Understanding Co-Occurring Disorders:
Piecing the Puzzle Together

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Center for Substance Abuse Treatment
National Advisory Council Meeting
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A. Epidemiology
B. Treatment
C. Homelessness
D. What the field wants to know
E. CHAB Initiatives
F. Operationalize Vision/Model
G. SAMHSA relevant Co-Occurring Programs
The Faces of Co-Occurring…
Understanding Co-occurring Disorders

• 20% of those with any substance use disorder have at least one mood disorder; 18% have at least one anxiety disorder.¹

• 29% of individuals with a current alcohol use disorder and 48% of those with a drug use disorder have at least one personality disorder.¹

• 1/2 to 3/4 of incarcerated youth suffer from a mental health disorder; more than half have substance use problems.²

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1. 2001-02 NESARC data
Understanding Co-occurring Disorders

• 4.2 million adults (18+ y.o.) have a serious mental illness (SMI) and a substance use disorder.¹

• Illicit drug use is more than twice as high among persons with a SMI than without (27% to 12.5%).¹

¹. 2003 NSDUH data
The health conditions most consistently associated with suicide are mental illness, substance use disorders and alcohol use disorders affecting up to 90% of all people who die by suicide.
Treatment

• 49% of persons with co-occurring SMI and substance use disorders received no past-year treatment for either disorder; only 7.5% received treatment for both disorders.¹
• 40.7% of individuals who sought treatment for alcohol had at least one mood disorder, and 33% had at least one anxiety disorder.²

¹2003 NSDUH data
²2001-02 NESARC data
Treatment

• 80%+ of persons with co-occurring disorders do not perceive a need for treatment.¹
• 43% of youth in mental health treatment have a co-occurring substance use disorder.²
• 41–71% of women in substance abuse treatment report sexual abuse as children or adults.²

1. 2003 NSDUH data
2. Blueprint for Change. CMHS, SAMHSA, 2003
Homelessness

• Up to 50% of homeless adults have co-occurring mental illnesses and substance use disorders.¹,²
• Nearly 1/4 of homeless substance abuse treatment admissions had co-occurring disorders in 2000.³
• Among homeless veterans, 1/3 to 1/2 have co-occurring mental illnesses and substance use disorders.¹
• Among detainees with mental illnesses, 72% also have co-occurring substance use disorder.¹

¹Blueprint for Change. CMHS, SAMHSA, 2003
²National Resource Center on Homelessness and Mental Illness
³The DASIS Report: Characteristics of Homeless Admissions to Substance Abuse Treatment, 2000. Drug and Alcohol Services Information System (DASIS), SAMHSA, OAS.
The field wants to know. . .

- What are the best screening/assessment approaches?
- What are the Evidence Based Practices for CODs?
- How do we pay for services (funding mechanisms)?
- How do we develop the workforce?
SAMHSA’S VISION FOR CO-OCCURRING DISORDERS

Provide leadership and direction in defining and transferring the latest evidence-based practices/systems, services, & infrastructure to all levels of the co-occurring disorders service system.
CHAB’s MISSION

— to support SAMHSA’s Vision and Mission by:

• Improving the quantity and quality of treatment services for persons with co-occurring substance abuse and mental disorders and for persons with co-occurring disorders who are homeless or at-risk for homelessness

• Serving as a resource within SAMHSA for state of the art treatment interventions/approaches and science-based evidence for co-occurring and homeless issues

• Collaborating with CMHS and CSAP to forge a SAMHSA wide effort to address co-occurring disorders
CHAB’s MISSION

• Providing policy and planning associated with substance abuse services to rural and migrant populations

• Funding contracts and grant programs

• Conducting information dissemination
CHAB Co-Occurring Initiatives

1. Co-occurring State Incentive Grant (COSIG)
2. Co-occurring TCE
3. Quadrant Validation & Screening Instrument
4. Quadrant Operationalization
5. Homeless Initiatives
Operationalizing SAMHSA’s Vision:

