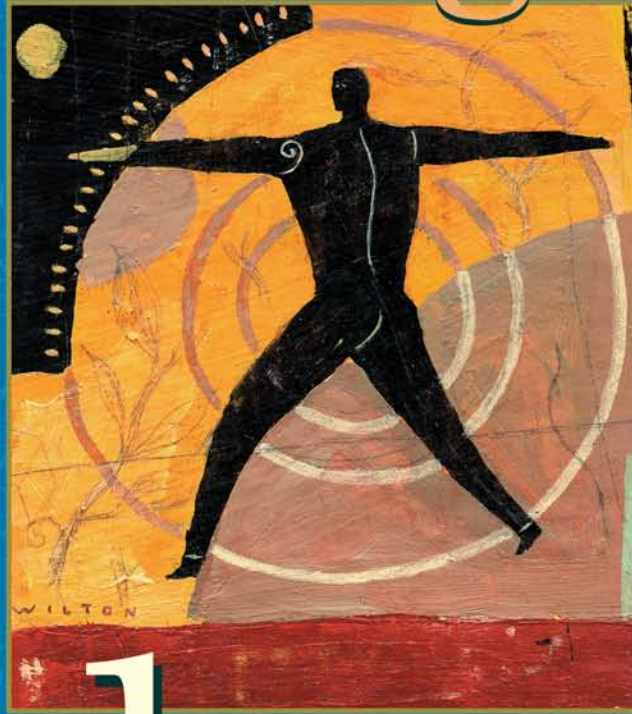


Living in



Balance

with Co-occurring Disorders

Moving from a Life of Addiction to a Life of Recovery

Sessions 34–43

A Research-Based Program Developed by Danya International, Inc.

JEFFREY A. HOFFMAN, PH.D., AND MIM J. LANDRY

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Jeffrey A. Hoffman, Ph.D., and Mim J. Landry

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Hazelden, a national nonprofit organization founded in 1949, helps people reclaim their lives from the disease of addiction. Built on decades of knowledge and experience, Hazelden offers a comprehensive approach to addiction that addresses the full range of patient, family, and professional needs, including treatment and continuing care for youth and adults, research, higher learning, public education and advocacy, and publishing.

A life of recovery is lived “one day at a time.” Hazelden publications, both educational and inspirational, support and strengthen lifelong recovery. In 1954, Hazelden published *Twenty-Four Hours a Day*, the first daily meditation book for recovering alcoholics, and Hazelden continues to publish works to inspire and guide individuals in treatment and recovery, and their loved ones. Professionals who work to prevent and treat addiction also turn to Hazelden for evidence-based curricula, informational materials, and videos for use in schools, treatment programs, and correctional programs.

Through published works, Hazelden extends the reach of hope, encouragement, help, and support to individuals, families, and communities affected by addiction and related issues.

For questions about Hazelden publications, please call **800-328-9000** or visit us online at **hazelden.org/bookstore**.



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INTRODUCTION



Helping Clients with Co-occurring Disorders

Living in Balance: Moving from a Life of Addiction to a Life of Recovery is a practical, manual-based, psychoeducational treatment program designed to help therapists and counselors conduct substance use treatment sessions. The entire *Living in Balance* program includes twelve core treatment sessions with a facilitator's guide and twenty-one supplemental treatment sessions (sessions 13–33) that address a wide range of biopsychosocial and spiritual issues.

Living in Balance with Co-occurring Disorders is a further supplement and expansion of the original *Living in Balance* program. This ten-session treatment package (sessions 34–43) is designed to help professionals conduct treatment sessions for clients who have co-occurring substance use and mental health disorders.

This treatment package is designed to be incorporated into an existing *Living in Balance* addiction treatment program as a specialty track for clients with co-occurring disorders. Alternatively, individual treatment sessions from this treatment package can be integrated into an existing *Living in Balance* program to address specific issues.

If a clinic or treatment center new to the *Living in Balance* program wishes only to use these ten co-occurring disorders sessions, then it is recommended that the *Living in Balance* facilitator's guide be purchased for general instructions on program implementation.

Another option is for this ten-session treatment package to be integrated within existing mental health treatment programs as a psychoeducational component addressing co-occurring disorders.

The Ten Sessions

Living in Balance with Co-occurring Disorders consists of ten client worksheet sets, each representing a ninety-minute to two-hour psychoeducational treatment session. Each session includes educational information divided into manageable subsections and a series of exercises designed to provoke thought and enhance learning and practice.

Session 34: Effects of Drug Use on Mental Health

Session 35: What Are Co-occurring Disorders?

