

**Dual Diagnosis (Co-Occurring Mental and Substance Use Disorders):  
Assessment Dilemmas**

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**LITERATURE REFERENCES AND RESOURCES**

"Co-Occurring Psychiatric and Substance Disorders in Managed Care Systems: Standards of Care, Practice Guidelines, Workforce Competencies, and Training Curricula" Report of The Center for Mental Health Services Managed Care Initiative: Clinical Standards and Workforce Competencies Project, Co-Occurring Mental and Substance Disorders Panel. Kenneth Minkoff, M.D., Panel Chair; Cynthia Ajilore, Project Coordinator. January, 1998.

(University of Pennsylvania Health System, Dept. of Psychiatry, Center for Mental Health Policy and Services Research, 3600 Market St., 7<sup>th</sup> Floor, Philadelphia, PA 19104-2468 Tele: 215.662-2886).

Daley, CD, Howard BM (2002): "Dual Disorders – Counseling Clients with Chemical Dependency and Mental Illness", Third Edition. Hazelden, Center City, MN

Davis KE, O'Neill SJ (2005): "A Focus Group Analysis of Relapse Prevention Strategies for Persons with Substance Use and Mental Disorders". Psychiatric Services 56: 1288-1291

Drake RE, Wallach MA, McGovern MP (2005): "Future Directions in Preventing Relapse to Substance Abuse Among Clients With Severe Mental Illness" Psychiatric Services 56: 1297-1302

Evans K, Sullivan JM (2001): "Dual Diagnosis – Counseling the Mentally Ill Substance Abuser" Second Edition. Guilford Press.

*"Manual of Adolescent Substance Abuse Treatment"* Edited by Todd Wilk Estroff, M.D. American Psychiatric Publishing, Inc. Washington, DC. 2001

Mee-Lee, David: "Managed Care and Dual Diagnosis" in "Treating Coexisting Psychiatric and Addictive Disorders -- A practical Guide," Norman S. Miller, editor, Hazelden Educational Materials, Center City, MN., 1994.

Mueser KT, Noordsy DL, Drake RE, Fox L (2003): "Integrated Treatment for Dual Disorders – A Guide to Effective Practice" The Guilford Press, NY.

**CLIENT WORKBOOKS AND INTERACTIVE JOURNALS**

1. "Successful Living with a Dual Disorder" – Motivational, Educational and Experiential (MEE) Journal System. Interactive journaling for clients. This Journal is designed specifically for individuals who are suffering with a dual disorder. It provides important information that allows clients to understand the facts and challenges regarding their addiction and mental disorder.

To order: The Change Companies at 888-889-8866. [www.changecompanies.net](http://www.changecompanies.net).

2. Foundations Co-Occurring Disorders Series Co-Occurring - The Recovery Workbook Series Workbook series on treating addictions and mental health conditions.

To order: Foundations Associates at 888.869.9230. [www.dualdiagnosis.org](http://www.dualdiagnosis.org)

**RESOURCES FROM SAMHSA**

1. In 2002, the Substance Abuse and Mental Health Services Administration (SAMHSA) presented "**A Report to Congress on the Prevention and Treatment of Co-Occurring Substance Abuse Disorders and Mental Disorders**". It provides a summary of practices for preventing substance use disorders among individuals who have mental illness and also a summary of evidence-based practices for treating co-occurring disorders. Resource: [www.samhsa.gov/reports/congress2002/foreword.htm](http://www.samhsa.gov/reports/congress2002/foreword.htm)

2. A 2003 publication, **“Strategies for Developing Treatment Programs for People with Co-Occurring Substance Abuse and Mental Disorders”** is also available on the SAMHSA website or through the SAMHSA National Mental Health Information Center at (800) 789-2647. SAMHSA Publication No. 3782, SAMHSA

3. Center for Substance Abuse Treatment. **“Substance Abuse Treatment for Persons With Co-Occurring Disorders”** Treatment Improvement Protocol (TIP) Series 42. DHHS Publication No. (SMA) 05-3992. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2005 (TIP 42 should be available online within the next couple of weeks. It will be posted to the Health Services/Technology Assessment Text (HSTAT) section of the National Library of Medicine Web site at the following: URL: <http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=hstat5.part.22441>)

4. **Co-Occurring Dialogues is an Electronic Discussion List** that specifically focuses on issues related to dual diagnosis. A subscription to the Co-Occurring Dialogues Discussion List is free and unrestricted and can be done simply by sending an e-mail to [dualdx@treatment.org](mailto:dualdx@treatment.org).

