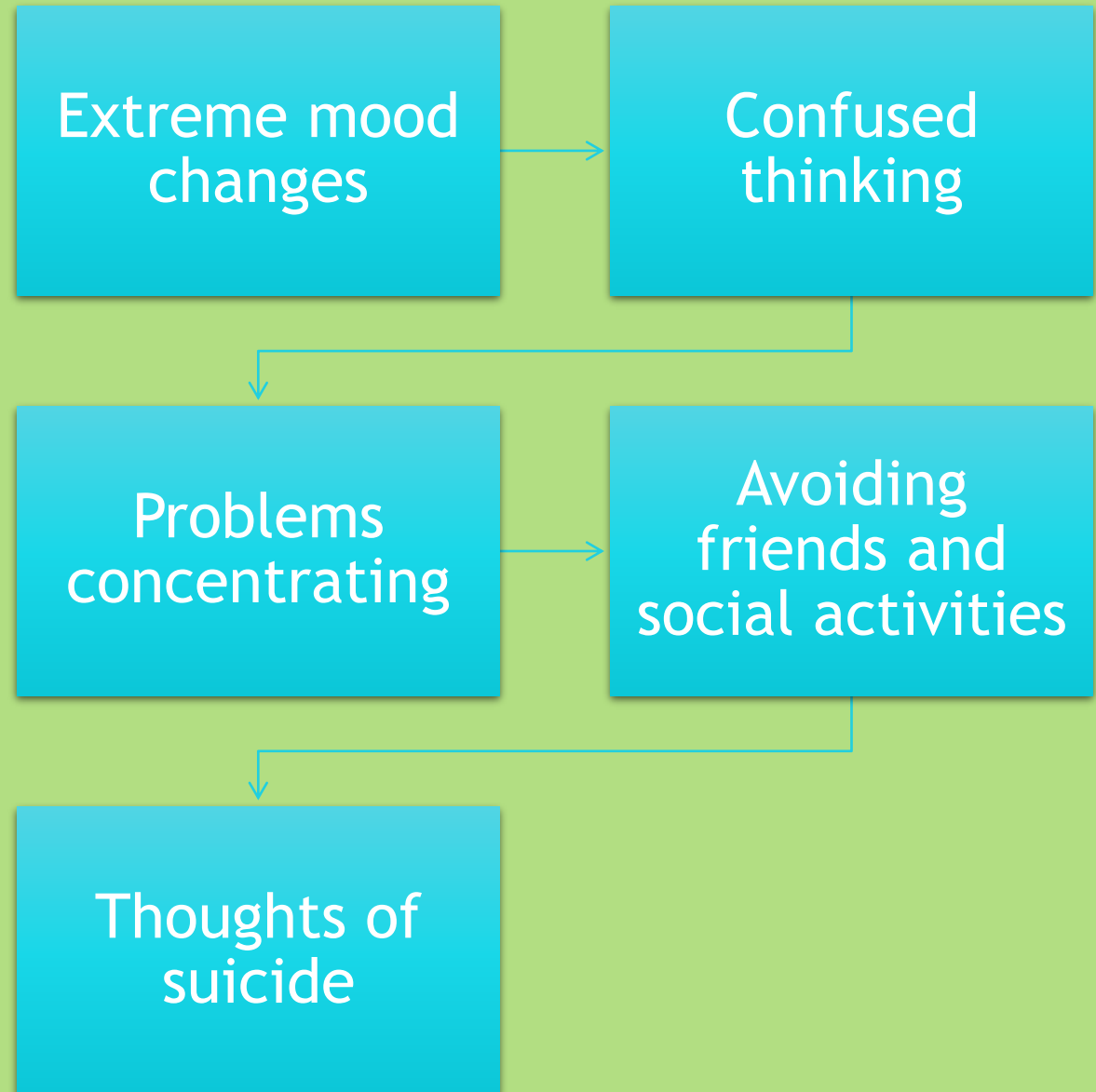
There are many combinations of disorders that can occur. The symptoms of co-occurring disorder vary widely.

Patients who are living with co-occurring disorders find functioning on a day-to-day basis to be significantly difficult - if not impossible.

Many struggle with:

- An inability to maintain employment
- An inability to maintain functional relationships
- Legal problems
- Financial issues
- Extreme mood swings or an inability to control their emotions

# **Warning signs for mental health conditions:**



# **Warning signs for substance use disorder:**

Withdrawal from  
friends and family.

Sudden changes in  
behavior. Using  
substances under  
dangerous  
conditions.

Engaging in risky  
behaviors when  
drunk or high.

Loss of control over  
use of substances.

Doing things you  
would not normally  
do to maintain your  
habit.

