

## How Common are Co-occurring Disorders?

Co-occurring disorders are more common than you may think. According to a report published by the Journal of the American Medical Association:

37% of alcohol abusers and 53% of drug abusers also have at least one serious mental illness. Of all people diagnosed as mentally ill, 29% abuse either alcohol or drugs.

With Co-occurring disorder, the emotional or substance abuse problem can be primary. Sometimes the psychological problem takes place first. This can lead someone to use alcohol or drugs to make them feel temporarily calmer or happier. Doctors commonly refer to this practice as “self-medication.”

In other cases, the substance abuse occurs first. A person whose substance abuse problem has become serious may develop symptoms of a psychiatric disorder: which may include periods of depression, fits of rage, hallucinations, or suicide attempts.

### Dual Diagnosis



*Don't stay alone with this. Those suffering from dual diagnoses require individualized plans that respect the power one illness has over the other.*

## MISSION STATEMENT

***“to improve the quality of life for serious mentally ill adults with addictive disorders. This is accomplished by welcoming access to integrated behavioral health services that are matched to persons’ needs and preferences; thus promoting consumer rights, responsibilities, rehabilitation, and recovery.”***



*“Going through the Dual Diagnosis Program has helped me accept myself.”* Jeff

*“The Program has opened my eyes to my Dual Disorders.”* Stacey



*“DDP gives me a place to vent and to let go of a lot of my issues that I’ve been holding on to. I feel comfortable here and I can see the good in myself. That life isn’t so hopeless.”* Robert



*Hope* CHANGES EVERYTHING

# Dual Diagnosis

***“WHEN PATTERNS ARE  
BROKEN NEW WORLDS  
EMERGE”***



## DUAL DIAGNOSIS PROGRAM

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## WHAT IS DUAL DIAGNOSIS?

DUAL DIAGNOSIS is a term used to describe people with mental illness who have co-existing problems with drugs and/or alcohol. The relationship between the two is complex, and the treatment of people with co-occurring substance abuse (or substance dependence) and mental illness is more complicated than the treatment of either condition alone. This is unfortunately a common situation—many people with mental illness have ongoing substance abuse problems, and many people who abuse drugs and alcohol also experience mental illness.

- Drugs and alcohol can be a form of self-medication.
- Drugs and alcohol can worsen underlying mental illnesses.
- Drugs and alcohol can cause a person without mental illness to experience the onset of symptoms for the first time.

Abuse of drugs and alcohol always results in a worse prognosis for a person with mental illness. People who are actively using are less likely to follow through with the treatment plans they created with their counselors: they are less likely to adhere to their medication regimens and more likely to miss appointments which leads to more psychiatric hospitalizations and other adverse outcomes. Active users are also less likely to receive adequate medical care for similar reasons and are more likely to experience severe medical complications and early death.

## Evidenced-Based Integrated

Through the Merced County Dual Diagnosis Treatment program support recovery is provided through the 14 service components:

- ◆ Multidisciplinary Team
- ◆ Integrated Treatment Specialist
- ◆ Stage-Wise Interventions
- ◆ Access to Comprehensive Services
- ◆ Time-Unlimited Services
- ◆ Outreach
- ◆ Motivational Interventions
- ◆ Substance Abuse Counseling
- ◆ Group Treatment for Co-Occurring Disorders
- ◆ Family Interventions
- ◆ Alcohol and Drug Self-Help Groups
- ◆ Pharmacological Treatment
- ◆ Interventions to Promote Health
- ◆ Secondary Interventions for Non-Responders



## Why participate in Integrated Treatment?

In evidence-based Integrated Treatment programs, consumers receive combined treatment for mental illnesses and substance use disorders from the same practitioner or treatment team.

Substance use disorders are common among people with serious mental illnesses and put people at risk for many other problems. Integrated Treatment programs help consumers develop hope, knowledge, skills, and the support they need to manage their problems and to pursue meaningful life goals.

Consumers often fall between the cracks...



Dual Diagnosis Program can help YOU.