SAMHSA’S CO-OCCURRING CENTER FOR EXCELLENCE (COCE)

www.coce.samhsa.gov
Co-occurring State Incentive Grants (COSIG)—CSAT/CMHS

• Supports grantees in systems change and infrastructure development

• Supports grantees in overcoming service delivery barriers such as:
  – Standardizing screening and assessment tools
  – Developing complementary licensure and credentialing requirements
Co-occurring State Incentive Grants (COSIG)—CSAT/CMHS

- Enhancing service coordination, networks and linkages to support quality care
- Improving financial incentives for integrated care
- Information sharing among stakeholders
- 11 grantees (with 4 new grantees managed by CMHS to be awarded in FY05)
Quadrant Model

Service coordination by Severity

Level of Care Quadrants

- **Category I**
  - Mental disorders less severe
  - Substance abuse disorders
  - Locus of care: Primary health care settings

- **Category II**
  - Mental disorders less severe
  - Substance abuse disorders
  - Locus of care: Mental health system

- **Category III**
  - Mental disorders less severe
  - Substance abuse disorders
  - Locus of care: State hospitals, jails/prisons, emergency rooms, etc.

- **Category IV**
  - Mental disorders more severe
  - Substance abuse disorders
  - Locus of care: State hospitals, jails/prisons, emergency rooms, etc.
Operationalizing the Quadrant

- Although the quadrant model is a valuable conceptual tool, the population systems and service are presented only in general terms.

- CHAB undertaking project to:
  - Develop precise, clinically useful descriptions of each quadrant, clinical and diagnostic characteristics of each quadrant, epidemiology, and service systems and coordination necessary for optimal outcomes;
  - Identify appropriate clinical interventions for each group, and gaps in the evidence base;
  - Consider how services are funded in each quadrant and identify funding opportunities and barriers.
Quadrant Validation & Screening Instrument

- Contract managed by Rick Ries, M.D., University of Washington
- Using large existing data set of persons receiving a systematic assessment of substance use and mental disorders
  - Test assumptions of the “4-Quadrant Model” of co-occurring disorders
  - Develop clinical screening instrument
Co-Occurring Policy Academy

Objective: Develop a State Action Plan to Enhance the Provision of Services to Individuals with both Substance Abuse and Mental Health Disorders
Co-Occurring Policy Academy

• **Baltimore**, April 2004
  - Connecticut, Missouri, Alabama, Hawaii, Michigan, South Dakota, Maine, Arizona, Louisiana, North Carolina

• **Washington DC**, January 2005
  - Georgia, New Mexico, California, Virginia, Iowa, Illinois, Oklahoma, Texas, Washington

• **Philadelphia**, September 2005
  - Utah, New York, Delaware, Kansas, Rhode Island, Maryland, Montana, Vermont, Ohio, Indiana

• Potential: National Summit on Co-Occurring Disorders for American-Indian/Alaskan Native Populations
The COCE Mission

• Receive and transmit advances
• Guide enhancements in infrastructure and clinical capacities
• Foster the infusion and adoption of evidence and consensus-based practices
COCE Core Products and Services

- Overview papers, technical reports, and other products
- TA and training
- The COCE Web site
- Meetings and conferences
- Pilot evaluation of the Performance Partnership Grant (PPG) measure
The Co-Occurring Center for Excellence (COCE), launched by The Substance Abuse and Mental Health Services Administration (SAMHSA) in September 2003, is the first national resource for the field of co-occurring mental health and substance use disorders (COD).

