







Why Implement Evidence-Based Practices? (continued)

According to the President's New Freedom Commission on Mental Health:

If effective treatments were more efficiently delivered through our mental health services system . . . millions of Americans would be more successful in school, at work, and in their communities

–Michael Hogan, Chairman

What Is Integrated Treatment for Co-Occurring Disorders?

Integrated Treatment is a research-proven model of treatment for people with serious mental illnesses and co-occurring substance use disorders

Consumers receive combined treatment for mental illnesses and substance use disorders from the same practitioner or treatment team. They receive one consistent message about treatment and recovery

Practice Principles for Integrated Treatment for Co-Occurring Disorders

- Mental health and substance abuse treatment are integrated to meet the needs of people with co-occurring disorders
- Integrated treatment specialists are trained to treat both substance use and serious mental illnesses
- Co-occurring disorders are treated in a stage-wise fashion with different services provided at different stages
- Motivational interventions are used to treat consumers in all stages, but especially in the persuasion stage

Practice Principles for Integrated Treatment for Co-Occurring Disorders

- Substance abuse counseling, using a cognitive-behavioral approach, is used to treat consumers in the active treatment and relapse prevention stages
- Multiple formats for services are available, including individual, group, self-help, and family
- Medication services are integrated and coordinated with psychosocial services

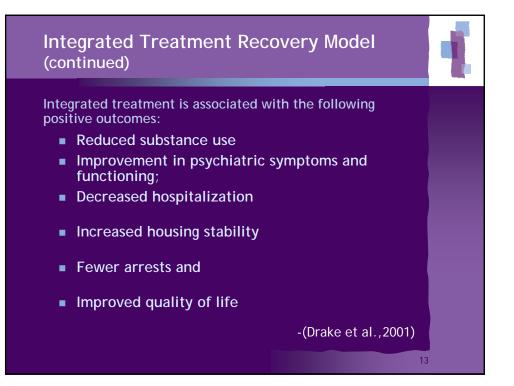
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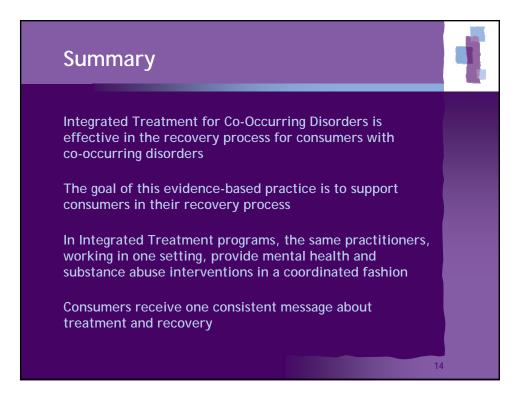












Additional Resources

For more information about Integrated Treatment for Co-Occurring Disorders and other evidence-based practices, visit

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