

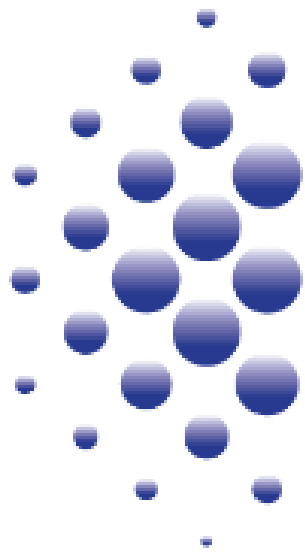
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Co-Occurring Disorders Simplified

April 7, 2021

Presented by: Dr. Anjali Nandi



BJA's

Comprehensive Opioid, Stimulant, and Substance Abuse

Program

Webinar Disclaimer

This project was supported by Grant No. 2019-MU-BX-K031 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

Pre-Webinar Information



Participants will be muted for the duration of the webinar.



Questions and comments can be asked using the question box in the control panel.

Presentation slides, instructor bios, and corresponding resources can be found in the Handouts section of the control panel.

Live transcript/captions available at <https://www.streamtext.net/player?event=IASA>

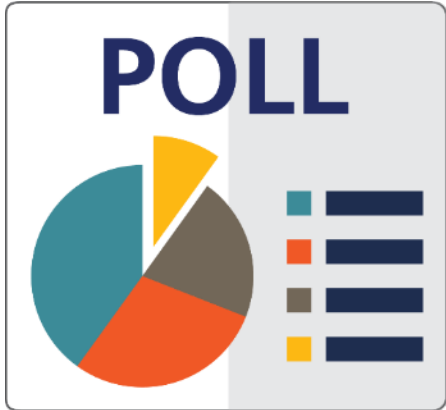
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Poll Questions

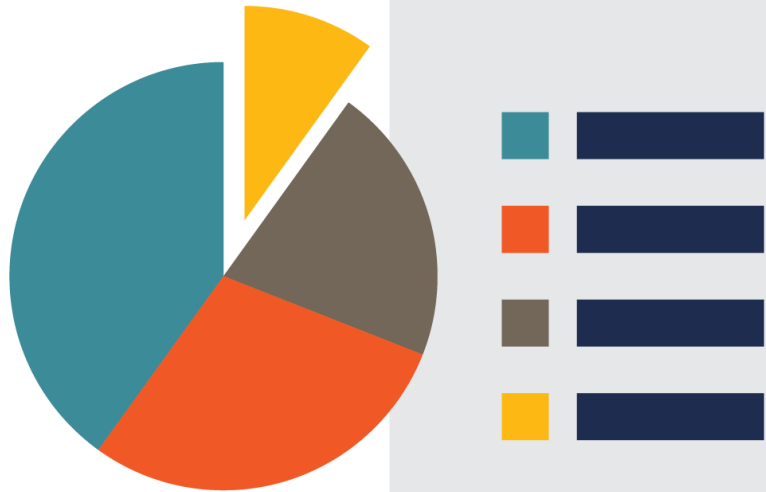
Poll questions may be asked during the webinar.

This is your time to weigh in with your thoughts.



Please respond promptly; polls are open for a short period of time.

POLL



Which of the following best describes your role?

- Victim Services/Victim Advocate
- Probation/Community Corrections
- Law Enforcement
- CAC, Social Worker, Mental Health
- Other



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Presenter



Kevin Mariano
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Panelist



Justine Souto
Program Manager, NCJTC
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Greg Brown
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Moderator

Learning Objectives

- ✓ Understand common mental health disorders and their prevalence across our communities.
- ✓ Develop familiarity with symptom identification for common MH disorders.
- ✓ Develop efficacy with responding to people presenting with MH disorders.
- ✓ Recognize common biases and understand the impact of their interactions when biases are present.



