

Adult Co-Occurring Disorders Simplified

Victoria Anderson

4/18/2023



Disclaimer and Funding Statement

This presentation was prepared for the Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Mountain Plains MHTTC. For more information on obtaining copies of this presentation please email casey.morton@und.edu.

At the time of this presentation, Tom Coderre served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of Victoria Anderson and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

The work of the Mountain Plains MHTTC is supported by grant H79SM081792 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

**STRENGTHS-BASED
AND HOPEFUL**

**INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES**

**HEALING-CENTERED AND
TRAUMA-RESPONSIVE**

**INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS**

**PERSON-FIRST AND
FREE OF LABELS**

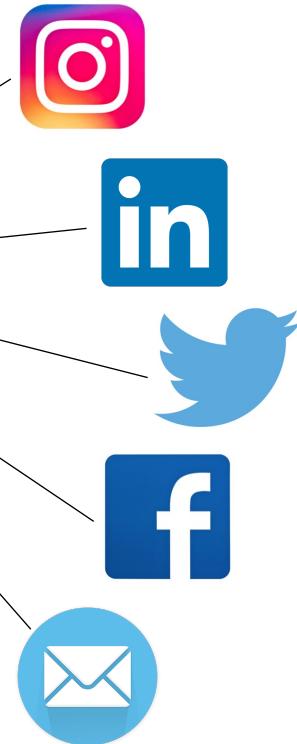
**NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS**

**RESPECTFUL, CLEAR
AND UNDERSTANDABLE**

**CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS**

Stay Connected

Scan this QR code to follow us on Instagram, LinkedIn, Twitter, and Facebook. You can also join our e-mail newsletter!



Adult Co-Occurring Disorders Simplified

Victoria Anderson

4/18/2023



Objectives



Define co-occurring disorders.



Provide psychoeducation about co-occurring disorders.



Evidence Based Treatment approaches to address co-occurring disorders.



Definition

What is CO-OCCURRING?

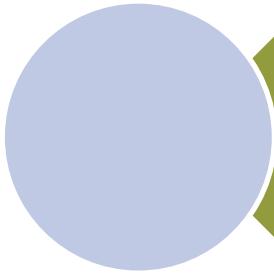
- Coexistence of both mental health and a substance use disorder.
- Often referred to as dual diagnosis.
- Combination of disorders.
- Substance use problem and mental health condition affecting an individual.
- Might hear others call it 'comorbidities'.

(SAMHSA, 2023)

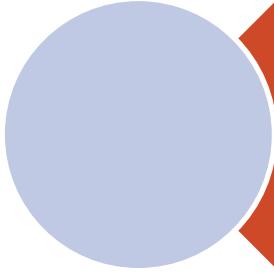


What comes
first mental
health or
substance
use?

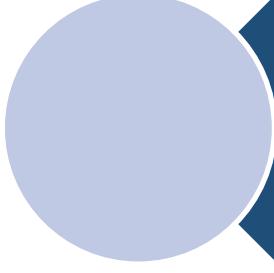
What comes first mental health or substance use?



