

This is National Addictions Awareness Week

Did you know there are a variety of treatment options for Concurrent Disorders?

The term “concurrent disorders” is used when a person has both a substance use disorder and mental health disorder at the same time. This disorder is often underdiagnosed and undertreated.

Best treatment for concurrent disorders is options that address both the substance use and the mental illness at the same time. Treatment outcomes are often better when using a whole-person approach, addressing substance use, mental illness, chronic health conditions, triggers and trauma, while also identifying and developing personal strengths and resiliency, within one care plan.

Treatment options include:

- Motivational interviewing
- Cognitive behavioural therapy
- Emotion regulation skills and coping skills training
- Medication management

Treatment can be found in a variety of places, whether it be inpatient or outpatient, and there are many options to suit different people.

We see what we want to see...

See that concurrent disorders are prevalent and treatment options are available!

To get help for you or someone you care about, call 1-866-531-2600 or go to ConnexOntario.ca. Many services ARE free and help IS available.

Brought to you by the Simcoe Muskoka Addictions Awareness Week Committee:

Canadian Mental Health Association, Simcoe County Branch

Georgian College

Waypoint Centre for Mental Health Care

Wendat Community Programs

Barrie Housing



Reference: Venu Karapareddy (2019) A Review of Integrated Care for Concurrent Disorders: Cost Effectiveness and Clinical Outcomes, Journal of Dual Diagnosis, 15:1, 56-66, DOI: [10.1080/15504263.2018.1518553](https://doi.org/10.1080/15504263.2018.1518553)