

Busting the “Catch 22”

Some people within the DMHAS healthcare system struggle with mental illness; others are impaired by substance use disorders—the damaging effects of excessive use of alcohol and/or other drugs. A large number are coping with a combination of the two or **“co-occurring” mental illness and substance use disorders**. National studies report a high prevalence of co-occurring disorders and poor treatment outcomes in the absence of integrated care for the two disorders. Historically, mental health professionals too often have been unable to most effectively treat substance use disorders and addiction professionals have been unable to most effectively address psychiatric needs. The result has been a **“Catch22”** where people with co-occurring disorders were unable to get the most effective care in either setting. In recent years, there have been advances in research and practice for co-occurring disorders. Dartmouth Medical School, in collaboration with DMHAS and other states, has developed and is implementing an evidence-based practice and other tools to help people with co-occurring disorders.



■ Integrated Dual Disorders Treatment (IDDT)

IDDT is an evidence-based treatment practice designed to help people in mental health settings who have a serious mental illness and a co-occurring substance use disorder.

■ Dual Diagnosis Capability in Addiction Treatment Index (DDCAT)

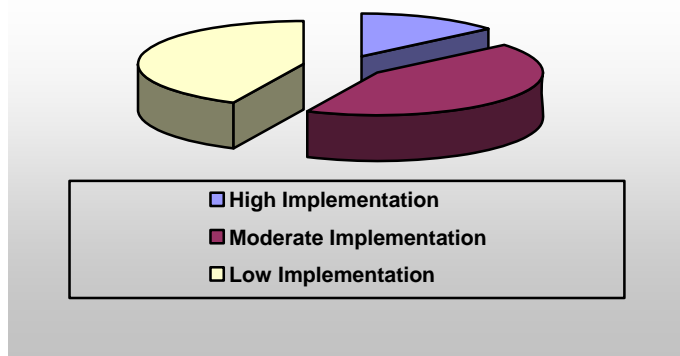
DDCAT is a fidelity instrument for measuring addiction treatment programs’ capacity to serve people with a serious substance use disorder who also have a co-occurring mental illness.

“When both conditions are not recognized and treated, recovery is jeopardized.”

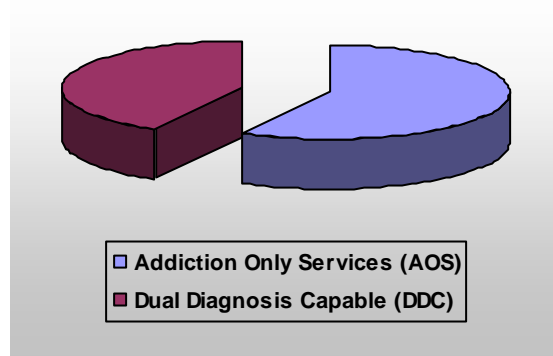
- Assistant Surgeon General Eric Broderick, D.D.S., M.P.H., SAMHSA Acting Deputy Administrator, 2006.

DMHAS has implemented the IDDT model to varying degrees within its 14 Local Mental Health Authorities (LMHAs), community-based mental health clinics that provide services to people who are medically indigent. Using the DDCAT, DMHAS also has measured the capacity of 53 substance use treatment providers to provide co-occurring services.

IDDT Implementation in DMHAS LMHAs



Dual Diagnosis Capability in Addiction Treatment



IDDT and DDCAT Implementation and Sustainability Strategies

- Program steering committee
- Strong clinical supervision process
- Staff training and proficiency testing
- Train-the-trainer curriculum
- Orientation for new staff
- Fidelity scales to measure compliance with IDDT and DDCAT models
- Ongoing monitoring for fidelity with the IDDT and DDCAT models

To read more about the Co-Occurring Disorders Initiative, please visit our website: <http://www.dmhas.state.ct.us/cosig.htm>

For more information, please contact Julienne Giard at 860/418.6946 or julienne.giard@po.state.ct.us

To view previous issues visit <http://www.dmhas.state.ct.us/infobriefs/index.htm>