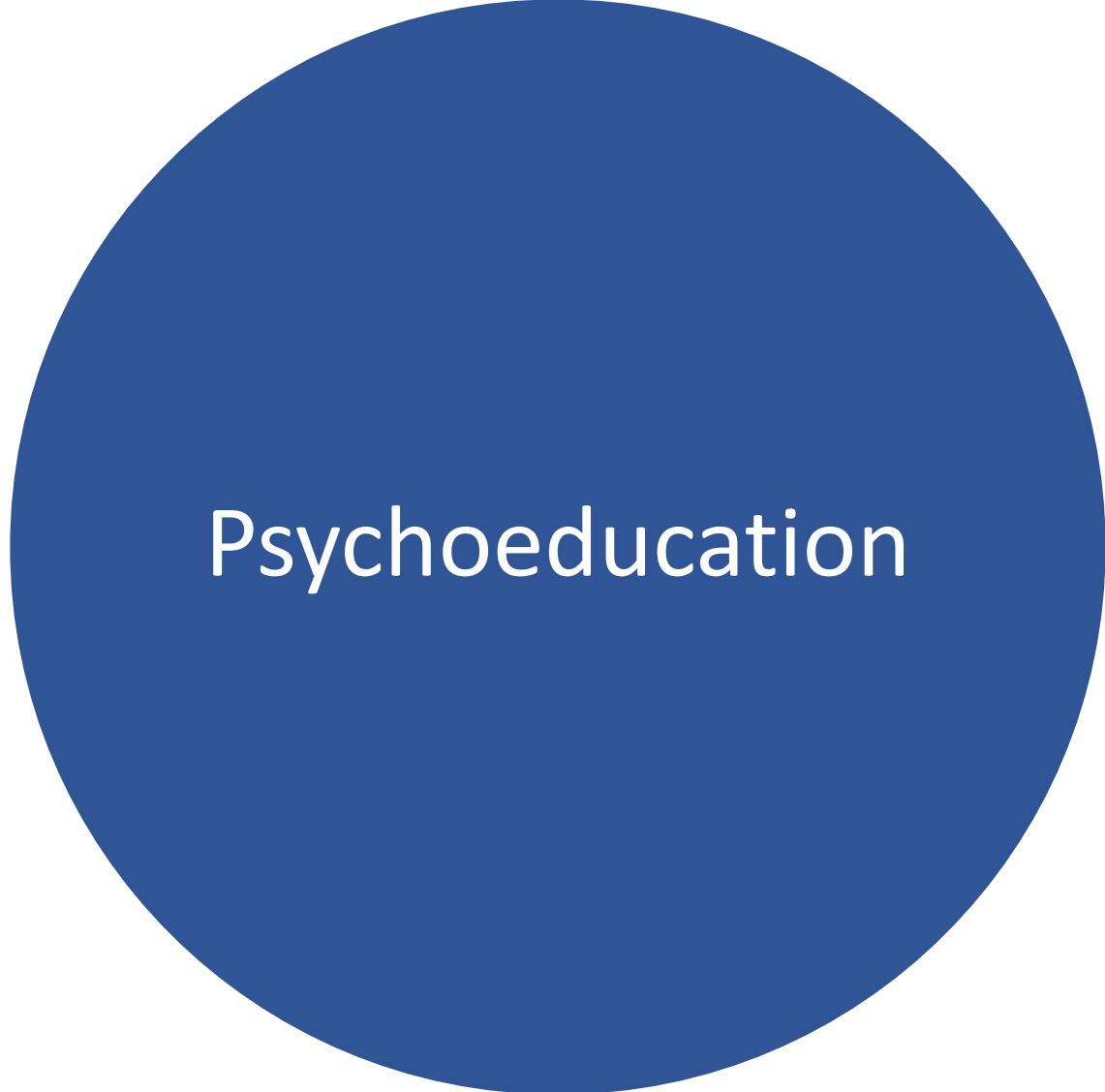
Self-medicate mental health symptoms or develop a mental health condition because of substances on the body.



Some research has found mental illness may precede a substance use disorder.



Interact with one another and prognosis of treatment.



Psychoeducation

Prevalence

50% of people experience a mental health condition will also experience a substance use disorder (and vice versa).

25% of people with a serious mental illness also have a substance use disorder.

1 of 4
individuals experience mental illness and substance use.

9.2 million adults in the United States

41-61%
achieved at least short-term remission.

Correlation



Schizophrenia has higher rates of alcohol, tobacco and other substances than general population.