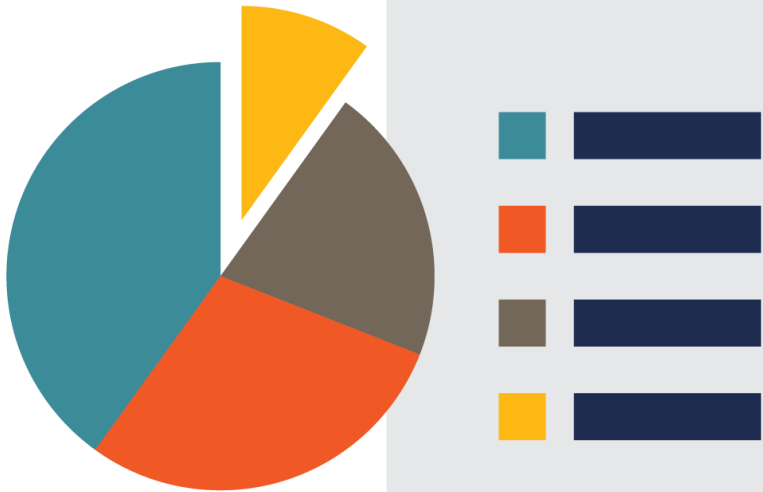
- Is diagnosable
- Impairs functioning
- Creates distress
- Difficult to regulate without intervention

Facts about Mental Illness (MI)

- Has nothing to do with intelligence, morality
- Can happen to anyone
- Not inherently dangerous
- Psychological condition
- Exists on a continuum – mild to severe (Any MI (AMI) to Severe MI (SMI))
- Different from psychopathy, sociopathy



POLL



What is the most common misconception you hear about mental health disorders?

- They should just get over it
- If they try hard enough, they won't struggle
- Taking a pill will fix it all
- Nothing is really wrong, it's all in their head

Mental Health Statistics

1 in 5

1 in 5 U.S. adults live with a mental illness

24.5%

AMI higher among females (24.5%) than males (16.3%).

29.4%

AMI higher among ages 18-25 (29.4%) than ages 26-49 (25.0%), 50 or older (14.1%)

2.5x

Native Americans 2.5x more likely to experience serious psychological distress

PTSD

Native Americans experience post traumatic stress disorder twice as often

2nd

Suicide is the 2nd leading cause of death for Native American youth (2.5x the national rate)

General Signs of Mental Illness



- Something off
- Flat or depressed affect
- Withdrawn
- Poverty of speech



- Pressured speech
- Darting looks
- Talking to self
- Panic
- Psychosomatic complaints



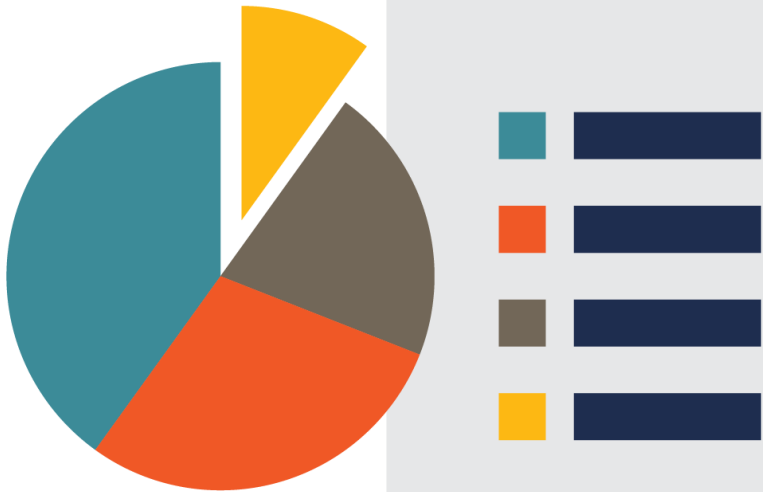
- Behavior changes
- Confusion
- Disoriented
- Poor hygiene
- Inappropriate attire



Broad Categories

- Thought disorders
- Mood disorders
- Anxiety disorders
- Personality disorders
- PTSD
- ADD/ADHD
- Eating disorders
- Dementia
- Impulse-related
- Substance-related

POLL



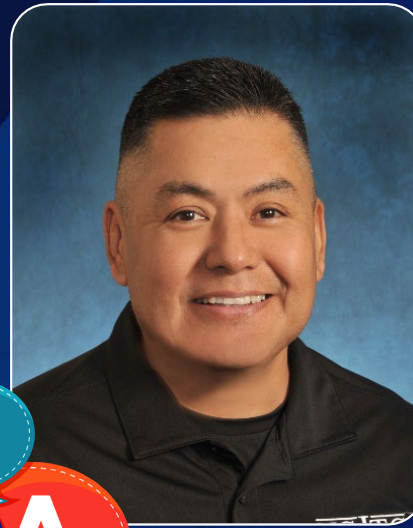
What Mental Health disorders do you most commonly see?

