



LANDMARK RECOVERY



Practice Principles for Integrated Treatment for Co-Occurring Disorders

When it comes to treating individuals with both mental health and substance abuse issues, there are seven guiding principles that ensure the best possible care.

Integration of Treatment:

Mental health and substance abuse treatment are combined to meet the needs of individuals with co-occurring disorders.

Specialized Training:

Integrated treatment specialists are trained to address both substance use disorders and serious mental illnesses.

Staged Treatment:

Co-occurring disorders are treated in stages, with different services provided at each stage based on the person's needs and progress.

Motivational Interventions:

Motivational interventions are used throughout the treatment process, particularly during the persuasion stage, to encourage positive changes.

Substance Abuse Counseling:

Cognitive-behavioral therapy is utilized for substance abuse counseling in the active treatment and relapse prevention stages, helping individuals understand and modify negative thoughts and behaviors related to substance use.

Multiple Formats:

Integrated treatment offers various formats for services, including individual counseling, group therapy, self-help programs and involving family members.

Medication Services:

Medication services are integrated and coordinated with psychosocial services to support the individual's recovery process.