

AN INTRODUCTION TO INTEGRATED TREATMENT:

COHESIVE MENTAL HEALTH AND ADDICTION CARE FOR DUAL DISORDERS



Mental illness and substance abuse go hand-in-hand for many individuals, yet as patients, they're often treated for their illnesses by different teams of doctors prescribing different, and sometimes contradictory, treatments. Integrated treatment is different. Learn how integrated treatment works, and why it might be the right fit for you or someone you know.

WHAT IS INTEGRATED TREATMENT?



Integrated treatment programs serve people with 2 or more mental health conditions or substance abuse disorders, called **co-occurring conditions**

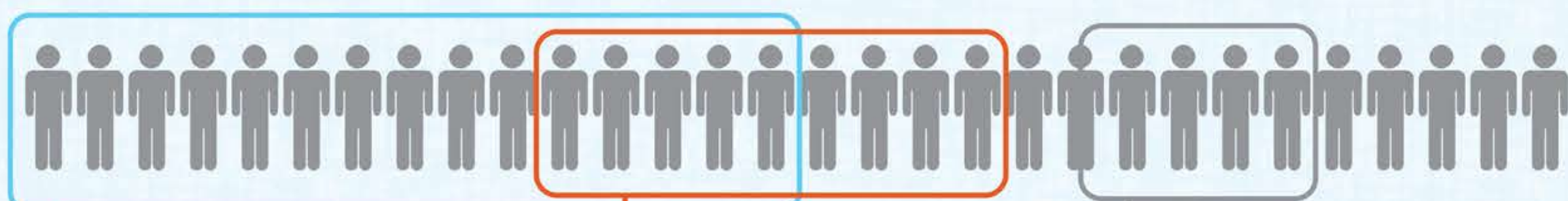


ELEMENTS OF AN INTEGRATED TREATMENT PROGRAM

- Coordinated treatment for multiple disorders
- Bundled interventions
- No division between mental health and substance abuse treatments
- All health professionals collaborate in one setting

CO-OCCURRING CONDITIONS

WIDESPREAD & LIFE-ALTERING



About **50%** of people with severe mental health disorders also have a substance abuse problem

29% of all individuals diagnosed with a mental illness abuse alcohol or drugs

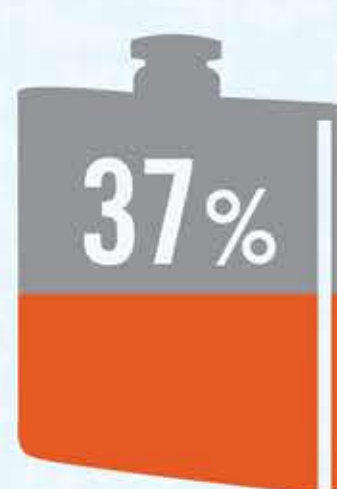
Compared to **15%** of the general population who abuse drugs and/or alcohol

4x

People with schizophrenia are over **4x more likely** to have a substance abuse disorder

5x

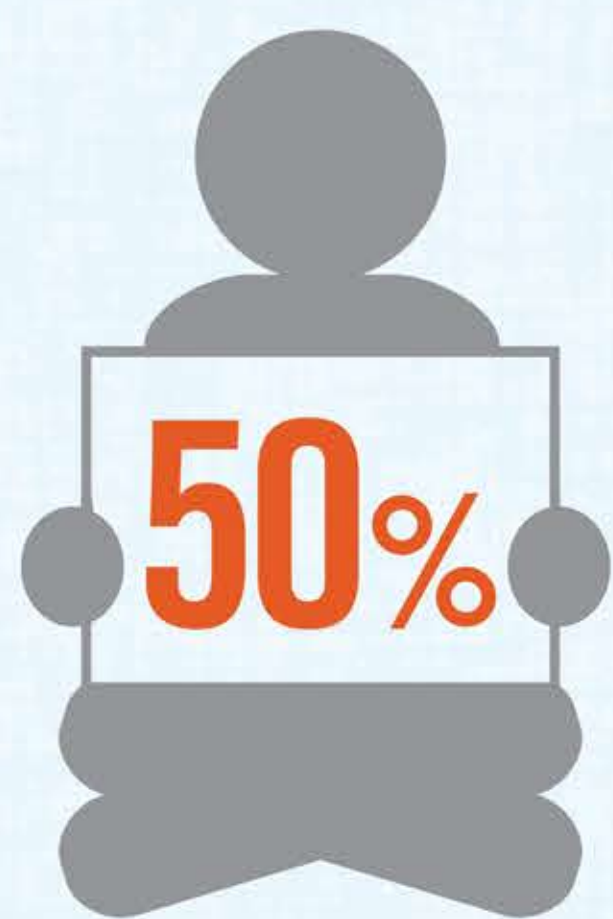
People with bipolar disorder are over **5x more likely** to have a substance abuse disorder



37% of alcohol abusers and **53%** of drug abusers suffer from at least 1 co-occurring mental illness



MORE LIKELY TO BE HOMELESS OR JAILED



50% of homeless adults have co-occurring mental health and substance abuse disorders

16% of prison and jail inmates have mental health disorders



72% of those inmates have a co-occurring substance abuse disorder

8,900,000

Of 8.9 million Americans affected by co-occurring disorders every year, only **7.4%** receive proper treatment

7.4%

INTEGRATED TREATMENT

PROVEN EFFECTIVE

8+

8+ studies since the mid-1990s have concluded that integrated treatment is effective for treating co-occurring disorders

In a 2005 study, patients with first-episode psychosis experienced a **significant reduction in negative and psychotic symptoms**

Dually diagnosed homeless adults in a 1997 study experienced improvements:

- Fewer institutional days
- More progress toward substance abuse recovery
- More time in stable housing
- Improved quality of life and functional status
- Fewer arrests
- Decreased hospitalization

Talk to your doctor about whether an integrated treatment program is the right step toward your recovery.

Learn more at [www.FOUNDATIONSRecoveryNetwork.com](http://wwwFOUNDATIONSRecoveryNetwork.com)

SOURCES
http://www.nami.org/Template.cfm?Section=By_Illness&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=54&ContentID=23049
<http://users.erols.com/ksciacca/chaptfam.htm>
<http://www.dualdiagnosis.org/>
<http://store.samhsa.gov/shin/content/SMA08-4367/BuildingYourProgram-ITC.pdf>
 "Integrated treatment ameliorates negative symptoms in first-episode psychosis—results from the Danish OPUS trial."
 A. Thorup et al. Schizophrenia Research 79 (2005) 95-105.
<http://www.ncbi.nlm.nih.gov/pubmed/9171806>
<http://store.samhsa.gov/shin/content/SMA08-4367/BuildingYourProgram-ITC.pdf>