



# IT HAPPENS

## Substance Abuse

*You might use . . .*

**Alcohol**

**Marijuana**

**Pain killers**

**Cocaine/Crack**

**Meth**

**Heroin**

**Other substances**

**&**

## Mental Illness

*You might experience . . .*

**Anxiety**

**Depression**

**Bi-Polar**

**Schizophrenia**

**Other  
mental illnesses**

*We hang-in  
there with  
you during  
all of the ups  
and downs  
of recovery.*

## WE UNDERSTAND

*We will not . . .*

- give you the run-around,
- yell at you,
- or kick you out of treatment.

*We make it possible for you . . .*

- to talk confidentially
- to the same person
- about both issues
- during the same appointment
- in the same building.

## RECOVERY TAKES TIME

- Our counselors will listen to you.
- You determine the pace of your treatment.
- We work together—to help you manage your symptoms and gradually achieve remission and recovery.

**More Information**



# CHALLENGE FACT

- ✓ Over 50 percent of people in the United States who have severe symptoms of mental illness also use alcohol or other drugs.
- ✓ This is often called “co-occurring disorders,” “dual disorders,” “dual diagnosis,” or “SAMI” (substance abuse and mental illness).
- ✓ People who have a mental illness and use alcohol or other drugs tend to experience the following difficult circumstances:

- Psychiatric episodes
- Use, abuse, and relapse to use of alcohol and other drugs
- Hospitalization and emergency room visits
- Relationship difficulties
- Violence
- Suicide

- Arrest and incarceration
- Unemployment
- Homelessness
- Infectious diseases, such as HIV, hepatitis, and sexually transmitted diseases
- Complications resulting from chronic illnesses such as diabetes and cancer

**Mental illness and substance abuse occur in this community, too.**

# SOLUTION INTEGRATED TREATMENT

We use the Integrated Dual Disorder Treatment (IDDT) approach to help residents of this community manage their symptoms of mental illness and their substance use/abuse. IDDT is an evidenced-based practice. This means that research shows it works. More and more service organizations throughout the United States are using integrated treatment.

## IDDT Decreases

- Duration, frequency, and intensity of mental and substance use disorder symptoms
- Hospitalization
- Arrest and incarceration
- Duplication of services
- Treatment drop-out
- Utilization of high-cost services

## IDDT Increases

- Abstinence from use of alcohol and other drugs
- Continuity of care
- Improved relationships
- Consumer quality-of-life
- Stable housing
- Independent living

**We provide the best treatment approach available in the country.**

# YOUR PREFERENCES SUCCESS

We utilize a variety of treatments to make sure there are options that work for you. Some examples include the following:

- Outreach/case manager services
- One-on-one counseling
- Group counseling

- Self-help groups
- Family services
- Medication services

- Medical check-ups
- Housing services
- Employment services

**One step at a time—  
together.**

# GET STARTED

## Help for yourself

You may call us directly. Your call is confidential. We will not share the information with anyone else. You may make an appointment to see us in our building. In some circumstances, we might be able to come see you.

## Help for your family member or friend

You may also call us directly. Your call is confidential. We will not share the information with anyone else. You may make an appointment to see us in our building. We will talk about your concerns and help you plan next steps.

*Your call is confidential.*

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Name of your organization

Address line #1

Address line #2

City, State, Postal code

Area code + phone number