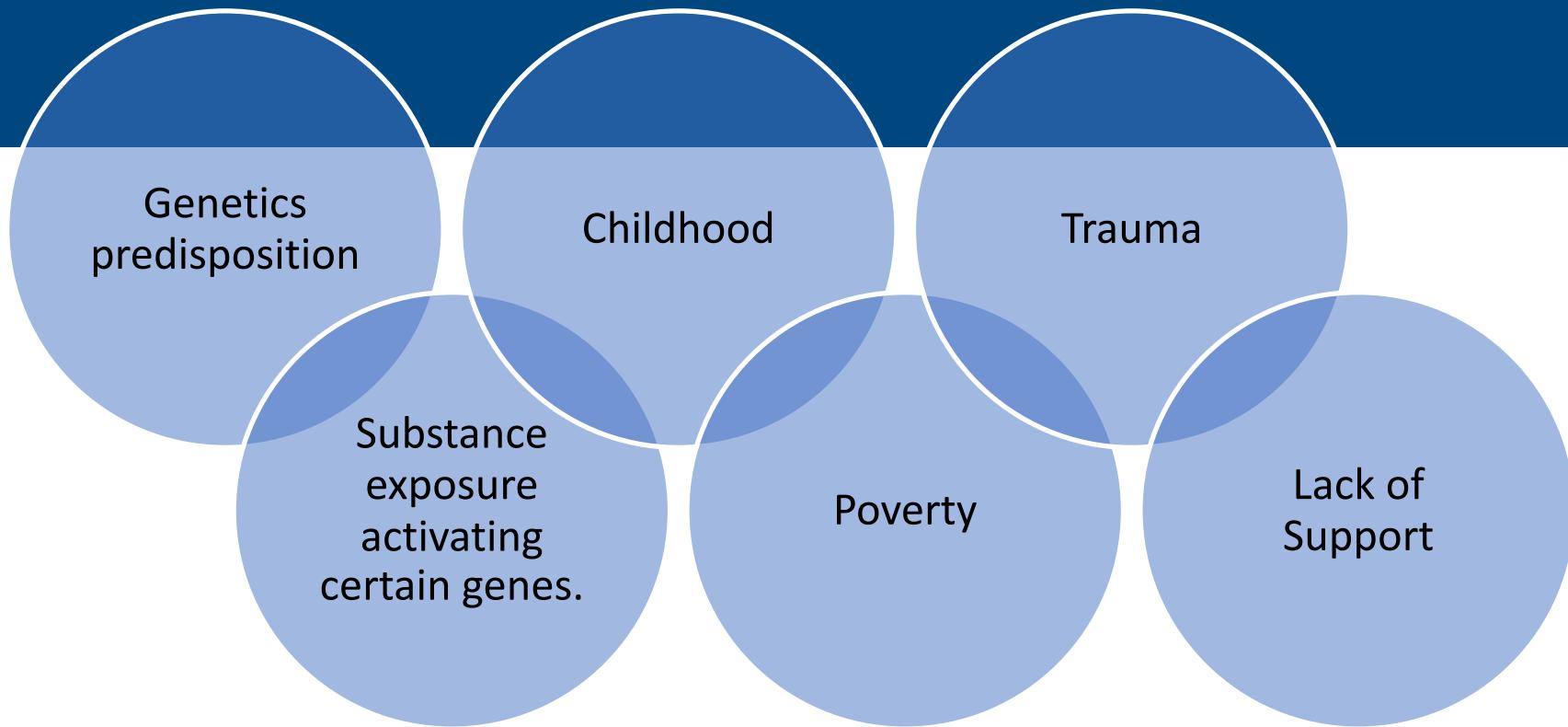


Increased alcohol abuse is associated with:

