

for the whole person.

Did you know there are a lot of people who struggle with mental health problems and substance use problems at the same time?

Do you think you might be one of them?

Have you ever wondered...?

- If your thoughts and feelings might be part of the reason you drink or use drugs?
- If your drinking or drug use might make your thoughts and feelings worse?
- Why no one asks you about your thoughts and feelings?
- Why no one asks you about your alcohol or drug use?

If you answered yes to any of these questions, you might need help for both mental health and substance use problems.

The term for this is co-occurring disorders or COD.



Help for People with Mental Health and Substance Use Problems



Focus on Integrated Treatment
Whole Treatment. Whole Recovery. Whole Lives.

How do I get help?

Talk to your counselor, case manager, therapist or other staff member and ask about the COD services that are available to you.



Center for Practice InnovationsSM
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Building best practices with you.

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Now there is help

People who receive integrated treatment for both disorders at the same time **CAN and DO** recover.

Why is it important to treat both problems together?

Sometimes people say that treating one problem will automatically solve the other problem. We have learned that this just isn't true. It's important to treat mental health and substance use problems together because recovery from both are necessary for your lasting well being. When one problem goes untreated, people don't recovery fully.

Solving the whole problem.

New York State's Office of Mental Health (OMH) and Office of Alcoholism and Substance Abuse (OASAS) know that combined treatment for people with COD is very important. They are making sure that their programs can treat people for both mental health problems and substance use problems at the same time.

This kind of care is called integrated treatment.

People who receive integrated treatment for both disorders at the same time **can and do recover**. They are happier, they get jobs, they find a place to live that they like, and they stay out of hospitals and jails more often. Most importantly, they achieve the goals that THEY want to achieve.

"The good thing about being in an integrated program is that they give you room to grow...you make your mistakes, you learn from your mistakes, and you just keep on moving on."

~ Consumer

Integrated treatment is different from other treatments because:

It treats your whole problem.

You will receive mental health and substance use treatment at the same time. Treating both problems together paves the way for your recovery.

It respects your point of view.

Your treatment will be designed specifically for you. It will start where you are in your recovery and move at a pace that is right for you.

It respects your personal goals.

Your treatment is designed to help you to get where you want to go in life. You will get help and support for realizing your goals and desires.

It treats you as a whole person.



Your physical health, mental health, and substance use problems are all taken seriously. Integrated treatment will help you build a whole and happy life.

What can I expect from integrated treatment for co-occurring disorders?

- Your practitioner will talk to you about your thoughts and feelings and about alcohol and drug use to help you identify problems you may want to work on.
- Your practitioner will help you create your own treatment plan to make sure that your point of view and your personal goals are part of that plan.
- You will learn more about your thoughts and feelings and about drinking and drug use and how they affect your life.
- You will be able to attend groups with other people who have COD where, together, you can learn how to make healthy decisions that will help you in your recovery.
- If you want, you can include your family as part of your counseling.
- When you start getting better, your practitioner will help you create a plan to stay well.
- If you'd like, your practitioner can help you find a mutual assistance program like Alcoholics Anonymous, Narcotics Anonymous, or Dual Recovery Anonymous that can support your recovery.

How can I get integrated treatment for COD?

There are many people just like you who have received integrated treatment for COD and are now living better, happier lives. Talk to your counselor, case manager, therapist or other staff member and ask about the COD services that are available to you.