Session 36: Comprehensive Treatment and Medications for
Substance Use Disorders

Session 37: Phases of Dual Recovery

Session 38: Twelve Steps for Co-occurring Disorders

Session 39: Mutual Self-Help Groups and Co-occurring Disorders

Session 40: Important Issues about Mental Health Medications

Session 41: Relapse Prevention I: Building a Recovery Support
System

Session 42: Relapse Prevention II: Making the Best Decisions

Session 43: Seeking Help for Co-occurring Disorders



LIVING IN BALANCE



Overview of the Ten Sessions

Session 34

Effects of Drug Use on Mental Health

This session reviews important ways in which alcohol and other drugs can affect feelings, behaviors, and thinking, as well as ways in which they can influence mental health symptoms or disorders and bring about drug-induced mental health problems.

Session 35

What Are Co-occurring Disorders?

This session reviews important terms, definitions, and concepts about substance use, mental health, and co-occurring disorders. It examines key features of mental health disorders that are common among people with co-occurring disorders.

Session 36

Comprehensive Treatment and Medications for Substance Use Disorders

This session provides information about the general treatment process for people with co-occurring disorders. It reviews the types of assessments that treatment programs conduct, the types of treatment services that programs generally provide, and the types of medications that programs often prescribe for addiction treatment and recovery.

Session 37

Phases of Dual Recovery

This session describes the different phases of recovery for people with co-occurring disorders. It also discusses the ways in which recovery affects the body, mind, spirit, and relationships.

Session 38

Twelve Steps for Co-occurring Disorders

This session provides information about the Twelve Steps that are used by the Double Trouble in Recovery (DTR) mutual self-help group, including a description of each of the Twelve Steps, what the Steps ask of people, and how to incorporate the Twelve Steps in one's life. In addition, the session also reviews the basic principles behind the Steps.

Session 39

Mutual Self-Help Groups and Co-occurring Disorders

The session examines ways in which mutual self-help groups increase hope, self-efficacy, and coping skills and decrease secrecy, guilt, and shame. It describes the key features and characteristics of Twelve Step groups and reviews Twelve Step groups designed specifically for people with co-occurring disorders.

Session 40

Important Issues about Mental Health Medications

This session discusses medication use for mental health disorders for people with co-occurring disorders. It helps clients identify symptoms and potential medications, gives them tips on how to communicate with their physicians, and discusses other important issues about taking medications in recovery.

Session 41

Relapse Prevention I: Building a Recovery Support System

This session provides practical solutions to clients who are building social support networks that will aid in their recovery from substance use and mental health disorders. It provides recommendations for developing and strengthening a recovery support system, identifying and getting a Twelve Step sponsor, obtaining a Twelve Step home group, and making healthy friends.

Session 42**Relapse Prevention II: Making the Best Decisions**

This session helps clients understand ways in which substance use disorders, mental health disorders, relapse, recovery, and sustained mental health are all processes. It examines ways in which relapse is part of a decision-making process, and helps clients recognize the components of a full program of recovery. This session helps clients identify their personal relapse warning signs and ways to stop these from leading to relapse.

Session 43**Seeking Help for Co-occurring Disorders**

This session reviews important ideas about mental health and substance use treatment programs and systems, and it discusses how clients with varying types and severity of co-occurring disorders can find the most appropriate treatment help.





Effects of Drug Use on Mental Health

Introduction

Welcome to the Effects of Drug Use on Mental Health session of the *Living in Balance with Co-occurring Disorders* program. This session is the first one of a series of ten to extend the previous thirty-three sessions of *Living in Balance*. The series addresses the topic of dual diagnosis or co-occurring disorders. Session 34 reviews important ideas about ways in which alcohol or other drugs can affect mental health problems and ways in which drugs and dependency can “mask” and “mimic” mental health disorders, as well as contribute to the severity of the problems. In turn, mental health problems can also affect and intensify substance use disorders.

What is in this session?

This session has two major parts: (1) Overview and Definitions and (2) Drug-Induced Mental Health Problems.

- ✓ After participating in part 1, you will be able to
 - Describe ways in which alcohol or other drugs change feelings, behaviors, and thinking
 - Explain how alcohol and drug dependency and withdrawal can trigger mental health symptoms
 - Understand that drug use can provoke or worsen mental health disorders



**SESSION 34 HAS
TWO MAJOR PARTS:**

1. Overview and Definitions
2. Drug-Induced Mental Health Problems

Because drug use affects your mental health and because your mental health problems affect your drug use, it is important that your treatment for these issues be integrated.

- Recognize that drug use can hide or “mask” mental health symptoms
- Recognize that symptoms of drug use can look like or “mimic” mental health symptoms
- ✓ After participating in part 2, you will be able to
 - Recognize that drug use can induce specific mental health problems
 - Describe key ideas about drug-induced intoxication, withdrawal, and delirium
 - Understand key ideas about drug-induced amnesia, mood disorders, and anxiety disorders
 - Recognize key ideas about drug-induced psychosis and sleep disorders

What will be asked of you?

