Co-Occurring Disorders

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Co-Occurring Disorders

Co-Occurring Disorder - formerly Dual Diagnosis - was once a challenge to providers. Historically, clients were treated in separate modalities - even separate agencies.

Current treatment methods now address co-occurring disorders, understanding that there may be more than two issues.
Co-Occurring Disorders

- Co-occurring disorder refers to substance abuse and mental disorders.
- Substance abuse includes “abuse” and “dependency”
- Substances include: alcohol, illicit drugs, prescription drug abuse, over the counter drug abuse.
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- There are other addictions such as: nicotine, sex, food, gambling, etc., that are part of addiction counseling, but are not often included in a “co-occurring” diagnosis.

- Medical disorders & substance abuse as well as medical disorders & mental health disorders are also not frequently included in the discussion of “co-occurring”.
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According to the TIP 42, “A diagnosis of co-occurring disorders (COD) occurs when at least one disorder of each type can be established independent of the other and is not simply a cluster of symptoms resulting from the one disorder.”
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- The DSM - The Diagnostic and Statistical Manual of Mental Disorders
  - Currently - DSM-IV-TR; that is: 4th version with text revision.

- New DSM-V is due out sometime in 2013.
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The DSM-IV organizes each psychiatric diagnosis into five dimensions (axes) relating to different aspects of disorder or disability:

- **Axis I**: Clinical disorders, including major mental disorders, and learning disorders. Also includes autism.
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- **Axis II**: Personality disorders and mental retardation (although developmental disorders, such as Autism, were coded on Axis II in the previous edition, these disorders are now included on Axis I).

- **Axis III**: Acute medical conditions and physical disorders.
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- **Axis IV**: Psychosocial and environmental factors contributing to the disorder.
- **Axis V**: Global Assessment of Functioning or Children's Global Assessment Scale for children and teens under the age of 18.
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- Treatment starts with assessment.
- Bio-psycho-social assessment includes history of client’s mental health, substance abuse, treatment efforts, and family diagnoses.
- Also includes client’s self-assessment of the current problems, clinician’s assessment and client’s strengths and limitations.
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- Substance Abuse Assessment includes:
- Drug/alcohol; amount used; frequency; method of use; age of first use, last time used.
- Client’s perceptions of AOD use
- 12 Step or Self-Help involvement
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- Assess for cultural and linguistic needs and supports
- Assess for level of care ASAM - American Society of Addiction Medicine
- Assess for risk - including detox
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- The Quadrant of Care
  - Q-1: Less severe MH/Less severe SA
  - Q-2: More Severe MH/Less severe SA
  - Q-3: Less severe MH/More severe SA
  - Q-4: More severe MH/More severe SA
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Integrated Treatment

Integrated treatment is the consideration of the whole person - and treatment interventions that are coordinated - ensuring that entry into any one system will provide access to all needed systems. TIP-42
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- Mental health - major COD - Axis I
- Mood disorders - including depression, bipolar
- Schizophrenia and other psychotic disorders
- Anxiety, ADHD
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- Major Mental COD - Axis II
- Personality D/Os: paranoid personality disorder, schizoid personality disorder, schizotypal personality disorder, borderline personality disorder, antisocial personality disorder, narcissistic personality disorder, histrionic personality disorder, avoidant personality disorder, dependent personality disorder, obsessive-compulsive personality disorder, and mental retardation.
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- Axis II
- Mental Retardation - developmentally delayed individuals represent special challenges for the COD counselor.
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☐ Each diagnosis has its characteristics/symptoms as described in the DSM.

☐ These symptoms can be life interfering, impacting an individual’s health, home life, work/career, social relationships.
According to reports published in the Journal of the American Medical Association:

- Roughly 50 percent of individuals with severe mental disorders are affected by substance abuse.
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Thirty-seven percent of alcohol abusers and 53 percent of drug abusers also have at least one serious mental illness. Of all people diagnosed as mentally ill, 29 percent abuse either alcohol or drugs.

Source: National Alliance on Mental Illness
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- Substance abuse and mental health problems affect each other and interact.
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- When a mental health problem goes untreated, the substance abuse problem usually gets worse as well. And when alcohol or drug abuse increases, mental health problems usually increase too.
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- Evidence based treatment options include an understanding of Stages of Change:
- A matrix researched by Prochaska & Declemente at URI that describes the process of how we address change.
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- Precontemplation
- Contemplation
- Determination
- Action
- Maintenance
- Relapse
- Trancendance
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- Motivational Enhancement Treatment (MET)
- Expressing Empathy
- Developing Discrepancies
- Rolling with Resistance
- Supporting Self-Efficacy
- “Change Talk”
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Cost/Benefit analysis

Benefit of Quitting          Cost of Quitting
Benefit of Using             Cost of Using
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- Using MET
  We want to assess the client’s perception of the problem
  And we want to explore the client’s understanding of his/her clinical condition.
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- Examine the client’s desire for treatment
- Ensure client attends sessions
- Expand client’s assumption of responsibility for positive change
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- Group therapy as a treatment option
  - Provides reality testing
  - Provides peer feedback
  - Provides an opportunity to employ social skills, empathy, and positive communication skills
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Trauma

Many individuals have experienced trauma - physical, sexual, emotional.

Sensitivity to client’s ability to manage memories, affect flooding, and feelings of being stuck is important to help client maintain positive progress.
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- A few words about medical issues
  - HIV/AIDS
  - Hep-C
- Medical problems associated with COD
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☐ A few words about Self-help groups
  AA
  NA
  Other 12-Step Groups
  Other Self-Help
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- TIP 42: Treatment Improvement Protocol as developed by Substance Abuse and Mental Health Services Administration (SAMHSA).
- [www.samhsa.gov](http://www.samhsa.gov)
- [www.helpguide.org/mental/dual_diagnosis.htm](http://www.helpguide.org/mental/dual_diagnosis.htm)
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