- Anxiety
- Depression
- Bipolar
- PTSD
- Psychosis

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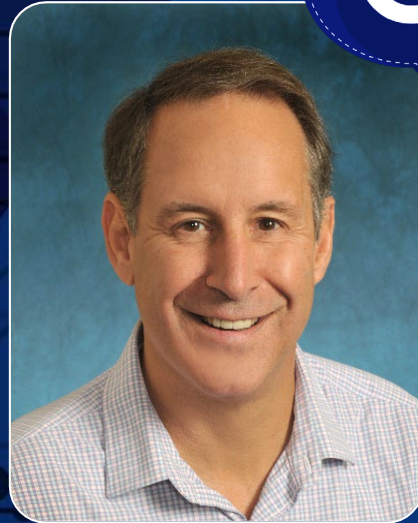
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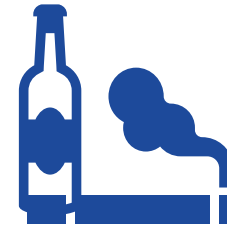
What is a Co-Occurring Disorder?

A person who has at least one mental health disorder and who also abuses drugs or alcohol.



Mental Health Disorder

- Bipolar
- Anxiety
- Depression
- PTSD
- Schizophrenia



Substance Abuse Problem

- Alcohol
- Opiates
- Marijuana
- Cocaine
- Meth

Who is Affected?

7.7 Million

Adults have co-occurring mental and substance use disorders. This doesn't mean that one caused the other and it can be difficult to determine which came first.

37.9%

Of the 20.3 million adults with substance use disorders also had mental illnesses.

18.2%

Of the 42.1 million adults with mental illness also had substance abuse.

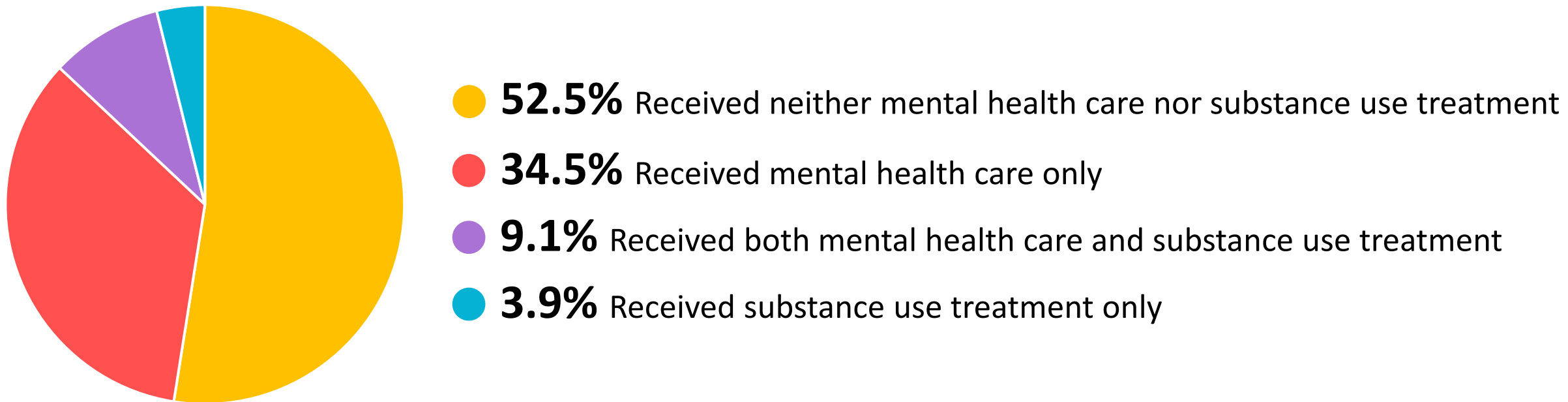


Source: Han, et al. *Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders*, 2017

Who Gets Treatment?

There are many effective treatments for both mental and substance use disorders. A comprehensive treatment approach will address both disorders at the same time.

Not everyone with co-occurring conditions gets the treatment they need.



