



# Co-occurring Mental Health and Substance Use Disorders (COD): Facts and Figures

## Key Highlights:

### Where are COD Services Provided?

- 33 of the 36 Oregon counties report having providers that serve adolescent and adult clients with COD.
- 106 treatment providers serve adults.
- 69 treatment providers serve adolescents.

Type of Service	Number of Programs
Detoxification/sobering services	7
Outpatient chemical dependency	70
Intensive outpatient chemical dependency	46
Outpatient mental health services	63
Residential chemical dependency	15
Inpatient/residential mental health	16
Gambling	29
Peer-Delivered Recovery Support	13

*2008 COD Statewide Directory Survey Report*

- The lifetime prevalence of substance use problems in people with severe mental illness is between 40 and 60%.
- Of those people identified with COD, 49.2% receive no treatment.
- People with COD:
  - Are twenty times more likely to be hospitalized and use emergency services;
  - Show increased rates for homelessness- (women from 14.3% in 1990 to 36.7 % in 2000 and men from 23.2% to 32.2%);
  - Are highly vulnerable to housing instability; and
  - Die at an average age of 45.1 years compared to 76 for the general population.
  - 16 % of Oregon inmates serving time in jails and prisons have a co-occurring disorder, and are likely to be using substances when the crime was committed.

*Substance Abuse Treatment for Persons With Co-occurring Disorders Treatment Improvement Protocol 42 (TIP42)*

### Prevalence

Adjusted for Oregon adult population, it is estimated that **69,420** have both a serious psychological disturbance and an alcohol or substance abuse or dependency disorder.

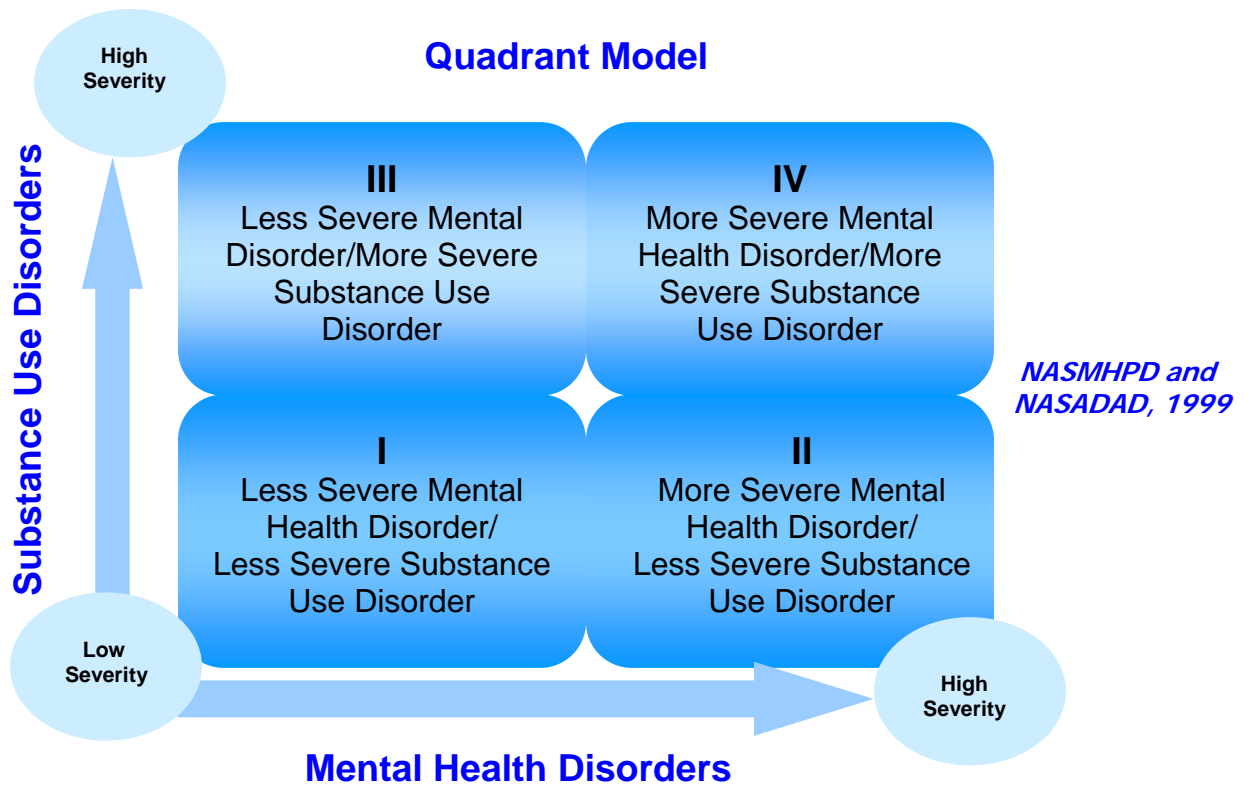
*Results from the 2007, National Survey on Drug Use and Health: National Findings*

**Need Help?** HelpLine: 800-923-HELP | YouthLine: 877-553-TEEN | LifeLine: 800-273-TALK or 800-SUICIDE

**Oregon Co-occurring Disorder Services Resource Directory**

[http://www.oregon.gov/DHS/addiction/docs/co-ocr-dis-dir\\_2008.pdf](http://www.oregon.gov/DHS/addiction/docs/co-ocr-dis-dir_2008.pdf)

## More information for Co-occurring Disorders



- Using the Quadrant Model provides a framework that classifies clients in four basic groups based on relative symptom severity.
- The State of Oregon uses the Quadrant Model to guide systems of care and level of service coordination.
- Services for COD need to be blended throughout **both** the mental health and substance use treatment services.

Effective Treatment Models for COD	Number of Programs Implementing
Assertive Community Treatment	19
Cognitive Behavioral Models	67
Illness Management & Recovery	27
Motivational Enhancement	213
Seeking Safety	28
Supportive Employment/Housing	49

*Oregon Evidence-Based Practices Inventory*  
<http://www.oregon.gov/DHS/mentalhealth/ebp/inventory-ap/main.shtml>

***“To Live Without Hope  
is to Cease to Live”***  
 F. Dostoyevsky  
**Recovery Supports**

**Dual Recovery Anonymous** <sup>TM</sup>  
<http://draonline.org/index.html>

***Dual Diagnosis Anonymous  
of Oregon, Inc.***  
<http://www.ddaoforegon.com/>

### Organizational Capacity Assessment and Implementation Tools

Dual Diagnosis Capability Assessment Tool (DDCAT)

<http://www.vaada.org.au/resources/items/2008/08/226803-upload-00001.pdf>

Integrated Dual Disorder Treatment (IDDT)

<http://mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/cooccurring/>