



# Hazelden *Co-occurring Disorders Program*



A new integrated treatment program developed by the faculty from  
**Dartmouth Medical School**



**Evidence  
BASED**



Learn more at  
[hazelden.org/cooccurring](http://hazelden.org/cooccurring)  
800-328-9000

The need is clear . . .



The integrated treatment of **CO-OCCURRING DISORDERS** isn't the future—it's **NOW**.

## ARE YOU READY?

- In any given year, approximately **10 million people** in the United States have a substance-related disorder and at least one other mental illness (SAMHSA/NAC 1997).
- Approximately **one-half** of those diagnosed with a psychiatric disorder also have a substance abuse problem (NAMI).
- In a study of Medicaid data (1999) from six states, totaling nearly 23,000 people, **70.7%** had a **co-occurring disorder** (APA 2007).
- It is estimated that **75% of people** with mental illness within the criminal justice system meet criteria for drug and/or alcohol abuse or dependence (Teplin and Abram, "Co-occurring Disorders Among Mentally Ill Jail Detainees," (APA 1991, pp. 1036–45).

70.7%

75%

Research shows the most effective treatment for co-occurring disorders is an integrated approach that treats both substance use and mental health disorders at the same time and in the same place.

### Hazelden publishes programs that support lifelong recovery

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.

**Hazelden locations**  
CENTER CITY, MINNESOTA  
CHICAGO, ILLINOIS  
NEW YORK, NEW YORK  
NEWBERG, OREGON  
PLYMOUTH, MINNESOTA  
ST. PAUL, MINNESOTA

The evidence exists . . .

## From the faculty of Dartmouth Medical School

**CDP** is the first comprehensive, manualized educational system that utilizes state-of-the-art adult learning design principles in multiple formats. **CDP** gives both treatment and mental health professionals the tools they need to provide integrated treatment of co-occurring substance use and non-severe mental health disorders.

The authors of **CDP** are internationally recognized pioneers in the research and treatment of co-occurring disorders from the Dartmouth Medical School. They include some of the same staff who designed the **Integrated Dual Disorders Treatment (IDDT)** protocols for treating patients with severe mental health disorders and the premier program assessment instrument, the **Dual Diagnosis Capability in Addiction Treatment (DDCAT)**. Many of the same principles and practices from these research-based materials inform the core principles and practices documented in **CDP**.

### **CDP's** authors include:

Mark McGovern, Ph.D.

Robert E. Drake, M.D., Ph.D.

Matthew R. Merrens, Ph.D.

Kim T. Mueser, Ph.D.

Mary F. Brunette, M.D.



### About the authors

**Mark McGovern, Ph.D.**, is an associate professor of Psychiatry and of Community and Family Medicine at Dartmouth Medical School. Dr. McGovern specializes in the treatment of co-occurring substance use and psychiatric disorders. He has studied in the area of addiction treatment services research and is widely published. In July 2004, he received a career development award from the National Institute on Drug Abuse. The overarching goal of this award involves developing, testing, and transferring evidence-based treatments to community settings for persons with co-occurring substance use and psychiatric disorders. Dr. McGovern recently received a grant from the Robert Wood Johnson Foundation to form and foster a multistate collaborative among addiction and mental health systems and treatment providers who are striving to improve the chances of recovery for their patients with co-occurring disorders.

**Robert E. Drake, M.D., Ph.D.**, is the Andrew Thomson professor of Psychiatry and of Community and Family Medicine at Dartmouth Medical School and the director of the Dartmouth Psychiatric Research Center. He has been at Dartmouth since 1985 and is currently vice chair and director of research in the Department of Psychiatry. He works as a community mental health doctor and researcher. His research focuses on co-occurring disorders, vocational rehabilitation, health services research, and evidence-based practices. He directs four national studies of quality improvement, and he has written fifteen books and more than four hundred papers about co-occurring disorders, vocational rehabilitation, mental health services, evidence-based practices, and shared decision making.

**Matthew R. Merrens, Ph.D.**, is codirector of the Dartmouth Evidence-Based Practices Center and a visiting professor of Psychiatry at Dartmouth Medical School. He received his Ph.D. in clinical psychology at the University of Montana and was formerly on the faculty and the chair of the Psychology Department at the State University of New York at Plattsburgh. He has extensive experience in clinical psychology and community mental health and has authored and edited textbooks on the psychology of personality, introductory psychology, the psychology of development, and social psychology. He recently published a book on evidence-based mental health practices. He is the director of the Dartmouth Summer Institute in Evidence-Based Psychiatry and Mental Health.

