

For more information:  
If you are a Community Support Services (CSS) client and are interested in learning more about IDDT, please ask your case manager or ask to speak with the IDDT team leader.

# INTEGRATED DUAL DIAGNOSIS TREATMENT



— Integrated Dual Diagnosis Treatment —



## What is Integrated Dual Diagnosis Treatment?

Integrated Dual Diagnosis Treatment (IDDT) is a specialized form of treatment for individuals who have been diagnosed with two disorders: severe mental illness and a substance abuse disorder (alcohol or drug abuse or dependence). IDDT has been shown to work effectively for individuals with both disorders because it helps individuals make progress in their recovery from mental health and substance abuse problems at the same time.

### Dual Diagnosis is common

Individuals with mental illness are prone to develop problems with alcohol and drug use because they abuse the substances to cope with their emotional symptoms. According to a report published by the Journal of the American Medical Association:

- 53% of drug abusers also have a least one serious mental illness; and
- 37% of alcohol abusers have a least one serious mental illness.

Another important fact is that substance abuse often makes psychiatric symptoms worse and can decrease the effectiveness of medications.

The following psychiatric problems commonly occur along with alcohol or drug dependency:

- depressive disorders, such as depression and bipolar disorder;
- anxiety disorders, including generalized anxiety disorder, panic disorder, obsessive-compulsive disorder and phobias; and
- other psychiatric disorders, such as schizophrenia and personality disorders.

## What happens in IDDT?

IDDT is a supportive approach that uses the tools of case management, including help with housing, symptom management, financial stability and employment, while simultaneously helping the client understand and cope with substance abuse issues.

IDDT assists individuals with a focused approach on reducing the harm caused by the combination of untreated mental illness and substance abuse. The program is highly personalized and is designed to help the client at whatever stage of recovery the individual is in.

The Integrated Dual Diagnosis Treatment Program offers dual diagnosis groups as well as individual case management and specialized counseling. Individuals meet with groups to learn more about their symptoms and how to recover from substance abuse. Additionally, individuals can meet with therapists to help them identify what they believe would be most helpful in their recovery.

IDDT case managers can meet with individuals in their home in the community, or at the Center. Individuals in the IDDT program are supported and encouraged to gain more independence through personal development and accessing community programs and persons that are helpful in sustained recovery.

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