

Resources for Consumers with Co-Occurring Conditions

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Trauma

Dealing with the Effects of Trauma

Discusses action steps for people in recovery and barriers to healing, focuses on self-empowerment. Printable and free.

<http://mentalhealth.samhsa.gov/publications/allpubs/SMA-3717/default.asp> (html version)

Tips for Talking About Traumatic Events

Has sections for parents, teachers, and emergency/disaster response workers. Some in html, some in pdf. Printable and free.

<http://mentalhealth.samhsa.gov/cmhs/TraumaticEvents/tips.asp>

Nothing Wrong: Self care for those who have been abused or abuse substances

20-page booklet from Australia for people who have experienced trauma and abuse drugs (discusses drug use under self care). Printable and free

<http://www.buoyancy.org.au/pages/SelfCare.pdf> (pdf version)

Parenting Issues for Women with Co-Occurring Mental Health and Substance Abuse Disorders Who Have Histories of Trauma (also under Domestic Violence and Women section)

Handout that discusses optimizing treatment, parenting roles, and strengths. Various parts of this handout could be selected for consumer distribution
Printable and free.

<http://www.prainc.com/wcdvs/pdfs/Fact%20Sheets/Other%20Fact%20Sheets/Parenting%20Fact%20Sheet%20Final.pdf>

Family

Kit for Parents

This 14-page booklet offers facts about alcoholism, how parents can support their children and get help for themselves and their spouses. \$5.50

<http://www.nacoa.net/prods.htm>

Tips for Talking About Traumatic Events

Has sections for parents, teachers, and emergency/disaster response workers. Some in html, some in pdf. Printable and free.

<http://mentalhealth.samhsa.gov/cmhs/TraumaticEvents/tips.asp>

Kit for Kids

Written specifically for children and youth, this 8-page booklet includes factual information about alcoholism and strategies to cope for children of alcohol or other drug addicted families. \$1.00

<http://www.nacoa.net/prods.htm>

A Family Guide: Alcohol, Inhalants, Tobacco, Other Drugs, and Pre-Teens

A 20-page educational resource guide for parents and families to protect children from alcohol, tobacco, inhalant, and other drug use when they become teens. Price depends on quantity ordered.

<http://www.nacoa.net/prods.htm>

A Family Guide: Alcohol, Tobacco, Other Drugs and Teenagers

A 32-page educational resource guide for parents and families help inform teens about the dangers of alcohol and drugs. Price depends on quantity ordered.

<http://www.nacoa.net/prods.htm>

Helping Children Cope with Fear and Anxiety

<http://mentalhealth.samhsa.gov/publications/allpubs/Ca-0022/default.asp> (html version)

<http://download.ncadi.samhsa.gov/ken/pdf/Ca-0022/FearandAnxiety5-02.pdf> (pdf version)

Psychoeducation: Information for Consumers

http://download.ncadi.samhsa.gov/ken/pdf/toolkits/family/04.FamPsy_InfoCons.pdf (pdf version)

Talks about what psychoeducation looks like, how to implement it within the family, and expectations and results. Printable free handout.

A Family Guide to Youth Co-occurring

<http://www.family.samhsa.gov/>

Interactive website aimed at children and adults to build a stronger connection and provide a conduit to talk about substance use and mental health conditions. Also have a printable, free handout for the family members involved:

(http://download.ncadi.samhsa.gov/ken/pdf/toolkits/family/05.FamPsy_FamSup.pdf) (pdf file)

Blamed and Ashamed: The Treatment Experiences of Youth With Co-occurring Substance Abuse and Mental Health Disorders and Their Families

Has action steps for providers, families, and youth before the report.

<http://mentalhealth.samhsa.gov/publications/allpubs/KEN02-0129/default.asp>

The Centre for Addiction and Mental Health (<http://www.camh.net>) has developed two co-occurring family guides- one for families which can be downloaded free or print copy purchased for \$14.95 (Canadian). TO purchase the guide, go to publications@camh.net.

Moving Beyond Stigma: Information for Families of People who have Co-occurring Mental Health and Substance Use Problems

Brochure developed in Canada that focuses on stigma and feeling validation. Free and printable.

http://madnessandarts.com/About_Addiction_Mental_Health/Concurrent_Disorders/cd_family_stigma_brochure.pdf (pdf version)

Adolescents

Blamed and Ashamed: The Treatment Experiences of Youth With Co-occurring Substance Abuse and Mental Health Disorders and Their Families

(see description in “Family” section)

<http://mentalhealth.samhsa.gov/publications/allpubs/KEN02-0129/default.asp>

NAMI Indiana

Dual Diagnosis: Adolescents with Co-occurring Brain Disorders & Substance Abuse Disorders

Handout for family members with adolescents, not necessarily for adolescents. Printable and free.

http://www.nami.org/Content/Microsites138/NAMI_Fort_Wayne_Indiana/Home128/Resource_Manual_for_Educators/Substance_Abuse_Co-occurring.pdf

Co-Occurring and Youth

Primarily aimed at professionals, but could be adapted for distribution. Gives signs of substance use, focuses primarily on depression. Printable in html and free.