**Kim T. Mueser, Ph.D.**, is a clinical psychologist and a professor of Psychiatry and of Community and Family Medicine at the Dartmouth Medical School in Hanover, New Hampshire. He received his Ph.D. in clinical psychology from the University of Illinois at Chicago in 1984 and was on the faculty of the Psychiatry Department at the Drexel University College of Medicine in Philadelphia until 1994. In 1994, he moved to Dartmouth Medical School and joined the Dartmouth Psychiatric Research Center. Dr. Mueser's clinical and research interests include integrated treatment for co-occurring psychiatric and substance use disorders, rehabilitation for persons with severe mental illnesses, and the treatment of post-traumatic stress disorder. He has published several hundred journal articles and has coauthored ten books.

**Mary F. Brunette, M.D.**, is an associate professor of Psychiatry at Dartmouth Medical School. She has been working in the field of treatment for patients with co-occurring disorders for fifteen years. She conducts research on services and medications for people with co-occurring substance use and serious mental illness. She is a clinician who provides treatment for patients with co-occurring disorders. She also is medical director of the Bureau of Behavioral Health in the New Hampshire Department of Health and Human Services. She has published more than fifty articles and book chapters, many related to medication treatment for people with co-occurring disorders. She speaks nationally on this topic.



Learn more at  
[hazelden.org/cooccurring](http://hazelden.org/cooccurring)

# CDP offers . . .

- proven-effective strategies for individualized treatment of specific mental health disorders that most commonly co-occur with substance use disorders.
- benchmarks to transform your addiction-only services (AOS) to dual diagnosis capable (DDC); or increase your DDC center to dual diagnosis enhanced (DDE) treatment.
- manualized integrated treatment interventions representing best practices in both mental health and substance use treatment settings, which can facilitate the education and training of new staff for competency in treating both disorders.
- current information on the administration and management of commonly prescribed medications for major mental health disorders, including patient education on taking these medications.
- everything clinicians need to set up and run a comprehensive family education program, which research has established as essential to lower rates of relapse and to stabilize the patient's ongoing recovery.
- a DVD that presents clients and family members the same educational information offered to clinicians and other health care professionals—an approach that supports transparency, a key concept of effective treatment where all are equal shareholders in deciding on the best and most appropriate integrated treatment plan.

These components all work together to help you meet your state's mental health authority's requirements for **evidence-based** services, to support your financial grant applications, and to help your center become a more effective provider by improving outcomes and increasing staff confidence.

Evidence  
BASED



# See for yourself . . .

## PRODUCTS AND PRICES

### The Complete Program

The program consists of five curricula, a DVD, and the *Clinical Administrator's Guidebook* on CD-ROM. Many of the curricula come with a clinician's guide, reproducible patient handouts, and clinician forms. Used together, the components form a comprehensive, evidence-based program for treating co-occurring disorders.

**2999 / \$1,295.00**



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### Clinical Administrator's Guidebook

Provides a program overview and an introduction to integrated treatment, and helps administrators evaluate their program using the Dual Diagnosis Capability in Addiction Treatment (DDCAT) Index.

**2982 / \$85.00**

Contact your sales rep to request a free preview of the CDP *Clinical Administrator's Guidebook*.

### Curriculum 1: Screening and Assessment

*Screening and Assessment* helps clinicians detect, identify, classify, and monitor changes in patients with co-occurring disorders. CD-ROM includes assessment forms and screening measures.

**2976 / \$195.00**

### Curriculum 2: Integrating Combined Therapies

*Integrating Combined Therapies* brings together the evidence-based practices of motivational enhancement therapy (MET), cognitive-behavioral therapy (CBT), and Twelve Step facilitation (TSF) in a stage-wise model that suits the patient's motivation to change.

**2977 / \$295.00**

### Curriculum 3: Cognitive-Behavioral Therapy

*Cognitive-Behavioral Therapy* takes CBT principles deeper to address the most common psychiatric problems seen in addiction treatment settings: depression, anxiety, and post-traumatic stress disorder.