Site Map | Contact Us | FAQ | News | Email this page
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<table>
<thead>
<tr>
<th>Priority Content Area</th>
<th>Overview Papers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Definitions, Principles, and Epidemiology</td>
<td>Definitions, Terminology, and Nosology</td>
</tr>
<tr>
<td></td>
<td>Overarching Principles</td>
</tr>
<tr>
<td></td>
<td>Epidemiology of Co-Occurring Disorders</td>
</tr>
<tr>
<td>Screening, Assessment, Treatment Planning, and</td>
<td>Screening, Assessment, and Treatment Planning</td>
</tr>
<tr>
<td>Treatment Services</td>
<td>Treatment: Vol 1: Treatment Techniques</td>
</tr>
<tr>
<td></td>
<td>Treatment: Vol 2: Evidence- and Consensus- Based Practices</td>
</tr>
<tr>
<td></td>
<td>Treatment: Vol 3: Special Settings</td>
</tr>
<tr>
<td></td>
<td>Treatment: Vol 4: Special Populations</td>
</tr>
<tr>
<td>Workforce Issues</td>
<td>Workforce Development and Training</td>
</tr>
<tr>
<td></td>
<td>Certification and Licensure</td>
</tr>
<tr>
<td>Systems Issues</td>
<td>Financing Mechanisms</td>
</tr>
<tr>
<td></td>
<td>Systems Integration</td>
</tr>
<tr>
<td></td>
<td>Services Integration</td>
</tr>
<tr>
<td>Prevention and Early Intervention</td>
<td>Prevention</td>
</tr>
<tr>
<td>Evaluation and Monitoring</td>
<td>Evaluation and Monitoring</td>
</tr>
<tr>
<td></td>
<td>Information Sharing</td>
</tr>
</tbody>
</table>
COCE Steering Council Membership

- AAAP
- NAADAC
- NASADAD
- NASMHPD
- NMHA
- SAAS
- ATTC
- CAPT
- Research Community
- Primary Care
- Consumer/Survivor/Recovery Community

- Homeless Community
- Juvenile Justice
- Tribal/Rural
- Trauma/Violence

- Ex-Officio Members
  - NIAAA
  - NIDA
  - HRSA
  - NIMH
Division of State and Community Assistance: Collaboration to Achieve the Vision
Substance Abuse Prevention and Treatment Block Grant

- State Strategic Plans (Policy Academies)
- Treatment Improvement Exchange
- State Systems Development Programs
- Technical Assistance
- Workshops
  - Bi-annual Meeting
- Special Populations:
  - Rural and Frontier
  - Trauma
  - Women and Families
  - HIV
  - Native American / Alaskan Native
National Registry of Effective Programs and Practices (NREPP)

• Resource for identifying and disseminating evidence based practices and programs to the field
• Initiated in 1998 by CSAP; CMHS and CSAT initiated reviews in FY 2003
• Integral part of the SAMHSA Science to Service Dissemination System
Scientific Review

- Reviewers - NIH peer review experience
- Independent review - 3 reviewers per application
- Conflict of interest guidelines
- Reviewer confidentiality maintained
- 18 evaluative criteria to determine overall effectiveness ratings
- Review consensus conferences/discussions
- Narrative statements that support effectiveness ratings
Systems –Level Approaches

Systems of care for people with co-occurring disorder must be:

• Comprehensive and appear seamless to the client

• Involve multiple systems:
  - Substance abuse
  - Mental Health
  - Primary Care
  - Criminal Justice
  - Social Service
  - Child Welfare

SAMHSA Report To Congress 2002
Key Precepts of Systems Integration

- Successful systems integration can occur only when a comparable emphasis is placed on integrated services.
- Systems integration does not necessarily require the creation of new services or agencies, nor does it require that existing agencies or services be combined.
- Systems Integration can be measured by both system-level and client level outcomes.
- Systems integration is about improving people’s lives.

SAMHSA Report To Congress 2002
Sustaining the Momentum

How do we sustain the momentum?

• Continued Collaboration within SAMHSA, i.e., CMHS, CSAP, and the Office of the Administrator within the SAMHSA Co-Occurring Disorder Work Group

• Working with State Authorities, County Authorities, Tribal Authorities, NASADAD, NASMHPD, and NACBHD

• Working with Provider Associations, Client/Consumer Advocacy Groups, Professional Associations, and Academia
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