You will be asked to explore various ways in which alcohol or other drug use can have an effect on mental health symptoms and problems, including how it affects feelings, behaviors, and thinking. You will be asked to review ways in which drug use has affected your own mental health, and ways in which your mental health problems have affected your drug use. These are deeply personal and emotional issues. Going through this session may be challenging and take courage. However, working through this session can provide you with information that can help you to develop a stronger recovery and to live better and in balance. (Note: Because drug use affects your mental health and because your mental health problems affect your drug use, it is important that your treatment for these issues be integrated, that is, both issues are addressed at the same time.)

Review the glossary.

Before you get started, you may find it useful to review important words in the glossary located at the end of this session:

- Alcohol or other drugs, or drugs
- Amnesia
- Anxiety

- Bipolar disorder
- Compulsions
- Delirium
- Delusions
- Depression
- Disorganized thinking
- Drug-induced mental health problem
- Hallucinations
- Hypersomnia
- Insomnia
- Mania
- Mental health disorder
- Mental health symptoms
- Mood disorder
- Obsessions
- Perceiving
- Psychotic disorder
- Thinking



Part 1: Overview and Definitions

Living in Balance

The *Living in Balance with Co-occurring Disorders* program provides information designed to help you live a healthy life. As the program discusses, having a healthy life means balancing your biological, psychological, social, and spiritual lives. Two problems, however, are especially well-known for throwing people's lives out of balance: substance use problems and mental health problems.



LEARNER OBJECTIVES FOR PART 1:

You will

- Describe ways in which alcohol or other drugs change feelings, behaviors, and thinking
- Explain how alcohol and drug dependency and withdrawal can trigger mental health symptoms
- Understand that drug use can provoke or worsen mental health disorders
- Recognize that drug use can hide or "mask" mental health symptoms
- Recognize that symptoms of drug use can look like or "mimic" mental health symptoms



Session 34 Glossary

Alcohol or other drugs, or drugs, describes all chemicals, substances, and medicines that change the way that people feel, behave, and think.

Amnesia means a loss of memory. People with amnesia cannot remember previously learned information and/or have problems learning new information.

Anxiety describes a feeling of apprehension or worry about something bad happening in the future. Anxiety is often accompanied by physical symptoms, such as muscle tension, shaking, sweating, shortness of breath, and a racing heart.

A **bipolar disorder** occurs when a person has periods of depression followed by periods of mania.

Compulsions are repetitive behaviors (such as hand washing) that a person feels driven to do to get rid of anxieties.

Delirium is when a person feels disoriented and confused and cannot maintain focus. When people experience delirium, their attention often wanders and they may have a hard time remembering things or speaking normally.

Delusions are beliefs that are (1) not true, (2) based on an incorrect assumption about the world, and (3) held to very strongly by someone even though other people do not believe it. For example, someone may have the delusion of being followed even when he or she is not.

Depression is a disorder in which people feel very sad or empty and experience a loss of interest or pleasure in activities. People who are depressed often gain or lose a lot of weight, sleep too much or too little, are very agitated, or have no energy. They may feel worthless, have trouble concentrating, and think about suicide.

Disorganized thinking is a way to describe a situation in which people talk incoherently (they don't make much sense), quickly jump from one topic to another, and respond to questions with answers that are unrelated to the questions.

A **drug-induced mental health problem** is a mental health problem brought about by drug use.

Hallucinations are when a person perceives something that does not exist. People experiencing hallucinations believe that they perceive something through their senses (such as sight and hearing) even though their sense organs (such as their eyes and ears) are not being stimulated. For example, someone may "see" images or "hear" sounds that do not exist.

Hypersomnia is either excessive sleeping or feeling excessively sleepy during waking hours. It is the opposite of insomnia.

Insomnia means having difficulty falling asleep, difficulty remaining asleep, or a feeling that sleep does not provide good rest.

Mania refers to an unusually elevated mood or an unusually irritable mood. People experiencing mania may have an inflated sense of self-esteem, have a decreased need for sleep, be bursting with energy and activity, and appear very agitated.

A **mental health disorder** describes situations in which mental health symptoms occur together, become severe and longer-lasting, and interfere with the ability to live a comfortable life.

Mental health symptoms describe feelings, behaviors, and thoughts that are outside of normal living.

A **mood disorder** is a mental health disorder in which a person has serious problems related to mood, especially depression and mania or a combination of the two.

Obsessions are long-lasting thoughts, impulses, or images that are unwanted and cause distress.

Perceiving means seeing, being aware of, and understanding the world around you.

A **psychotic disorder** is a mental health disorder in which a person experiences delusions, hallucinations, or disorganized thinking.

Thinking describes the way that people figure things out, solve problems, and do mental exercises such as planning.