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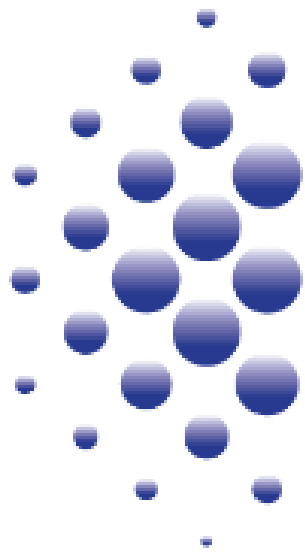
# ***Ask the Expert: Co-Occurring Disorders Simplified***

*July 15, 2021 | Presented by:*

**Dr. Anjali Nandi, PhD, MAC, LAC**



National Criminal Justice Training Center of Fox Valley Technical College



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



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Participants will be muted for the duration of the webinar.  
Submit your questions via 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.

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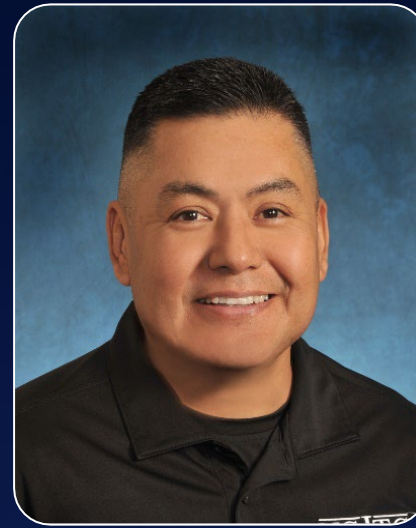
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- A certificate of attendance will be sent to attendees within 2 weeks.
- Please complete the brief evaluation at the conclusion of this webinar.



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# 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.





# Facts about Mental Illness (MI)

- Has nothing to do with intelligence, mora
- 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



# General Signs of Mental Illness



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- Withdrawn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

