



Resources on Co-Occurring Disorders Available at Connecticut Clearinghouse

For more information about these resources please visit www.ctclearinghouse.org and click on Resource Catalog or call 800.232.4424

Audiovisuals

Addiction And Mental Illness (VHS)

Summary: Many people who are mentally ill are also addicted to drugs or alcohol. These are separate problems that require separate treatments, yet few people have been diagnosed correctly for both conditions. This program profiles a woman who is manic depressive and alcoholic, and a man with schizophrenia who is also alcoholic.

Adolescents & Co-Occurring Disorders (DVD)

Summary: Mental health issues combined with addiction--also known as co-occurring disorders--are devastating, especially for youths. Teens in recovery share their experiences.

Adults And Co-Occurring Disorders (DVD)

Summary: Men and women speak frankly about how their addiction and mental disorder fueled each other, the benefits of therapy, the importance of psychiatric medication taken regularly, and the challenges and rewards of seeking support through a Twelve Step group. Video features psychiatrist Kenneth Minkoff, noted for his integrated treatment model of co-occurring disorders.

Alcoholism And Related Mental Health Disorders (VHS)

Summary: It is increasingly recognized that many alcoholics suffer from comorbid psychiatric disorders. This increased awareness has led to higher levels of treatment for these disorders, often using new medications. This final video in the series describes the biological basis of depression, anxiety and other important psychiatric disorders. Explains the pharmacology of common classes of relevant medications. Discusses treatment implications for an alcoholic with a comorbid psychiatric disorder, treated or untreated, from a brain-based perspective.

Behind Closed Doors: A Documentary (DVD)

Summary: Behind Closed Doors tells the story of Bettina, Sandy, Valerie and Tonier who have spent decades struggling to overcome childhood abuse. Retraumatized within psychiatric hospital walls, their lives continue to spiral downward into drug abuse, sexual victimization, and homelessness. Their future uncertain, they turn to a non-traditional, community program, hoping to heal.

Double Trouble: Recovering From Chemical Dependency And Mental Health Disorders (VHS)
Summary: Part 1 follows a male alcoholic who develops a severe episode of major depressive illness. Also profiles a woman with anxiety and panic symptoms who relies on pills and alcohol to manage them. Part 2 profiles a chemically dependent man with anti-social personality disorder and an alcoholic woman with borderline personality disorder.

Drug Abuse Treatment And Dual Diagnosis Issues (VHS)
Summary: It is increasingly recognized that many drug abusers suffer from comorbid psychiatric disorders. This increased awareness has led to higher levels of treatment for these disorders, often using new medications. This final video in the series discusses the biological basis of depression, anxiety and other important psychiatric disorders and how they impact the recovering drug abuser. The pharmacology of common classes of relevant treatment medications is explained. Treatment implications for clients with a comorbid psychiatric disorder, treated or untreated, are discussed from a brain-based perspective.

Dual Diagnosis (VHS)
Summary: Experts believe that between one-third and one-half of all addicts suffer from serious psychiatric disorders. This video focuses on the problem of mental illness in drug-abusing and drug-addicted populations and examines various approaches useful for treating dually-diagnosed clients.

Dual Diagnosis (VHS)
Summary: Tape 1 examines the historical basis for dual diagnosis, the drug treatment community's versus the mental health community's approach, the problems of treating these overlapping illnesses, and personal accounts from clients who are in treatment. Tape 2 shows techniques for assessing dual diagnosis, illustrates treatment methods, and describes successful treatment programs. Tape 3 is designed to show clients and the lay public that recovery is possible. It describes the connection between heredity, environment, and psychoactive drugs in relationship to mental illness and drug abuse. It encourages compliance with a treatment program and discusses psychiatric medications.

Dual Diagnosis: Chemical Dependency And Eating Disorders (VHS)
Summary: Describes the problems which arise when eating disorders coexist with chemical dependency. Illustrates the signs and symptoms of anorexia nervosa and bulimia; outlines treatment guidelines and discusses the importance of aftercare.

Dual Diagnosis: An Integrated Model For The Treatment Of People With Psychiatric And Substance Disorders / A Lecture By Kenneth Minkoff, M.D. (DVD)
Summary: At least half of people with major mental illness also have a co-occurring substance use problem. In spite of this, the two disorders have traditionally been treated in separate systems of care, often alternately and in isolation, with little success. In this lecture, Dr. Minkoff outlines how each system can learn from the other and how care can be linked despite differences in treatment philosophy. What emerges is a set of key principles for an integrated model of care that promotes both hope and recovery: positive outcomes require empathy, hope, and a continuous treatment relationship through multiple treatment episodes; both diagnoses must be considered primary for successful treatment; and parallels exist in the recovery process for both mental illness and substance addiction.