<http://www.mentalhealthamerica.net/index.cfm?objectid=C7DF9472-1372-4D20-C8B4204053F7CD4D>

Domestic Violence & Women

Seeking Safety

Features a workbook for women with addiction and other conditions (\$20 each)

http://www.seekingsafety.org/3-03-06/store.html#A_Womans_Addiction_Workbook

Parenting Issues for Women with Co-Occurring Mental Health and Substance Abuse Disorders Who Have Histories of Trauma

Handout that discusses optimizing treatment, parenting roles, and strengths. Various parts of this handout could be selected for consumer distribution

Printable and free.

<http://www.prainc.com/wcdvs/pdfs/Fact%20Sheets/Other%20Fact%20Sheets/Parenting%20Fact%20Sheet%20Final.pdf>

Wisdom of Women: Peer Support for Women with Co-Occurring Disorders and Histories of Trauma

Newsletter. Printable and free

<http://www.prainc.com/wcdvs/pdfs/Fact%20Sheets/Innovations%20Fact%20Sheets/FL%20Innovations%20from%20the%20Sites%20Final.pdf>

Health & Medication

Methadone and Mental Functioning

Discusses the possible effects methadone may have on a person's brain. Printable and free.
http://www.atforum.com/SiteRoot/pages/patient_brochures/pdf/english/Methadone_and_Mental_Functioning.pdf (pdf version)

Mending Mental Health During Methadone Maintenance Treatment

Handout that discusses the commonality of mental health and substance use conditions. Discusses side effects, medicines that help, psychotherapy, and recovery. Printable and free.

http://www.atforum.com/SiteRoot/pages/patient_brochures/pdf/english/Mending_Mental_Health_During_MMT.pdf (pdf version)

The Dangers of Substance Abuse During Methadone Maintenance Treatment

Details how alcohol and other substances hinders recovery through methadone and mental functioning. Printable and free.

http://www.atforum.com/SiteRoot/pages/patient_brochures/pdf/english/The_dangers_of_substance_abuse_during_MMT.pdf (pdf version)

Facts about Methadone

4 page handout about the common questions regarding methadone. Isn't co-occurring specific. Printable and free.

<http://www.recoveryroadmap.com/DrugInfo/FA-Methadone.pdf> (pdf version)

What Every Individual Needs to Know About Methadone Maintenance Treatment

In depth brochure about methadone covering treatment, side effects, recovery, and living with methadone. Printable and free.

<http://csat.samhsa.gov/publications/PDFs/brochure.pdf> (pdf version)

Methadone Interactions with Other Drugs

Discusses the potential effects of mixing methadone with over the counter, herbal, vitamins and pain medications. Printable and free.

http://www.atforum.com/SiteRoot/pages/patient_brochures/pdf/english/Methadone_Interactions_with_other_drugs.pdf (pdf version)

Mostly focused on mental health, but gives a good summary of category and medication that is prescribed for conditions.

http://www.athealth.com/Consumer/mcabinet/m_mentalillness.html

Medication Management Approaches in Psychiatry: Information for Families and Other Supporters

7 page handout that discusses common questions regarding medication (also for families of consumers). Printable and free.

<http://www.nebhands.nebraska.edu/files/MedicationManagementfamilies.pdf> (pdf version)

Your Role in Safe Medication Use

Brochure discussing safe medication use (not specific to co-occurring). Printable and free.
<http://www.macoalition.org/documents/ConsumerGuide.pdf> (pdf version)

Dual Recovery Anonymous

Provides perspective on recovery and medication through the AA/NA philosophy

<http://www.draonline.org/medications.html>

And accepting differences

http://www.draonline.org/accept_diffs.html

Medication Assisted Treatment for the 21st Century: Community Education Kit

This tool addresses key questions related to new and existing opioid dependence medications and the new roles for opioid dependence service delivery systems. The materials can be used by local alcohol and drug treatment providers to broaden the knowledge base about methadone and other medication-related options for the treatment of opioid dependence. (Free, but no printable version)

<https://ncadistore.samhsa.gov/catalogRM/ProductDetails2007.aspx?ProductID=16536>

Veterans

Resources for Returning Veterans and Their Families Finding Mental Health, Trauma and Substance Abuse Services

Discusses resources both for veterans and families, where to find services, and other info (statistics, etc.)

<http://www.nami.org/template.cfm?template=/ContentManagement/ContentDisplay.cfm&ContentID=46632&Istid=275>

General

Hazelden

Breaks out co-occurring by type of mental condition, costs under \$10 per pamphlet (approx. 50 pages). Many different types of printed resources.

<http://www.hazelden.org/itemquest/search.view?srch=Y&md=Books%2C+Pamphlets%2C+etc.&au=&pr=&tp=&kw=co-occurring&sortMode=>

Drug Abuse and Mental Illness: Fast Facts

Somewhat lengthy brochure developed by the National Drug Intelligence Center.