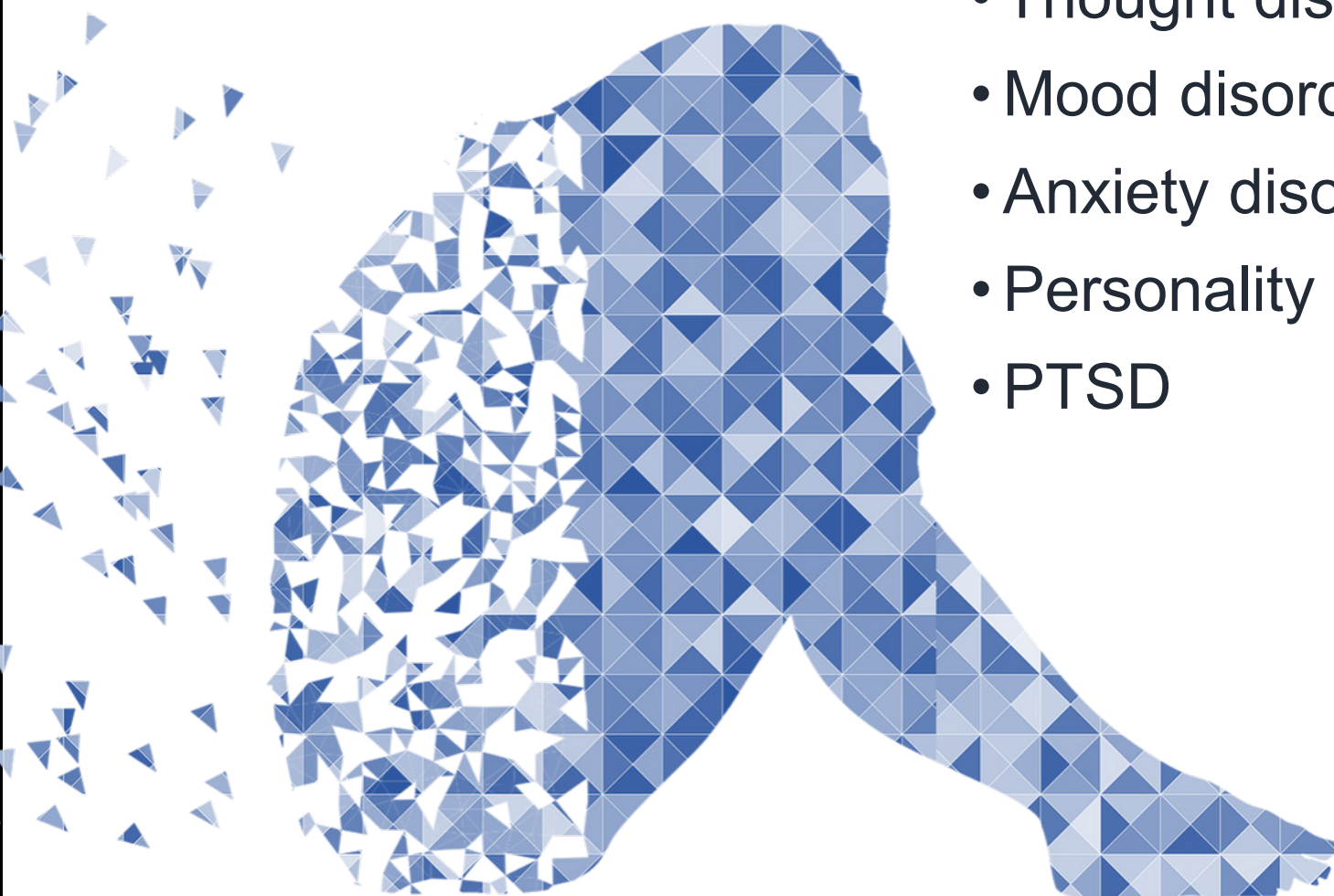


- Pressured speech
- Darting looks
- Talking to self
- Panic
- Psychosomatic complaints



- 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

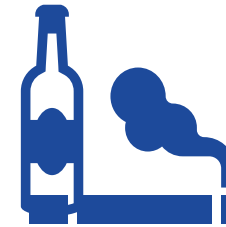
# What is a Co-Occurring Disorder?