- Bipolar
- Schizophrenia
- Anti-Social Personality Disorder

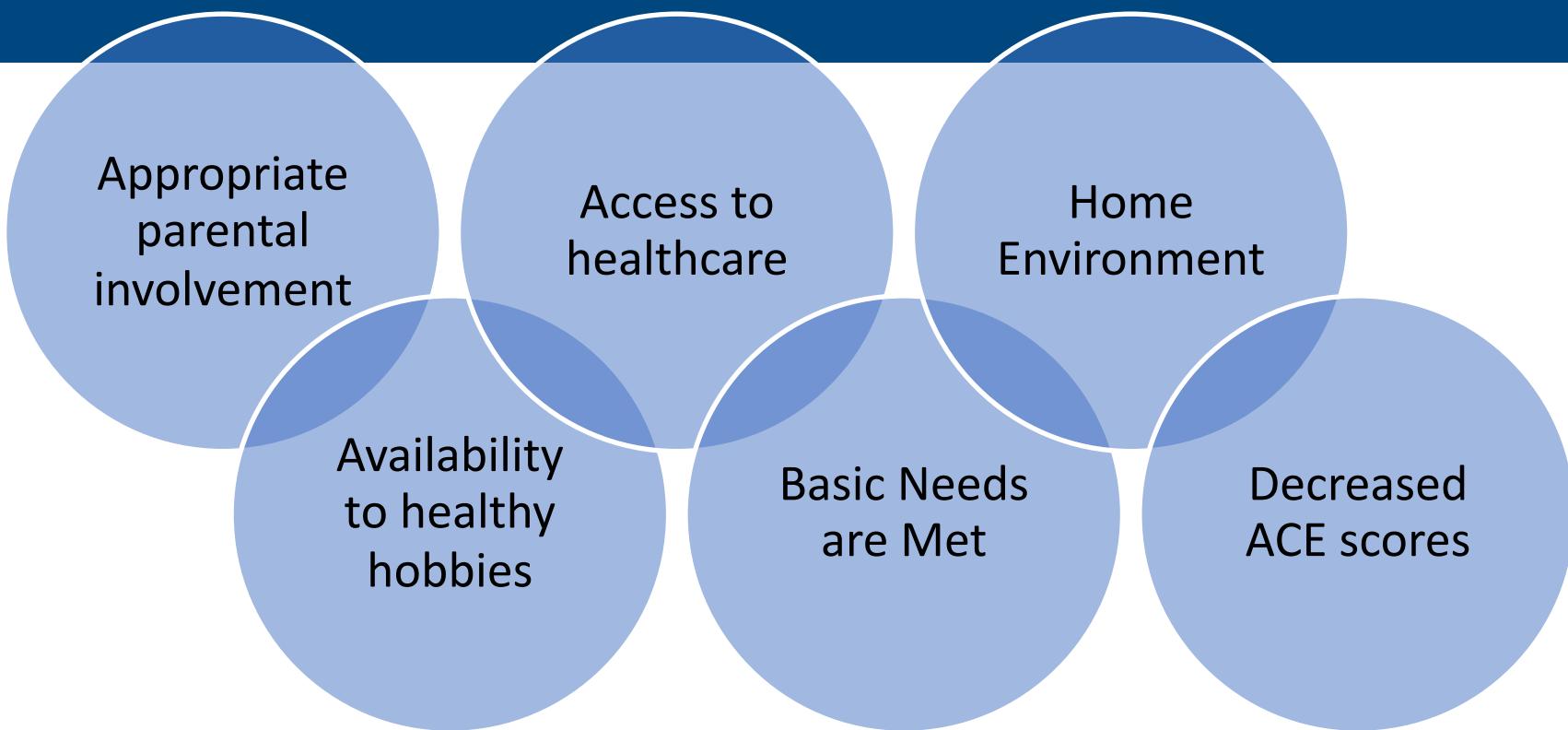
(SAMHSA, 2023)

Risk Factors



(U.S. Department of Health and Human Services Substance Abuse and Mental Health Service Administration. 2009)

Protective Factors

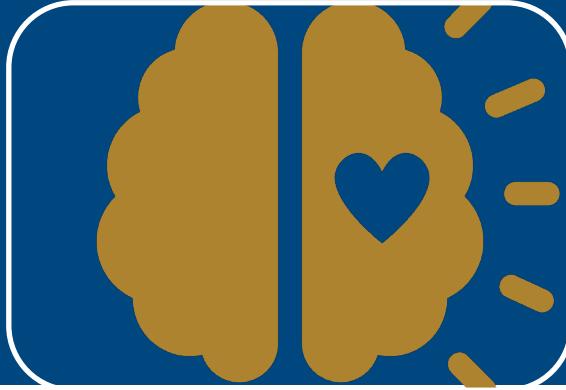


(National Institutes on Drug Abuse, 2020)

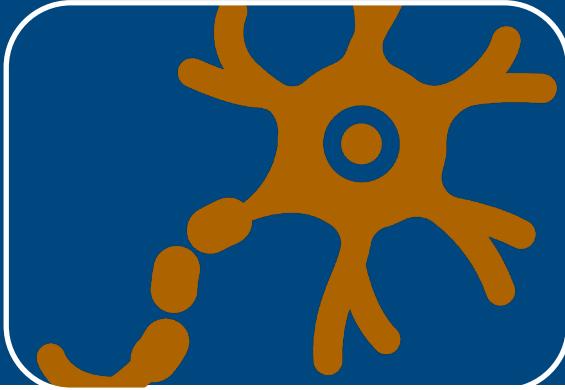
Brain Effects



Create a pleasurable surge of dopamine.



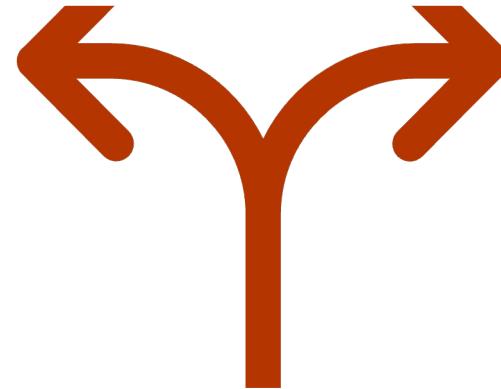
Effects decision making, rewards, impulse control, and emotions negatively.



Can change the biology of the brain.



