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 contradicting, 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.

CO-OCCURRING CONDITIONS

WIDESPREAD & LIFE-ALTERING

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.

29%

Of all individuals diagnosed with a mental illness abuse alcohol or drugs.

37%

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

18%

18% of prison and jail inmates have mental health disorders.

72%

72% of these 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.

50%

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

INTEGRATED TREATMENT

PROVEN EFFECTIVE

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

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

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ELEMTNS OF AN INTEGRATED TREATMENT PROGRAM

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

MORE LIKELY TO BE HOMELESS OR JAILED

50%

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

7.4%

7.4% receive proper treatment.

Talk to your doctor about whether an integrated treatment program is the right step toward your recovery. Learn more at www.FoundationsRecoveryNetwork.com