5. **Evidence-Based Practices: Shaping Mental Health Services Toward Recovery** Tool Kits are currently in production. Please download materials as needed.

The Substance Abuse and Mental Health Services Administration (SAMHSA) and its Center for Mental Health Services (CMHS) are pleased to introduce six Evidence-Based Practice Implementation Resource Kits to encourage the use of evidence-based practices in mental health. The Kits were developed as one of several SAMHSA/CMHS activities critical to its science-to-services strategy. We expect to identify additional practices for future Kits.

- [www.mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/about.asp](http://www.mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/about.asp)

The Kits contain many useful resources, including:

- \* Information Sheets for all stakeholder groups
- \* Introductory videos
- \* Practice demonstration videos
- \* Workbook or manual for Practitioners

Each of the six Resource Kits is described below.

The Illness Management and Recovery program strongly emphasizes helping people to set and pursue personal goals and to implement action strategies in their everyday lives. The information and skills taught in the program include:

- \* Recovery strategies
- \* Practical facts about mental illness
- \* The Stress-Vulnerability Model and strategies for treatment
- \* Building social support
- \* Using medication effectively
- \* Reducing relapses and coping with stress
- \* Coping with problems and symptoms
- \* Getting needs met in the mental health system

The Medication Management Approaches in Psychiatry program focuses on using medication in a systematic and effective way, as part of the overall treatment for severe mental illness. The ultimate goal is to ensure that medications are prescribed in a way that supports a person's recovery efforts. The program includes:

- \* Guidelines and steps for medication decision making, based on current Evidence and outcomes
- \* Systematic monitoring and record keeping of medications
- \* Consumer and family member Involvement

The goal of Assertive Community Treatment is to help people stay out of the hospital and to develop skills for living in the community, so that their mental illness is not the driving force in their lives. Assertive community treatment offers services that are customized to the individual needs of the

consumer, delivered by a team of practitioners, and available 24 hours a day. The program addresses needs related to:

- \* Symptom management
- \* Housing
- \* Finances
- \* Employment
- \* Medical care
- \* Substance abuse
- \* Family life
- \* Activities of daily life

Family Psychoeducation involves a partnership among consumers, families and supporters, and practitioners. Through relationship building, education, collaboration, problem solving, and an atmosphere of hope and cooperation, family psychoeducation helps consumers and their families and supporters to:

- \* Learn about mental illness
- \* Master new ways of managing their mental illness
- \* Reduce tension and stress within the family
- \* Provide social support and encouragement to each other
- \* Focus on the future
- \* Find ways for families and supporters to help consumers in their recovery

Integrated Dual Diagnosis Treatment is for people who have co-occurring disorders, mental illness and a substance abuse addiction. This treatment approach helps people recover by offering both mental health and substance abuse services at the same time and in one setting.

This approach includes:

- \* Individualized treatment, based on a person's current stage of recovery
- \* Education about the illness
- \* Case management
- \* Help with housing
- \* Money management
- \* Relationships and social support
- \* Counseling designed especially for people with co-occurring disorders

#### 6. The Co-Occurring Center for Excellence (COCE)

In September 2003, the Substance Abuse and Mental Health Services Administration (SAMHSA) launched the Co-Occurring Center for Excellence (COCE) with a vision of its becoming a leading national resource for the field of co-occurring mental health and substance use disorder treatment. The mission of COCE is threefold: (1) Receive, generate and transmit advances in substance abuse and mental health that address substance use and mental disorders at all levels of severity and that can be adapted to the unique needs of each client, (2) Guide enhancements in the infrastructure and clinical capacities of the substance abuse and mental health service systems, and (3) Foster the infusion and adoption of prevention, treatment, and program innovations based on scientific evidence and consensus.

COCE consists of national and regional experts who serve to shape COCE's mission, guiding principles, and approach.

(For more information on the COCE, see: [www.coce.samhsa.gov](http://www.coce.samhsa.gov). You can contact the COCE at (301) 951-3369, or e-mail: [coce@samhsa.hhs.gov](mailto:coce@samhsa.hhs.gov).)