

# DUAL DIAGNOSIS SERVICES

**Dual diagnosis or co-occurring disorder** are terms used to describe individuals who have at least one mental illness as well as an (independently diagnosed) substance use disorder.

## WHAT IS THE RELATIONSHIP BETWEEN MENTAL ILLNESS AND SUBSTANCE USE?

These disorders may interact differently in any one person (e.g., an episode of depression may trigger alcohol abuse, or cocaine use may exacerbate or trigger the onset of symptoms of schizophrenia). Co-occurring disorders may vary among individuals and in the same individual over time. Although substance use and mental illness are closely linked; one does not directly cause the other. Many people seek treatment for one condition and only later receive support for the other (samhsa.gov).

## WHAT IS THE MOST EFFECTIVE WAY TO HELP PEOPLE WITH CO-OCCURRING DISORDERS IN THEIR RECOVERY?

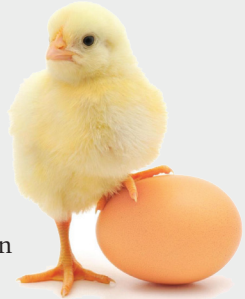
Ideally, people with co-occurring disorders receive services and support that integrate care for both their mental health and substance use issues, providing care in one setting, at the same time (samhsa.gov). Services and support from providers who work together on both issues at the same time is key to successful outcomes.

## WHAT IS THE DIFFERENCE BETWEEN INTEGRATED AND NON-INTEGRATED SERVICES?

**Integrated services** means that the person receives support from both substance use and mental health care providers or dually certified providers. These providers work together (have regular meetings, share information) to coordinate care for substance use and mental health issues at the same time.

**Non-integrated services** generally refers to the following scenarios:

- A person receives services and support for both substance use and mental health issues, but their providers do not coordinate care (e.g. a person receives medication from a psychiatrist and therapy from a substance use counselor; the providers do not communicate).
- A person works on one issue (mental health or substance use) with the expectation that, after some progress, they will then work on the other issue.



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**For a more in-depth understanding of integrated services**, please visit: [www.centerforebp.case.edu/practices/sami/iddt](http://www.centerforebp.case.edu/practices/sami/iddt) • **Please contact NAMI Wisconsin** with other questions about this important topic; 608-268-6000

## HOW DO I ACCESS INTEGRATED SERVICES?

**Step 1:** Double check to find out if you are already receiving integrated services. Ask your current providers if they are “dually-certified” to address both your mental health and substance use issues.

**Step 2:** Identify clinicians and/or mental health agencies that are “dually-certified” (licensed to treat both substance use and mental health conditions) in your community. If you receive public mental health services, call your county human services department (see pages 73-81). If you have private health coverage, call your health plan and ask for a list of “dually-certified” mental health/substance use providers in your insurance network.

During this process, keep in mind that the following models typically provide integrated care for mental health and substance use issues:

Comprehensive Community Services

(CCS) • Community Support Programs (CSP) • Integrated Dual Diagnosis Treatment (IDDT) • Targeted case management • Health homes • *Contact NAMI WI for more info about these and additional services.*

## IF INTEGRATED SERVICES ARE NOT AVAILABLE IN MY COMMUNITY, SO HOW CAN I MAKE THE SERVICES THAT ARE AVAILABLE TO ME MORE INTEGRATED?

If you do not receive integrated care, it is important to put your current providers in communication (if you feel comfortable doing so). Many people assume that their providers automatically share information, but this is not the case. Unless you legally authorize your providers to communicate about your case, they are generally unable to share information. Simply tell your providers that you would like them to be able to talk to each other and they will help you take the next steps.

## PEER SUPPORT FOR DUAL DIAGNOSES

**12-step clubs** often offer “Double Trouble in Recovery (DTR);” 12stepclubswi.com • **Dual Recovery Anonymous** is free, peer-led, 12 Step, self-help membership organization for people with a dual diagnosis; draonline.org • **Online support groups** work well for many people; smartrecovery.org; mdjunction.com/dual-diagnosis • **Smart Recovery** offers secular (non-religious) addiction recovery support offering meetings and online support communities; smartrecovery.org • **Local NAMI** affiliates sometimes offer dual diagnosis support groups; 608-268-6000; namiwisconsin.org • **Dryhootch WI** offers support for veterans and service members with mental health and/or substance use issues; dryhootch.org • **WI Recovery Community Organization** offers support statewide; wirco.org