Dual Diagnosis: The Message Of Hope: Chemical Dependency And Mental Illness (VHS)
Summary: Offers treatment professionals an overview of the difficulties medical providers face in properly diagnosing and treating chemically dependent individuals with psychiatric disorders.

A Guide For Living With Co-Occurring Disorders: Help And Hope For Clients And Their Families (DVD)

Summary: This video educates patients and families on the treatment of co-occurring disorders. It provides an educational overview of co-occurring disorders, offers interviews from people who have them, and discusses ways that patients can participate in treatment to better manage their recovery from both disorders. Included are dramatic vignettes, as well as professional narration, to show a comprehensive look at all the issues of recovery. Clinicians can use this DVD when implementing all seven components of the Hazelden Co-occurring Disorders Program or as a stand-alone.

Keys To Freedom (VHS)

Summary: Dr. Pursch explores the genetic and behavioral roots of addiction and criminal behavior and points out how relapse leads directly to recidivism. (Part 1). Summary: This video is an informative, entertaining presentation of interaction with inmates "inside the walls". The answers to inmate's questions reveal the extent of their problems: dual diagnosis, manic-depressive illness, obsessive compulsive disorders, and post-traumatic stress disorder. (Part 2).

Introduction To Problem Gambling And Substance Abuse: Introduction To Problem Gambling And Chronic Mental Illness (DVD)

Summary: These two programs examine the issue of problem gambling among people who are substance users and people with mental illnesses.

Legacy Of The Harp (DVD)

Summary: In this film, people who have histories of mental illness and incarceration have turned their lives around, and are now dedicating their lives to helping others like them. They speak candidly about their experiences with mental illness, the criminal justice system, and substance abuse that often came about as the result of self-medicating a mental illness that for most of their lives was never diagnosed. By changing their own lives, they show that recovery is possible. And by showing that recovery is possible, they become valuable role models for their peers.

Navigating The Clinical Rock And A Hard Place: Anxiety In The Alcohol And Substance Abuser (VHS)

Summary: In this psychLINK program, Drs. Eden Evins, Peter Roy-Byrne, and Kathleen Brady focus on the practical aspects of treating co-morbid anxiety and substance use disorders, including effective pharmacological and psychological alternatives to benzodiazepines. New research into cognitive behavioral therapy for panic disorder in primary care, treatment of panic in the emergency room, behavioral and antidepressant treatment for co-occurring alcohol and post-traumatic-stress-disorder are discussed.

Out Of The Tunnel And Into The Light (VHS)

Summary: Excellent for use with dually diagnosed patients, this video discusses medication issues, relapse prevention techniques, and the importance of a dual recovery team in the recovery process.

Preventing Relapse (VHS)

Summary: Cognitively impaired dual disorder clients will be able to see and hear the basic steps of relapse prevention with the help of expert commentary and personal stories.

The Twelve Steps And Dual Disorders (VHS)

Summary: Features testimonials from people who are recovering from addiction and an emotional or psychiatric illness. A source of inspiration and support for clients beginning to address their dual disorders, helping clients see how the Twelve Steps form an integral part of their recovery.

Understanding Bipolar Disorder And Addiction (VHS)

Summary: Examines the different characteristics of bipolar disorder and the interactions between mania, depression and chemical dependency. Examples illustrate the importance of medication, abstinence, and spirituality to achieve and maintain emotional or psychiatric stability and sobriety.

Understanding Depression And Addiction (VHS)

Summary: Explores ways to cope with the common behaviors and thoughts associated with depression and provides support for recovery from depression and addiction.

Understanding Dissociative Disorders And Addiction (VHS)

Summary: This video explains the different types, causes and symptoms of dissociative disorders, and it explores how to navigate the stages of recovery. Clients will understand the importance of medication, abstinence, support, and a new and integrated alliance with themselves.

Understanding Major Anxiety Disorders And Addiction (VHS)

Summary: This video provides a step by step process to identify anxiety triggers and ways to change thoughts and reactions.

Understanding Obsessive-Compulsive Disorder And Addiction (VHS)

Summary: Discusses the symptoms of obsessive-compulsive disorder as well as recovery and treatment for persons who are dually diagnosed.

Understanding Personality Problems And Addiction (VHS)

Summary: Illustrates the interconnection between chronic personality problems and chemical dependency.

Understanding Post-Traumatic Stress Disorder And Addiction (VHS)

Summary: Offers plans for dual recovery and relapse prevention and ways to handle the emotional pain and flashbacks due to trauma.

