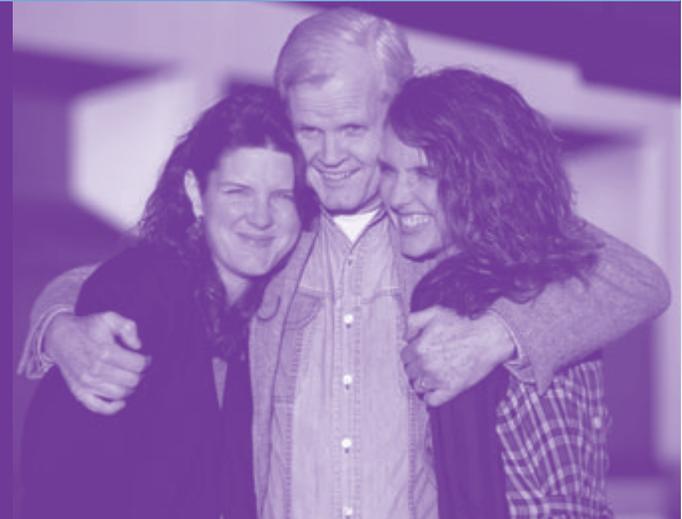


## Integrated Treatment for Co-Occurring Disorders

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Evidenced-based treatment works



*Integrating mental health and  
 substance abuse treatment to  
 meet the needs of people with  
 co-occurring disorders*

## What is Integrated Treatment for Co-Occurring Disorders?

*In evidence-based Integrated Treatment programs, consumers receive combined treatment for mental illnesses and substance use disorders from the same practitioner or treatment team.*

## Why participate in Integrated Treatment?

Substance use disorders are common among people with serious mental illnesses and put people at risk for many other problems. Integrated Treatment programs help consumers develop hope, knowledge, skills, and the support they need to manage their problems and to pursue meaningful life goals.

## How does Integrated Treatment work?

- |   |  |
|---|--|
| ■ <b>Integrated services</b>            | Mental health and substance abuse treatment are integrated to meet the needs of people with co-occurring disorders.  |
| ■ <b>Cross-trained practitioners</b>    | Integrated treatment specialists are trained to treat both substance use disorders and serious mental illnesses.   |
| ■ <b>Stage-wise treatment</b>           | Integrated treatment specialists match services to the consumer's stage of recovery.   |
| ■ <b>Motivational interventions</b>     | Motivational interventions are used to help consumers identify and pursue personal recovery goals.   |
| ■ <b>Cognitive-behavioral approach</b>  | A cognitive-behavioral approach is used to help consumers identify and change their thoughts, feelings, and behaviors related to their co-occurring disorders. |
| ■ <b>Multiple formats</b>               | Services are available in individual, group, self-help, and family formats.  |
| ■ <b>Integrated medication services</b> | Medication services are integrated with other services.  |

**Integrated Treatment programs fully support consumers in their recovery process.**