



# COMMUNITY MENTAL HEALTH

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DATE: April 14, 2010

TO: MCCMH Executive Staff  
MCCMH Network Providers (Directly-Operated and Contracted)

FROM: John L. Kinch  
Executive Director

RE: **EXECUTIVE DIRECTIVE 3 / 2010**  
**Integrated Treatment for Persons with Co-Occurring Disorders**

It is the treatment philosophy of MCCMH that consumers with co-occurring mental health and substance use disorders be treated by both behavioral health and substance abuse providers in an integrated manner within the system of care. In accordance with this philosophy, it is expected that every network provider (directly-operated and contracted) within the MCCMH Behavioral Health and Substance Abuse service system will become proficient in providing treatment services to consumers who have co-occurring disorders and empowering them to move along the continuum of change toward recovery. Following are the Guiding Principles for integrated treatment for persons with co-occurring disorders. These Principles shall be applicable to provision of services by both Behavioral Health and Substance Abuse service provider staff across the entire MCCMH provider network.



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1. MCCMH will provide integrated treatment for individuals with co-occurring serious mental health and substance use disorders. Integrated treatment is delivered by one treatment team in one setting and assumes that when mental health and substance use disorders co-exist simultaneously, each is primary. In every clinical contact, MCCMH providers will welcome individuals with co-occurring mental health and substance use disorders by approaching and engaging them in an on-going treatment relationship that will facilitate overall recovery. MCCMH and its providers will incorporate integrated treatment of these co-

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- occurring disorders in system planning, program design, clinical procedure, and clinical competency.
2. MCCMH will implement treatment for individuals with these co-occurring disorders throughout all levels and modes of care within its behavioral health and substance abuse provider panels (including VDPS, ACT, Outpatient, Case Management, Home-Based Services, Detoxification Services, Intensive Outpatient and Residential Services.)
  3. All providers will be capable of initiating dual disorder interventions that engage individuals with co-occurring disorders in the recovery process using individual, group, and IDDT modalities and empowering movement based on commitment to change.
  4. Some providers at each level of care shall provide substance abuse treatment along with mental health services (enhanced co-occurring treatment capability). Enhanced co-occurring treatment capability includes but is not limited to the implementation of recognized programs such as Integrated Dual Diagnosis Treatment (IDDT).
  5. It is recognized that recovery from mental illness and substance use conditions occurs in stages. MCCMH providers will match treatment interventions to each individual's stage of recovery and his / her cultural background. Treatment providers must accommodate stages of recovery for both mental health and substance use conditions.
  6. MCCMH providers shall engage individuals in on-going relationships that continue across multiple treatment episodes and interruptions in care. These relationships shall instill hope for recovery from co-occurring disorders and shall be tailored to individuals' recovery processes.
  7. The goal of integrated dual disorder treatment is to reduce symptoms of both mental health and substance use disorders and improve individuals' functioning. This may include improvement in recovery management skills, increase in treatment participation, reduction in risk of harm, and other positive outcomes.

This Executive Directive is being sent electronically to all MCCMH providers. It is the responsibility of the receiving party to view this Directive, to disseminate the information to appropriate staff within your agency and to ensure staff compliance.

This Executive Directive may be accessed directly from the [MCCMH internet website](#) by holding the cursor over the "Documents" bar and clicking on "MCCMH Executive Directives."

JLK:lfm