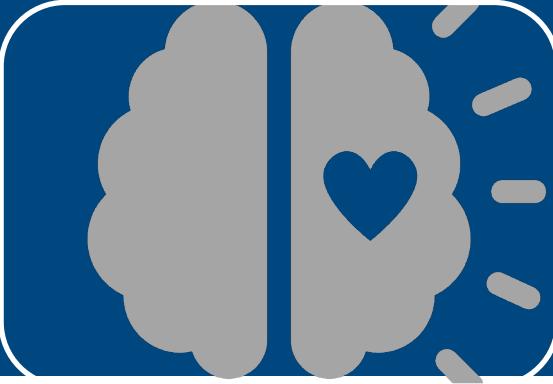
Prevents the brain from maturing.



Creates brain imbalances like irritability, anxiety, and stress.

(SAMHSA, 2023)

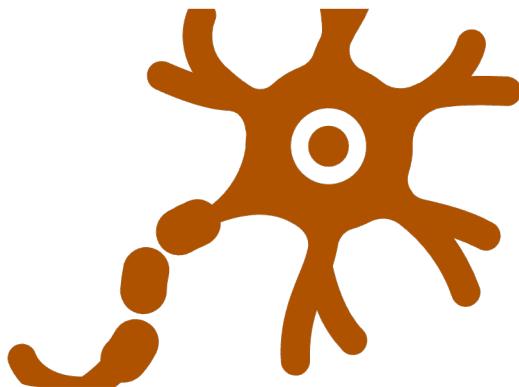
Brain Effects



The dopamine euphoric feeling is what causes people to continue use.



Effects include mood swings, depression, anxiety, overstimulation.



Each affects the brain differently.



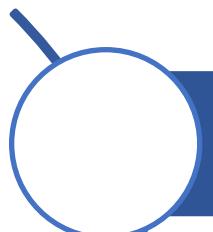
Mental health can contribute to substance use. Substance use can contribute to mental illness.

(SAMHSA, 2023)

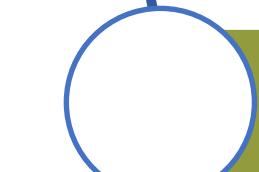


Evidence
Based
Treatment

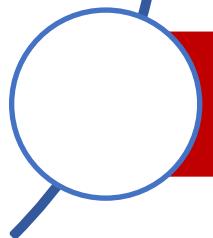
Definition



Assess and address both mental health and substance use together.

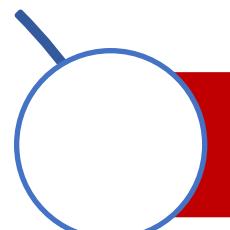


Evidence-based practice combining substance abuse services with mental health services.



Multi Disciplinary Team Approach

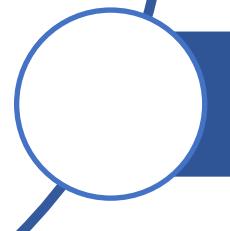
Why Integrated Treatment?



SAMSHA notes an integrated approach is most effective.

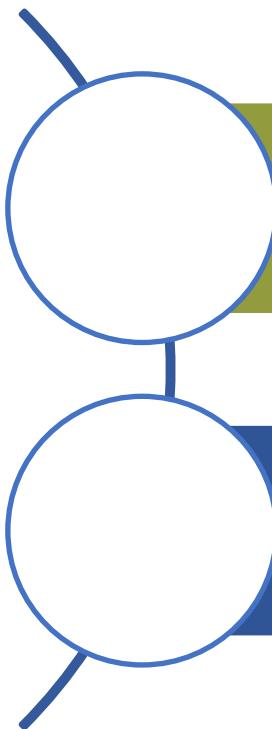


Overlap treatment/s from the beginning.



Seamless, with a consistent approach, philosophy, and set of recommendations.

Treatment Modalities



Multidisciplinary intervention that combines pharmacological (e.g. medication), psychological, educational, and social mechanisms to promote recovery for individuals with co-occurring disorders.

Ensuring treatment effectively targets the individual's needs and is strengths-based, building on skills and using available resources

Client Outcomes

Housing Stability

Criminal Activity

Improved
Environmental Factors

Decreases accessing medical care.

Reduction in needs-based services.

