



Co-Occurring Disorders: Integrated Assessment and Treatment of Substance Use and Mental Disorders

Charles Atkins MD

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Despite an increased awareness of co-occurring disorders, most current treatment paradigms still focus on one problem or the other, leaving much unassessed, unaddressed, or ignored. Until now—and a revolutionary new book from Dr. Charles Atkins that can break the cycles of relapse for those intertwined with substance use and mental illness.

Co-Occurring Disorders is a guide to practical assessment and effective treatment approaches for working with any number of co-occurring disorders. This step-by-step approach, demonstrated through diverse case studies, gives you the tools you need to improve and track your clinical outcomes. This is a must-have resource for both the rubber-meets-the-road clinician, who wants effective strategies and a clear direction for treatment and recovery, and the administrator who creates interventions at the system level with attention to regulatory and reimbursement demands. Also included is a comprehensive state-by-state Guide to Mental Health and Substance Abuse Agencies and Prescription Monitoring Programs. Evidence-Based Integrated Treatment, finding the right tool for the job:

- *Motivational Interviewing
- *Cognitive-Behavioral Therapy and Strategies
- *Skills Training
- *Mindfulness Training
- *Mutual Self-Help & Peer-Based interventions
- *Wellness interventions
- *Recovery based
- *Family interventions
- *Assertive Community Treatment and Targeted Case Management
- *Psychopharmacology including opioid and nicotine replacement strategies

Diagnosis-Specific Issues in Co-Occurring Disorders:

- *ADHD
- *Depression and Bipolar Disorders
- *Anxiety and PTSD

*Schizophrenia and other Psychotic Disorders

*Personality Disorders

Substance-Specific Issues in Co-Occurring Disorders:

*Alcohol

*Opioids

*Tobacco

*Cocaine and other Stimulants, including Bath Salts

*Cannabis & Synthetic Cannabis

*The Internet and other sources of Drugs

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