

The cover features a dark purple background with a light purple horizontal band across the middle. On the right side, there is a photograph of three people (two women and one man) smiling and embracing. In the top right corner, there is a logo for 'EVIDENCE-BASED PRACTICES KIT' with the tagline 'Knowledge Informing Transformation'. In the bottom left corner, there is the logo of the U.S. Department of Health and Human Services and the Substance Abuse and Mental Health Services Administration, along with the website address www.samhsa.gov.

Integrated Treatment for Co-Occurring Disorders

An Evidence-Based Practice

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

What Are Evidence-Based Practices?

Services that have consistently demonstrated their *effectiveness* in helping people with mental illnesses achieve their desired goals

Effectiveness was established by different people who conducted rigorous studies and obtained similar outcomes

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Examples of Evidence-Based Practices



- Integrated Treatment for Co-Occurring Disorders
- Supported Employment
- Assertive Community Treatment
- Family Psychoeducation
- Illness Management and Recovery

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Why Implement Evidence-Based Practices?



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

State-of-the-art treatments, based on decades of research, are not being transferred from research to community settings

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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

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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

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

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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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Treatment is Integrated



Mental health and substance abuse treatment are evaluated and addressed

- Same team
- Same location
- Same time

Treatment targets the individual needs of people with co-occurring disorders and is integrated on organizational and clinical levels

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Treatment is in a Stage-Wise Fashion



Precontemplation – Engagement

Assertive outreach, practical help (housing, entitlements, other), and an introduction to individual, family, group, and self-help treatment formats

Contemplation and Preparation – Persuasion

Education, goal setting, and building awareness of problem through motivational counseling

Action – Active treatment

Counseling and treatment based on cognitive-behavioral techniques, skills training, and support from families and self-help groups

Maintenance – Relapse prevention

Continued counseling and treatment based on relapse prevention techniques, skill building, and ongoing support to promote recovery

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Integrated Treatment Recovery Model



- Hope is critical
- Services and treatment goals are consumer-driven
- Unconditional respect and compassion for consumers is essential
- Integrated treatment specialists are responsible for engaging consumers and supporting their recovery

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Integrated Treatment Recovery Model (continued)



Focus on consumers' goals and functioning,
not on adhering to treatment

Consumer choice, shared decisionmaking,
and consumer/family education are
important

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Integrated Treatment Recovery Model (continued)

Integrated treatment is associated with the following positive outcomes:

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

-(Drake et al., 2001)

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Summary

Integrated Treatment for Co-Occurring Disorders is effective in the recovery process for consumers with co-occurring disorders

The goal of this evidence-based practice is to support consumers in their recovery process

In Integrated Treatment programs, the same practitioners, working in one setting, provide mental health and substance abuse interventions in a coordinated fashion

Consumers receive one consistent message about treatment and recovery

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Additional Resources



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

www.samhsa.gov