Cost Effective

Goal of Integrated Treatment

Psychoeducation

Rapport

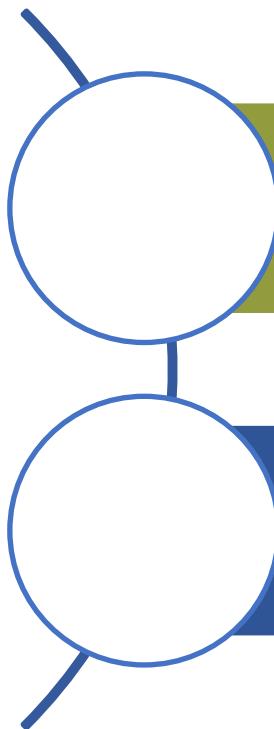
Flexible

Adaptable Approaches

Stage of
Change

Cost Effective

Goal of Integrated Treatment



Support and empower toward individual goals no matter their stage of change.

Ensuring treatment effectively targets the individual's needs and is strengths-based, building on skills and using available resources



Questions

Contact

Victoria Anderson
Rooted Counseling LLC
Victoria@RootedCounselingMN.com
ROOTEDCOUNSELINGMN.COM
320.403.1784

References

Co-Occurring Disorders and Other Health Conditions. (n.d.-a). SAMHSA.

<https://www.samhsa.gov/medications-substance-use-disorders/medications-counseling-related-conditions/co-occurring-disorders#:~:text=The%20coexistence%20of%20both%20a,affected%20by%20a%20mental%20illness>.

Co-Occurring Disorders and Other Health Conditions. (n.d.-b). SAMHSA.

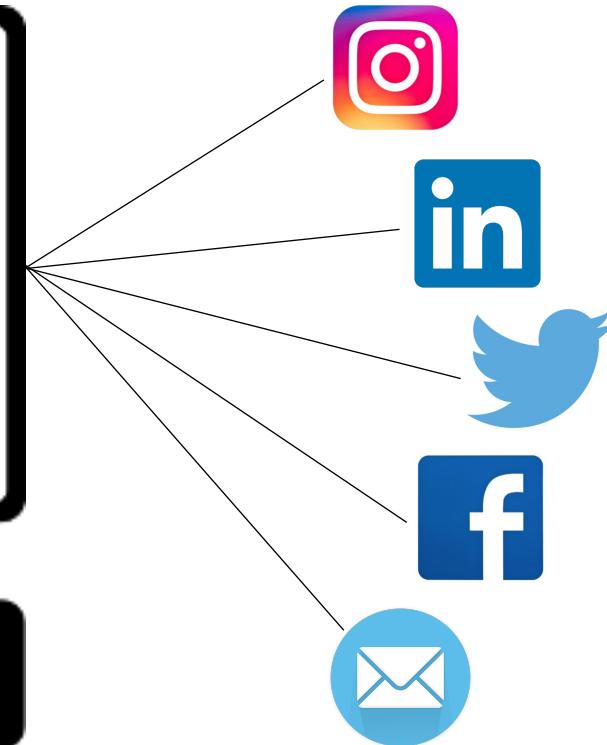
<https://www.samhsa.gov/medications-substance-use-disorders/medications-counseling-related-conditions/co-occurring-disorders#:~:text=The%20coexistence%20of%20both%20a,affected%20by%20a%20mental%20illness>.

References

- National Institutes on Drug Abuse (US). (2020, April 1). *Common Comorbidities with Substance Use Disorders Research Report*. NCBI Bookshelf. <https://www.ncbi.nlm.nih.gov/books/NBK571451/>
- Schoenthaler, S. J., Blum, K., Fried, L., Oscar-Berman, M., Giordano, J., Modestino, E. J., & Badgaiyan, R. D. (2017). The effects of residential dual diagnosis treatment on alcohol abuse. *Journal of Systems and Integrative Neuroscience*, 3(4). <https://doi.org/10.15761/jsin.1000169>
- Substance Use and Co-Occurring Mental Disorders*. (n.d.). National Institute of Mental Health (NIMH). <https://www.nimh.nih.gov/health/topics/substance-use-and-mental-health>
- U.S. Department of Health and Human Services Substance Abuse and Mental Health Service Administration. (2009). *Tips for Mental Health and Substance Abuse Authorities* (SMA-08-4366) [Book]. DHHS Publication..

Stay Connected

Scan this QR code to follow us on Instagram, LinkedIn, Twitter, and Facebook. You can also join our e-mail newsletter!



Adult Co-Occurring Disorders Simplified

THANK YOU!

