

## Co-Occurring Disorders Enhanced Programming

The program is designed to treat clients with a traumatic brain injury who are more symptomatic and/or functionally impaired as a result of their co-occurring psychiatric or substance use related disorder(s). Clients can be unstable or disabled to such a degree that specific substance abuse or psychiatric and mental health support, monitoring and accommodation are necessary in order for the individual to participate in their treatment.

Co-occurring disorders provide a complex interaction. Axis I and Axis II psychopathology may serve as a risk factor for addictive disorders and clients with a traumatic brain injury may be more vulnerable than others to the adverse effects of alcohol and other drugs. Addiction may serve as a risk factor for psychiatric illness and the use of drugs can precipitate an underlying psychiatric condition. Self-medication of psychiatric issues like depression may lead to addiction. Psychopathology may modify the course of an addictive disorder and psychiatric symptoms may develop in the course of chronic intoxications.

Clients are not so acute or impaired as to present a significant danger to self or others, nor do they require 24-hour psychiatric supervision or detoxification; but rather may evidence emotional, behavioral or cognitive symptoms that do not rise to the level of a diagnosed mental disorder or substance dependence, but which are sufficiently severe that the client needs concurrent addiction treatment and mental health interventions to stabilize both disorders while receiving the skills development and behavioral modification necessary for clients who are brain injured to gain increased independence .

Services are delivered by licensed mental health, brain injury and addiction treatment professionals. Therapists are cross-trained to provide close monitoring of clients who demonstrate instability in these areas. Clinicians may include any of a number of treatment modalities to address education, denial, self-destructive behaviors, self-medication including substance abuse, as well as the monitoring of identified psychiatric disorders. The goal is to help each client develop specific coping skills, facilitate the use of community resources and reach their goals, while offering support, encouragement and outreach to establish life skills directed towards independence.

Our medical director is a Board Certified Psychiatrist with experience treating clients with substance use disorders and traumatic brain injury sequelae and provides psychiatric evaluations and medication management. Clinical staff provides complete biopsychosocial assessments, individual treatment and groups specific to becoming mentally healthy as well as levels of addiction services as determined by stages of change. All services, for traumatic brain injury with co-occurring psychiatric and addiction related issues are integrated into the client's treatment plan and addressed concomitantly.