<http://www.usdoj.gov/ndic/pubs7/7343/7343p.pdf> (pdf version)

Friends Connection—Developing Personal Goal Plans and the Recording Process

Personal Goal Plans are documents in which articulates the goals of the consumer, that lists specific steps the consumer and the peer counselor will take so that the stated goals can be reached, identifies person(s) responsible for each step, and sets the target date for

completion and review. The development of the personal goal plan should include the participation of not only the consumer (to the best of their ability), but of other service providers (of the consumer's choice) involved in the consumer's treatment.

http://www.mhasp.org/friends/help/goal_plan.html

Concurrent Substance Use and Mental Health Disorders: An Information Guide

Gives an overview about co-occurring, recovery, treatment, and causes. Also has section for families and children. Printable and free.

http://www.camh.net/About_Addiction_Mental_Health/Concurrent_Disorders/Concurrent_Disorders_Information_Guide/index.html

What's Grog/Pot/Speed/Smack Got to do with it

Two page handout discussing co-occurring and other various combinations. Printable and free.

<http://www.swsahs.nsw.gov.au/areaser/Midas/Grog.pdf>

<http://www.swsahs.nsw.gov.au/areaser/Midas/Pot.pdf>

<http://www.swsahs.nsw.gov.au/areaser/Midas/Speed.pdf>

<http://www.swsahs.nsw.gov.au/areaser/Midas/Smack.pdf>

Alcohol and Mental Health Fact Sheet

Discusses how alcohol and mental health interact, ways in which alcohol makes mental health conditions worse, and links between alcohol dependence and other mental conditions.

Printable and free.

http://www.therightmix.gov.au/fs_mental.asp (html version)

<http://www.therightmix.gov.au/pdfs/MentalHealth.pdf> (pdf version)

Also:

http://www.dualdiagnosis.org.au/home/index.php?option=com_docman&task=doc_download&gid=8&Itemid=27 (pdf version)

Dual Diagnosis of Australia and New Zealand Downloads

Includes a list of downloadable documents according to a specific type of drug and mental health. Printable and free.

http://www.dualdiagnosis.org.au/home/index.php?option=com_docman&task=cat_view&gid=15&Itemid=27

Co-Occurring Disorder: Integrated Dual Disorders Treatment: Information for Consumers

Handout for consumers about co-occurring recovery and what integrated treatment is. Also gives action steps for people who have co-occurring conditions. Printable free handout.

http://download.ncadi.samhsa.gov/ken/pdf/toolkits/cooccurring/IDDTCConsInfoAJ1_04.pdf (pdf version)

No-fault Illnesses by Dual Recovery Anonymous

Anti-stigma in nature, discusses how mental health and substance use conditions are inherently biological conditions. Printable and free.

http://draonline.org/no_fault.html

Dual Diagnosis: Information and Treatment for Co-occurring Disorders

Basic Information in HTML format. Printable and free.

http://www.helpguide.org/mental/dual_diagnosis.htm

Missouri Department of Mental Health, Division of Alcohol and Drug Abuse Programs

Brief co-occurring fact sheet, also has info for providers. Also has paragraph involving other family members and friends with treatment and recovery. Printable and free.

<http://www.dmh.mo.gov/ada/facts/cooccur.htm> (html version)

<http://www.dmh.mo.gov/ada/facts/cooccur.pdf> (pdf version)

Overcoming Substance Use and Mental Disorders: A Guide to Recovery From Co-Occurring Disorders (from the State of Connecticut)

A one page general fact sheet developed by the State of Connecticut. Printable and free.

<http://www.ctclearinghouse.org/topics/customer-files/Overcoming-Substance-Use-And-Mental-Disordes-A-Guide-To-Recovery-From-Co-occurring-Disorders031207.pdf> (pdf version)

<http://www.ctclearinghouse.org/Topics/topicView.asp?TopicID=128> (different, but similar info, html version)

(Note that there are other versions similar to this, such as a pdf version, which is typically out of stock from SAMHSA: <http://ublib.buffalo.edu/libraries/e-resources/ebooks/images/efc8631.pdf>)

Dual Diagnosis and Recovery (from the Depression and Bipolar Support Alliance)

Discusses definition of co-occurring and self-medication; symptoms of depression, mania; treatment; and medication. 25 cents per brochure (also has Spanish version).

http://www.dbsalliance.org/site/Ecommerce/1763908273?VIEW_PRODUCT=true&product_id=1021&store_id=1121

Anxiety Disorders and Alcohol Abuse

Discusses specific anxiety conditions and treatments. Printable in html and free.

[http://www.adaa.org/GettingHelp/MFarchives/MonthlyFeatures\(March07\).asp](http://www.adaa.org/GettingHelp/MFarchives/MonthlyFeatures(March07).asp)

Other

Problem Gambling: Common Co-Occurring Disorders & Addictions

Highlights problem gambling and it's relation to co-occurring conditions. Printable and free.

<http://www.ccp.org/brochures/disordersaddictions-F.pdf> (pdf version)

Stress and Drug Abuse

Postcard created by NIDA. Free, but not online.

http://ncadistore.samhsa.gov/CatalogNIDA/Pub_Details.aspx?ItemID=16400

Smoking and Mental Health

Discusses how smoking effects the brain, effects of stress, and various mental health conditions.

Developed in the UK. Printable and free.

http://newash.org.uk/files/documents/ASH_120.pdf