**2978 / \$265.00**

### Curriculum 4: Medication Management

*Medication Management* contains current and detailed information about numerous complex issues: the psychiatric symptoms of intoxication and withdrawal, ways to collaborate with the patient, ongoing monitoring of co-occurring symptoms, and medications used to treat mental health disorders that commonly co-occur with addiction.

**2979 / \$165.00**

### Curriculum 5: Family Program

*Family Program* helps family members learn about the patient's specific psychiatric disorder and how it interacts with the substance use disorder. A family joins other families in a flexible multiple-week program of education on topics such as managing cravings, effective communication, using medications, and preventing relapses. Reproducible fact sheets and handouts for patients and family members are included on the CD-ROM.

**2980 / \$325.00**

### DVD: A Guide for Living with Co-occurring Disorders: Help and Hope for Clients and Their Families

Educates patients, families, and clinicians on the challenges and most effective treatments for co-occurring disorders. It offers compelling interviews from clinicians, physicians, and researchers, along with inspiring client testimonials. This 83-min. video is included in the complete Hazelden Co-occurring Disorders Program but can be used to supplement any combination of the five curricula. You can also purchase it separately to enhance an existing program.

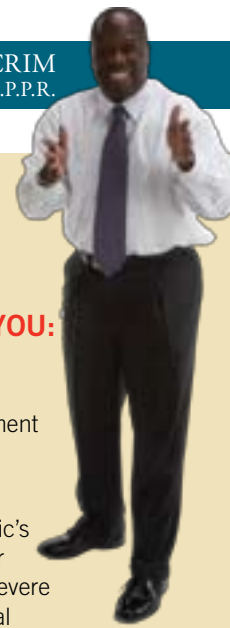
**2981 / \$225.00**

All components work together to achieve the best outcomes. Multiple copies of the bound clinician's guides for curricula 1, 2, 3, and 5 may be purchased separately for all your clinical staff. Each curriculum and the DVD may be purchased separately or in any combination to enhance an existing integrated treatment program. For example, if your **mental health facility** already has quality screening and assessment, CBT intervention, and medication management protocols in place, you may want to add curriculum 2, *Integrating Combined Therapies* to give your staff the tools to enhance their motivational interviewing and Twelve Step facilitation skills, curriculum 5 to upgrade your family program, and the DVD to supplement your staff and client education. If you are primarily a **substance dependence treatment program** that already has quality screening and assessment and a comprehensive family program, you may want to add the DVD plus curricula 2, 3, and 4 to boost your staff's motivational interviewing and cognitive-behavioral treatment skills as well as to upgrade and standardize your medication management practices.

Contact your sales rep for a free program overview on CD-ROM.



[hazelden.org/cooccurring](http://hazelden.org/cooccurring) 800-328-9000



## Improve Staff Capability with **CDP** Training

*Developed by Hazelden and Dartmouth Medical School*

Your staff is already treating people with co-occurring disorders. Now you can improve outcomes by giving your staff the tools to be more confident and more effective. **CDP** will help you develop program policy, practice, and workforce resources in order to deliver the best care possible—in any setting—using the most current evidence-based tools available.

Implementation training was created to help addiction treatment and mental health professionals develop greater capacity and skills to treat non-severe mental health patients with substance use disorders. Fidelity of implementation of **CDP** is vital to

attaining effective outcomes. It is recommended that you and/or your facility receive training and support from Hazelden to ensure the efficacy of the model.

### **CDP TRAINING INCLUDES:**

#### **Counselor Implementation Training:**

A three-day interactive event

#### **Family Program Implementation Training:**

A two-day interactive event

#### **Administrator Training:**

A one-day interactive event

#### **Clinical Supervisor Training:**

A half-day interactive event

#### **Medication Management Training:**

A half-day interactive event

### **TRAINING WILL HELP YOU:**

- Examine system, program, and staff level issues and challenges for the development of integrated services
- Interpret comprehensive guides to evaluate your clinic's operational effectiveness for treating patients with non-severe co-occurring disorders (Dual Diagnosis Capability in Addiction Treatment [DDCAT] Index and Dual Diagnosis Capability in Mental Health Treatment [DDCMHT])
- Acquire easy-to-use treatment tools that offer clients and their families the services and support needed

To inquire about **customized training opportunities** contact your sales representative at **800-328-9000** or at [cdptraining@hazelden.org](mailto:cdptraining@hazelden.org).

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PROMOTION  
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CUSTOMER  
NUMBER