

## **COD Training Curriculum**

### **INTEGRATED TREATMENT 101: HOW TO RECOGNIZE CO-OCCURRING MENTAL ILLNESS AND SUBSTANCE ABUSE DISORDERS (2001)**

Because persons with dual diagnosis have two different primary disorders, effective treatment must simultaneously address both disorders. It needs to be empathic, long-term treatment that is flexible in terms of intensity. Recognizing and properly assessing dual disorders is the first step towards ending the pattern of treating only half of the person's problems while supporting positive change and developing self-efficacy in the lives of the consumers with whom we work. To be able to properly recognize dual disorders, clinicians must have an awareness of both the epidemiology of both disorders, and the factors that indicate the combination of mental illness and substance use. This video provides the necessary assessment tools for dual diagnosis through the collective vantage points of researchers, consumers, and treatment practitioners.

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#### **LEARNING OBJECTIVES:**

- 1) Learn prevalence rates of substance use disorders in persons with serious/persistent mental illness.
- 2) Learn the demographic factors that influence these prevalence rates.
- 3) Be able to describe the Self-Medication Hypothesis.
- 4) Be able to describe the Stress Vulnerability Model.
- 5) Be able to describe the Super Sensitivity Model.
- 6) Learn how to appropriately assess the presence of cooccurring mental illness and substance use disorders.
- 7) Be able to describe the five steps of the Assessment Process, their goals and strategies.
- 8) Be able to name at least three Assessment Tools that can be used to assess the presence of co-occurring mental illness and substance use disorders.