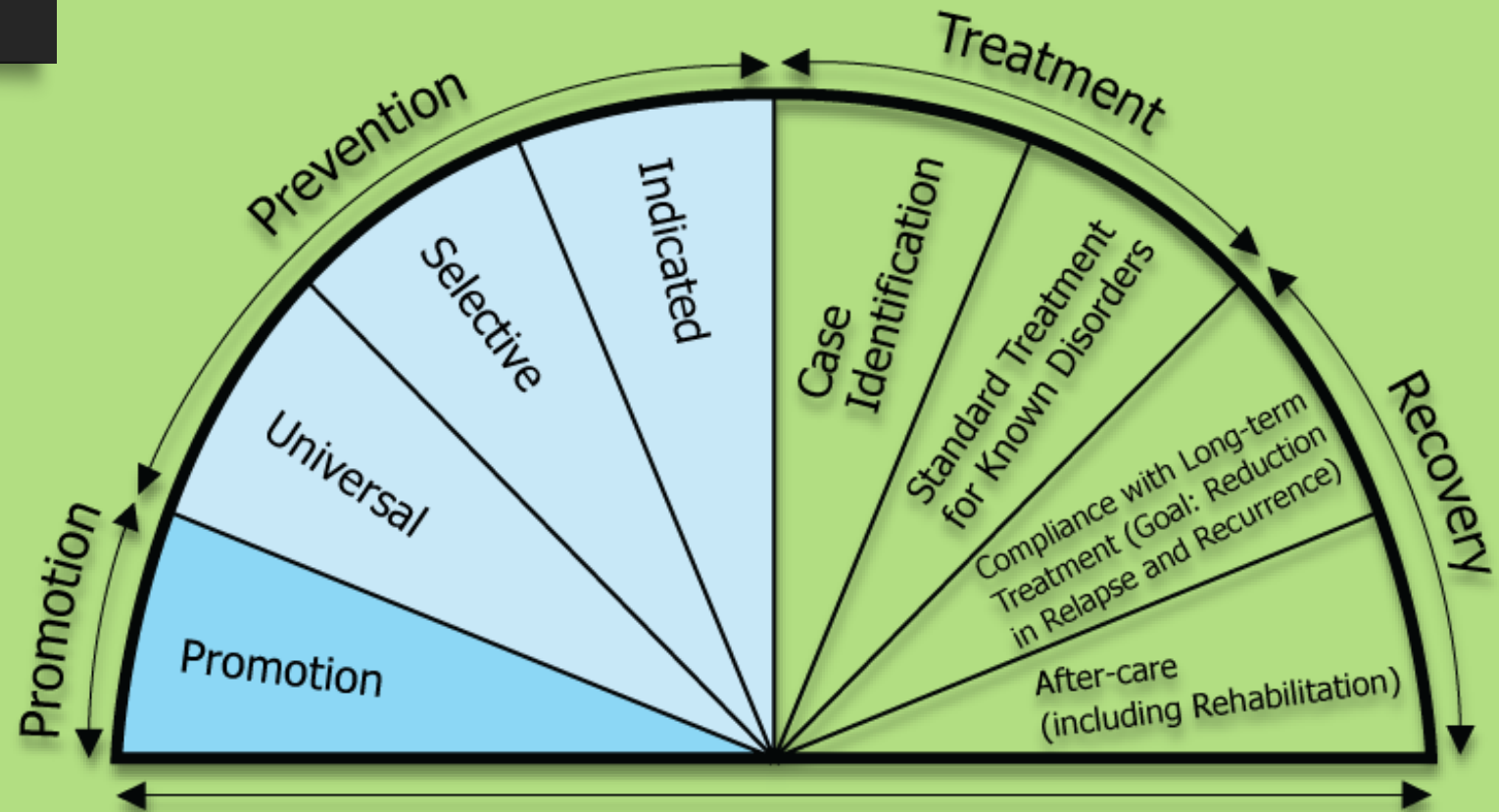
Developing  
tolerance and  
withdrawal  
symptoms.

Feeling like you  
need the drug to be  
able to function.



# Prevention

- A comprehensive approach to behavioral health also means seeing prevention as part of an overall continuum of care.
- Continuum of Care The Behavioral Health Continuum Model



# The Continuum of Care

**Promotion**—These strategies are designed to create environments and conditions that support behavioral health and the ability of individuals to withstand challenges. Promotion strategies also reinforce the entire continuum of behavioral health services.



**Prevention**—Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem, such as underage alcohol use, prescription drug misuse and abuse, and illicit drug use.



**Treatment**—These services are for people diagnosed with a substance use or other behavioral health disorder.



**Recovery**—These services support individuals' abilities to live productive lives in the community and can often help with abstinence.

# Treatment

People with co-occurring disorders are best served through integrated treatment. With integrated treatment, practitioners can address mental and substance use disorders at the same time, often lowering costs and creating better outcomes.

- Reduced substance use
- Improved psychiatric symptoms and functioning
- Decreased hospitalization
- Increased housing stability
- Fewer arrests
- Improved quality of life

# Recovery

The Substance Abuse and Mental Health Services Administration (SAMHSA) has delineated four major dimensions that support a life in recovery:

- **Health** - overcoming or managing one's disease(s) or symptoms  
- for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being
- **Home** - having a stable and safe place to live

# Recovery

- **Purpose** - conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society
- **Community** - having relationships and social networks that provide support, friendship, love, and hope



-Your EAP can help-

If you or someone you know is suffering from substance use disorder or mental health issues, reach out to someone for assistance.

[www.alliedtrades-online.com](http://www.alliedtrades-online.com)



# Resources

<https://www.drugabuse.gov/publications/principles-drug-addiction-treatment/frequently-asked-questions/how-do-other-mental-disorders-coexisting-drug-add>

<http://www.samhsa.gov/disorders>

<http://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Dual-Diagnosis#sthash.5ilq7SPk.dpuf>

<http://www.samhsa.gov/recovery>

<http://www.samhsa.gov/prevention>