*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



# 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





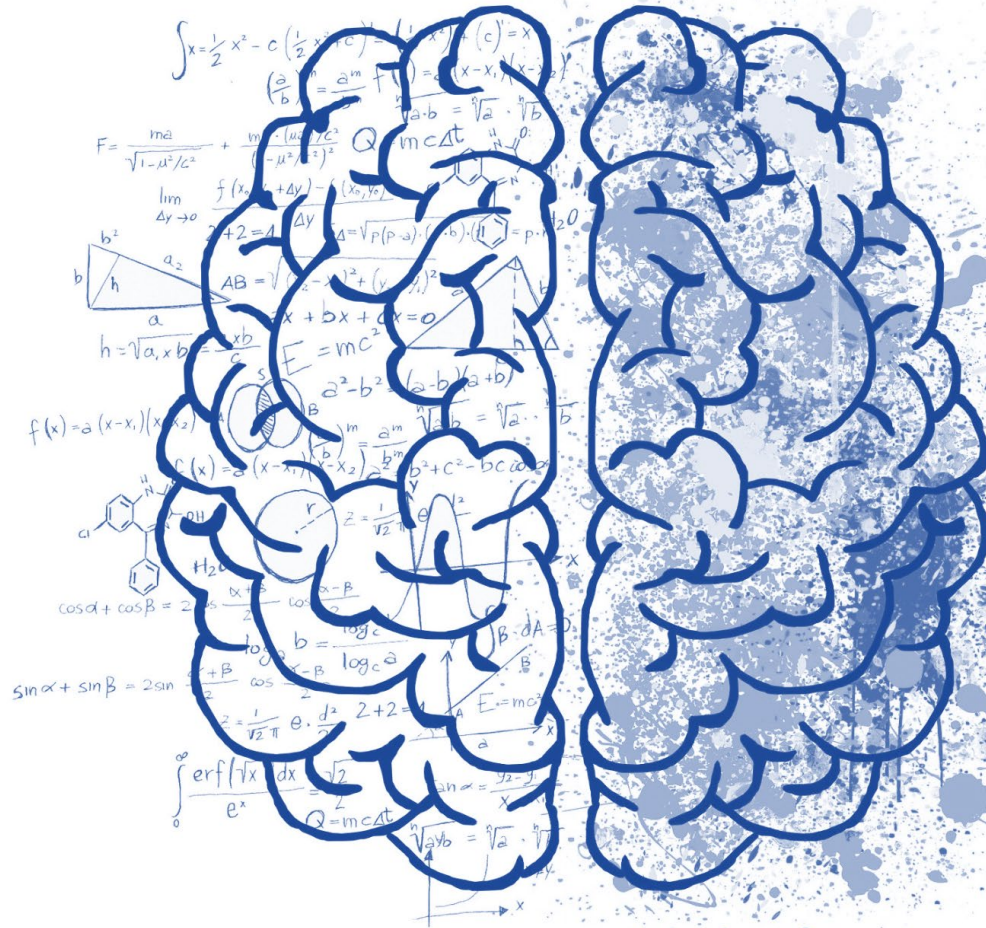
# Start with You

- 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

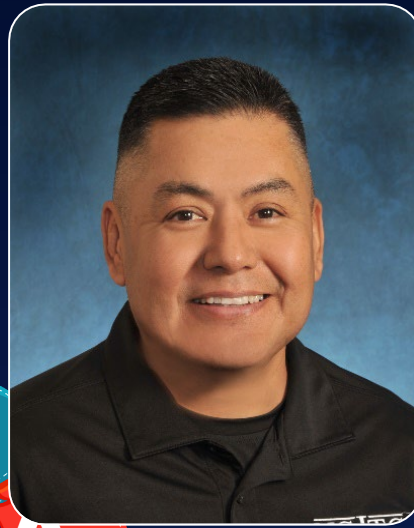


- MI skills
- Safety, skills, support
- Focus on next steps
- Make a referral

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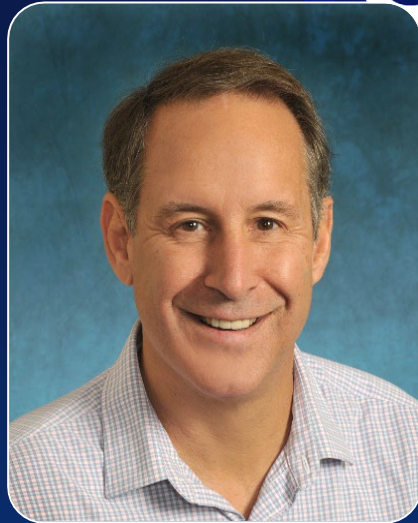
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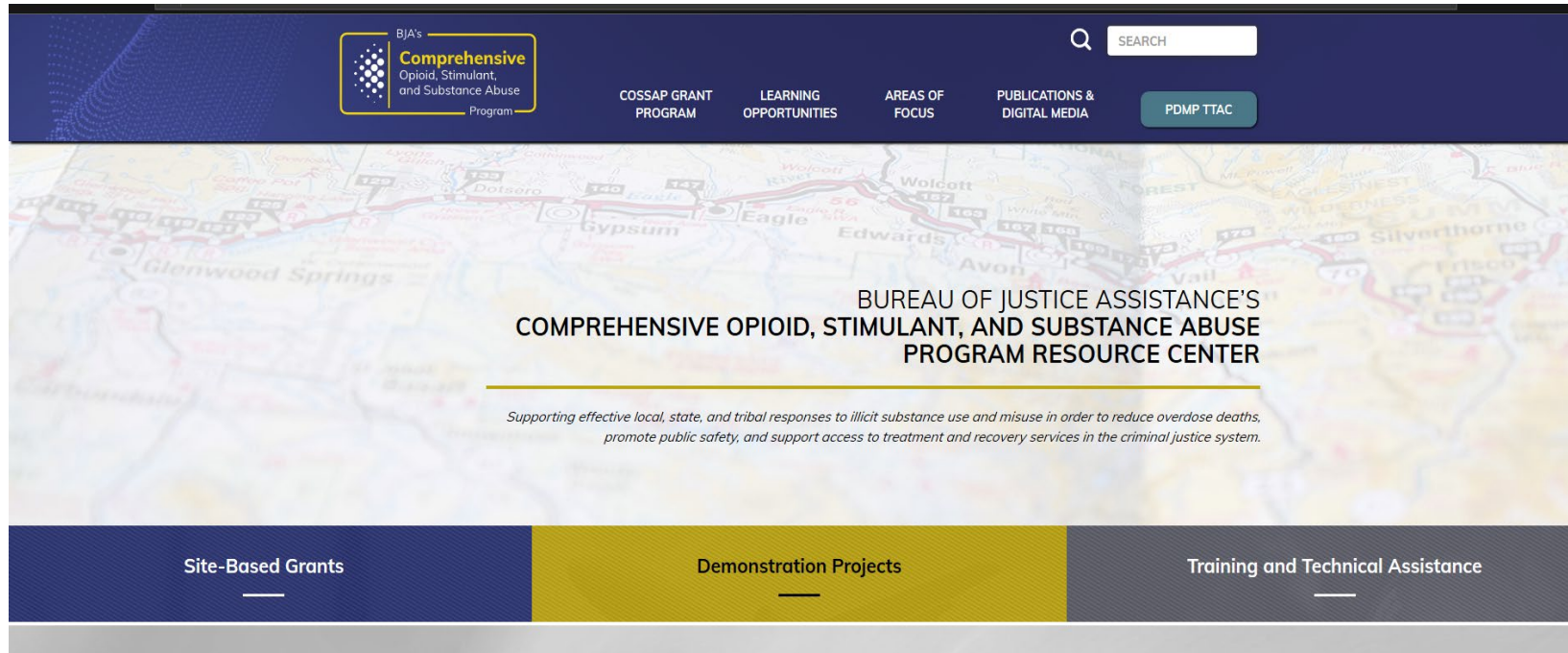
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# Upcoming Training & Technical Assistance Opportunities

*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](http://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>.

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**Join the COSSAP community!** Send a note to [COSSAP@iir.com](mailto:COSSAP@iir.com) with the subject line “Add Me” and include your contact information. We’ll be happy to ensure you receive the latest-and-greatest COSSAP opportunities, resources, and updates.



A background image showing a portion of a wooden desk. On the left, a silver laptop is open, showing a blank screen. To the right of the laptop is a wooden pencil holder containing several pens and pencils. A white sheet of paper lies on the desk in front of the laptop. The image is slightly blurred and has a soft, warm light effect.

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