Understanding Schizophrenia And Addiction (VHS)

Summary: Long before recovery happens, a primary goal of treating schizophrenia is to dispel the shame that often accompanies it. First-person testimonials let clients know that they're not alone, that recovery is possible, and that a positive, productive life is in their future.

Understanding Suicide And Addiction (VHS)

Summary: Thoughts of suicide can be transformed into a readiness to face new truths and change. This video helps clients through the courageous act of re-examining their lives. Clients will understand the risk factors, how to challenge negative thinking, and how to overcome the reluctance to ask for help.

When Addiction And Mental Disorders Co-Occur (VHS)

Summary: A panel discussion and interviews on the topic of co-occurring addictive and mental disorders. Panelists include Charles Curie from the Substance Abuse and Mental Health Services Administration, Michael M. Faenza from the National Mental Health Association, Andrea Barnes from Twinbrook, and Thomas A Kirk Jr. from the Department of Mental Health and Addiction Services of Connecticut.

Books

Adapting Cognitive Therapy For Depression: Managing Complexity And Comorbidity / Edited By Mark A. Whisman

Table Of Contents: <http://www.loc.gov/catdir/enhancements/fy0803/2007042203-t.html>

Call Number: 616.8527 A221

Addicted And Mentally Ill: Stories Of Courage, Hope, And Empowerment / by Carol Bucciarelli

Call Number: 616.89 B918

Addiction And Mood Disorders: A Guide For Clients And Families / by Dennis C. Daley with Antoine Douaihy

Call Number: 616.89 D141

Addiction Psychiatry: Current Diagnosis And Treatment / by Norman S. Miller

Call Number: 616.86 M6519

Adolescent Substance Abuse: Psychiatric Comorbidity And High-Risk Behaviors / Yifrah Kaminer, Oscar G. Bukstein, Editors

Call Number: 616.86 A239K

Anxiety And Substance Use Disorders: The Vicious Cycle Of Comorbidity / Sherry H. Stewart, Patricia J. Conrod Editors

Call Number: 616.89 A637

Approaches In The Treatment Of Adolescents With Emotional And Substance Abuse Problems / by Brahm Fleisch

Call Number: 616.86 TAP No. 1

Approaches To Drug Abuse Counseling / editors, John J. Boren, Lisa Simon Onken, Kathleen M. Carroll

Call Number: 616.86 A652

Assessment And Treatment Of Patients With Coexisting Mental Illness And Alcohol And Other Drug Abuse / by Richard Ries ... [et. al.]

Call Number: 616.86 TIP No. 9

Behavioral Treatment For Substance Abuse In People With Serious And Persistent Mental Illness: A Handbook For Mental Health Professionals / by Alan S. Bellack

Call Number: 616.89 B435

Clinical Handbook Of Co-Existing Mental Health And Drug And Alcohol Problems / Edited By Amanda Baker And Richard Velleman

Table Of Contents: <http://www.loc.gov/catdir/toc/ecip0612/2006012771.html>

Call Number: 616.89 C641C

Designing, Implementing, And Managing Treatment Services For Individuals With Co-Occurring Mental Health And Substance Use Disorders: Blueprints For Action / by Edward L. Hendrickson

Call Number: 616.89 H498

Celebrating Small Victories: A Primer Of Approaches & Attitudes For Helping Clients With Dual Disorders / by Ken Montrose

Call Number: 616.891 M8132

Double Duty: Food Addicted: Dual Dynamics Within The Chemically Dependent Home / by Claudia Black

Call Number: 616.8526 B627D

Dual Diagnosis: An Integrated Approach To Treatment / by Ted R. Watkins ... [et. al.]

Call Number: 616.89 W335

Dual Diagnosis: Counseling The Mentally Ill Substance Abuser (2nd edition) / by Katie Evans

Call Number: 616.89 E92 2001

Dual Diagnosis Of Major Mental Illness And Substance Abuse: Volume 2: Recent Research And Clinical Implications / editors, Robert E. Drake, Kim T. Mueser

Call Number: 616.89 D8121

The Dual Diagnosis Recovery Sourcebook: A Physical, Mental, And Spiritual Approach To Addiction With An Emotional Disorder / by Dennis C. Ortman

Call Number: 616.89 O77

Dual Disorders: Counseling Clients With Chemical Dependency And Mental Illness / by Dennis C. Daley

Call Number: 616.89 D1422 1993

Dual Disorders: Essentials For Assessment And Treatment / by David F. O'Connell.