Source: Han, et al. *Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders*, 2017

Complexities of Comorbidity (Co-occurring Disorders)

- Can exacerbate each other
- Difficult to tell which predates the other
- Both need to be attended to
- No wrong door
- Focus on recovery – quality of life
- Provide education and support for families
- Develop social/peer support



Start with You

- Awareness
- Don't panic!
- Keep the goal in mind
- Don't try and fix
- There is no self-destruct button
- Don't take things personally
- Keep it simple
- Be patient and consistent



Prioritize “How” not “What”

- Empathy
- Warmth
- Genuineness
- Project calm



- MI skills
- Safety, skills, support
- Focus on next steps
- Make a referral

Managing Crises

- What is a crisis?
- What requires your immediate action?
- Balancing empowerment and safety
- Knowing your resources
- Law enforcement perspective



Talking about Suicide

Step 1: Engage in the Conversation

- ✓ Share your concerns
- ✓ Ask the client

Step 2: Listen and Assess

- ✓ Convey that you're listening
- ✓ Don't argue or use guilt
- ✓ Don't promise not to tell anyone



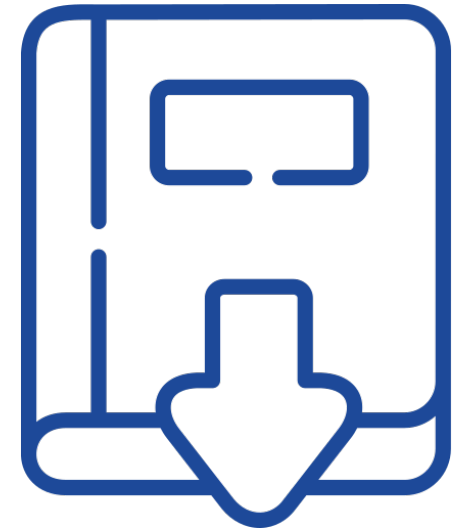
Talking about Suicide

Step 3: Develop a Plan

- ✓ Use a safety plan
- ✓ Provide crisis or hotline contact numbers
- ✓ Be clear about your limitations

Step 4: Document

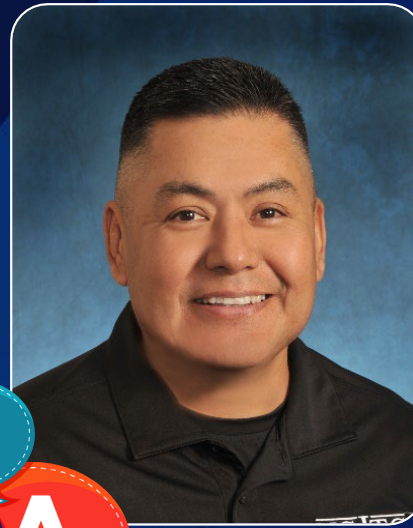
- ✓ Document your course of action



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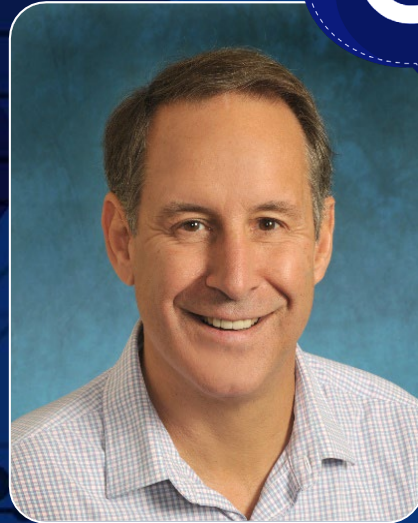
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Upcoming Training & Technical Assistance Opportunities

*Watch your inbox and visit
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to view upcoming webinars and live online
instructor-led trainings.*

Bureau of Justice Assistance's Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP) Resource Center



www.cossapresources.org

COSSAP Resources

Tailored Assistance — The COSSAP training and technical assistance (TTA) program offers a variety of learning opportunities and assistance to support local, tribal, and state organizations, stakeholders, and projects in building and sustaining multidisciplinary responses to the nation’s substance abuse crisis. ***You do not need to be a COSSAP grantee to request support.*** TTAs are provided in a variety of formats, including virtual and in-person training events, workshop and meeting presentations, and online resources. Request TTA to support your activities at <https://cossapresources.org/Program/TTA/Request>.

Funding Opportunities — Current COSSAP and complementary funding opportunities are shared at <https://www.cossapresources.org/Program/Applying>.

COSSAP Webinars — All COSSAP webinars are recorded and made available online at <https://www.cossapresources.org/Media>.

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