Call Number: 616.89 O181

The Dual Disorders Recovery Book: A Twelve Step Program For Those Of Us With Addiction And An Emotional Or Psychiatric Illness

Call Number: 616.89 D81223

The Dually Diagnosed: A Therapist's Guide To Helping The Substance Abusing, Psychologically Disturbed Patient / by Dennis C. Ortman

Call Number: 616.89 O775

Empowering Families, Helping Adolescents: Family-Centered Treatment Of Adolescents With Alcohol, Drug Abuse, And Mental Health Problems / editors, Wendy Snyder, Theodora Ooms

Call Number: 616.86 TAP No. 6

Improving Treatment Compliance: Counseling And Systems Strategies For Substance Abuse And Dual Disorders / by Dennis C. Daley,
Call Number: 616.86 D1415

Integrated Treatment For Dual Disorders: A Guide To Effective Practice / by Kim T. Mueser
Call Number: 616.89 M948

Integrating Behavioral Therapies With Medications In The Treatment Of Drug Dependence / editors, Lisa Simon Onken, Jack D. Blaine, John J. Boren
Call Number: 362.2912 N277R NO. 150

Managing Depressive Symptoms In Substance Abuse Clients During Early Recovery / Richard N. Rosenthal
Call Number: 616.86 TIP NO. 48

Psychological Trauma And Addiction Treatment / Bruce Carruth, Editor
Table Of Contents: <http://www.loc.gov/catdir/toc/ecip0611/2006010871.html>
Call Number: 616.8521 P974

Step Study Counseling With The Dual Disordered Client / by Katie Evans
Call Number: 616.89 E925

Strategies For Developing Treatment Programs For People With Co-Occurring Substance Abuse And Mental Disorders
Call Number: 616.86 S898

Substance Abuse Treatment For Persons With Co-Occurring Disorders Inservice Training: Based On A Treatment Improvement Protocol TIP 42
Call Number: 616.86 TIP NO. 42 INSERVICE TRAINING

Substance Abuse Treatment For Criminal Offenders: An Evidence-Based Guide For Practitioners / by David W. Springer ... [et. al.]
Call Number: 616.86 S769

Substance Abuse Treatment For Persons With Co-Occurring Disorders / by Stanley Sacks, Richard K. Ries
Call Number: 616.86 TIP No. 42

Today I Will Do One Thing: Daily Readings For Awareness And Hope For Those Of Us With Addiction And Emotional Or Psychiatric Illness
Call Number: 362.29286 M152

Treating Coexisting Psychiatric And Addictive Disorders: A Practical Guide / edited by Norman S. Miller
Call Number: 616.89 T784

The Twelve Steps And Dual Disorders: A Framework Of Recovery For Those Of Us With Addiction And An Emotional Or Psychiatric Illness / by Tim Hamilton
Call Number: 616.89 H2215

Curricula

The Basics: A Curriculum For Co-Occurring Psychiatric And Substance Disorders / Rhonda McKillip

Co-Occurring Disorders Program: Clinical Administrator's Guidebook / Developed by faculty from the Dartmouth Medical School

Summary: The Clinical Administrator's Guidebook serves as the overall program guide for the Co-occurring Disorders Program. It provides the information and instruments necessary to assess the seven key areas of organizational effectiveness as outlined by the Dual Diagnosis Capability in Addiction Treatment (DDCAT) Index, including program structure and milieu, assessment, treatment approaches, continuity of care, staffing, and training. The accompanying CD-ROM includes relevant research on co-occurring disorders, DDCAT resources and implementation plan, a sample charter agreement, and assessment tools.

Co-Occurring Disorders Program: Screening And Assessment (Volume 1) / Developed by faculty from the Dartmouth Medical School

Summary: Screening and Assessment helps clinicians detect, identify, classify, and monitor changes in co-occurring disorders. Screening measures for the most common psychiatric disorders and clinical assessment forms are included in a reproducible format in the binder and on the accompanying CD-ROM. Tools for evaluating patients' motivation to change and a treatment plan template are also provided to guide clinicians as they initiate treatment with patients.

Co-Occurring Disorders Program: Integrating Combined Therapies (Volume 2) / Developed by faculty from the Dartmouth Medical School.

Summary: Integrating Combined Therapies utilizes a combination of motivational enhancement therapy (MET), cognitive-behavioral therapy (CBT), and Twelve Step facilitation (TSF) therapy. Each of these models of therapy has been proven successful when used in community addiction treatment programs. There is a growing consensus that these practices are effective if delivered singularly to patients, but are even more effective if rationally combined based on stage of motivation, problem pattern and severity, and patient preference. MET engages change, CBT works to assist change, and TSF sustains change and elaborates on it. Each of these evidence-based practices is described here with appropriate modifications for persons with co-occurring disorders. This curriculum allows mental health and addiction professionals the flexibility to adapt the stage-wise program from their own base of strength and experience. Curriculum 2 also provides a foundation and context for the more in-depth treatment of CBT (addressed in curriculum 3), the therapeutic model that is the most widely researched and employed in the treatment of psychiatric disorders that commonly co-occur with substance dependence.

Co-Occurring Disorders Program: Cognitive Behavioral Therapy (Volume 3) / Developed by faculty from the Dartmouth Medical School.

Summary: This curriculum utilizes cognitive-behavioral therapy (CBT) principles to address the most common psychiatric problems in both mental health and addiction treatment settings: depression, anxiety disorders, bipolar disorder, social phobia, and post-traumatic stress disorder (PTSD). Adaptations of CBT are an evidence-based practice for treating substance use disorders and most psychiatric disorders. Research shows that CBT is useful for treating non-severe co-occurring psychiatric disorders in an addiction treatment setting. Psychosocial

treatments, particularly CBT, are equally, if not more, effective for the psychiatric disorders that most commonly occur with substance use disorders. Research with CBT for persons with co-occurring disorders has been highly specialized by the specific co-occurring disorder.

Co-Occurring Disorders Program: Medication Management (Volume 4) / Developed by faculty from the Dartmouth Medical School

Summary: This curriculum contains vital, current information about the complex issues of medication management, including medication compliance and other psychological concerns of the patient. Issues of differential diagnosis, timing, indications, monitoring, dosage, tolerance and withdrawal, and other topics are considered in this component. Current evidence and consensus-based practices are provided to enable providers to make clinical decisions about medications and their prescription. While many people in peer support groups take psychotropic medication, stigma can still cause some to hide their medication use from others. These issues, and information about the benefits and risks of medications, are also addressed for the patient.

Co-Occurring Disorders Program: Family Program (Volume 5) / Developed by faculty from the Dartmouth Medical School

Summary: This curriculum helps clinicians involve patients with co-occurring disorders and their family members in an integrated treatment approach. First, family members, including the patient, meet to learn about the patient's specific psychiatric disorder and how it interacts with the substance use disorder. Then the family joins other families in a 12-week program of education on such topics as managing cravings, communications effectively, using medications, and preventing relapses.

Co-occurring Disorders Treatment Manual & Workbook

Criminal Justice - Substance Abuse Cross-Training: Working Together For Change
Call Number: CRI

En Busca De Seguridad: Un Manual De Tratamiento Para El TEPT Y El Abuso De Sustancias /
Lisa M. Najavits

Living Skills Recovery Workbook
Call Number: LIV

Seeking Safety: A Treatment Manual For PTSD And Substance Abuse / Lisa M. Najavits

Triad Girls' Group Treatment Manual
Call Number: TRI

Triad Women's Project: Group Treatment Manual
Call Number: TRI

Fact Sheet

Overcoming Substance Use And Mental Disorders: A Guide To Recovery From Co-occurring Disorders
<http://www.ctclearinghouse.org/topics/customer-files/Overcoming-Substance-Use-And-Mental-Disordes-A-Guide-To-Recovery-From-Co-occurring-Disorders031207.pdf>

Pamphlets

About Dual Diagnosis

Guía Para El Diagnóstico Doble Y La Recuperación De Los Trastornos Del Estado De Ánimo Y Abuso De Drogas Y Alcohol

Websites and Online Resources

The Co-Occurring Center for Excellence (Substance Abuse and Mental Health Services Administration)

<http://coce.samhsa.gov>

Co-Occurring Disorders (Addiction Technology Transfer Center)

<http://www.nattc.org/respubs/cooccurring/>

Co-Occurring Disorders Initiative (Connecticut Department of Mental Health and Addiction Services)

<http://www.ct.gov/dmhas/cwp/view.asp?a=2901&q=335022>

Co-Occurring Disorders: Integrated Dual Disorders Treatment

<http://mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/cooccurring/>

Co-Occurring Mental Problems & Substance Use (Substance Abuse and Mental Health Services Administration, Office of Applied Studies)

<http://www.oas.samhsa.gov/dual.cfm>

Dual Diagnosis (MedlinePlus)

<http://www.nlm.nih.gov/medlineplus/dualdiagnosis.html>

TIP 42: Substance Abuse Treatment For Persons With Co-Occurring Disorders (National Library of Medicine)

<http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=hstat5.chapter.74073>