

## CO-OCCURRING DISORDERS SERIES TRAINING

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### COURSE DESCRIPTION

#### DESCRIPTION:

Co-Occurring disorders are common, and many people recover with proper treatment. This training series is designed to provide behavioral health practitioners with the basic core competencies to provide effective, evidence-based services to individuals with co-occurring substance use and mental health disorders. treatment outcomes.

#### OVERALL LEARNING OBJECTIVES:

- 1) Upon completion of the training series, you will be able to utilize the learned competencies to effectively improve Define co-occurring disorders and associated behavioral components.
- 2) Describe the Integrated Treatment Model as an evidence-based model of care.
- 3) Examine various evidence-based clinical interventions and practices utilized in the treatment of co-occurring mental health and substance related disorders.
- 4) Evaluate integrated screening tools and the 12-step integrated assessment method.
- 5) Discuss the Principles of Recovery and its influence in the treatment process.
- 6) Recognize pharmacological interventions and tips for the treatment of co-occurring disorders.

#### DAY 1:

**9:30am-12:30pm**

##### **Integrated Treatment: What, Why & How?**

Integrated treatment is an evidence-based approach to treat the comorbidities that intersect with a mental illness, a substance use disorder, a medical condition, and/or a developmental condition. This workshop will describe the effectiveness of integrated treatment for individuals with co-occurring disorders.

#### DAY 2:

**9:30am-12:30pm**

##### **Mental Health & Substance Use Disorders**

Behavioral health practitioners must be able to recognize the disorders most likely to be seen in people with CODs. This module will review the most common disorders seen in individuals with CODs, diagnostic criteria, and how the effects of substances can mask and mimic a mental health disorder. (3.0 CE)

#### DAY 3:

**9:30am-12:30pm Integrated Screening & Assessment**

Screening and assessment are predominant to identifying and treating clients with co-occurring disorders. This module will provide an overview of the basic screening and assessment process for COD. (3.0 CE)

#### DAY 4:

**9:30am-12:30pm Stages of Change & Motivational Interviewing**

Counselors should have certain basic skills to engage clients in treatment and enhance the client's motivation for behavior change. This module will provide an overview of the Transtheoretical Model of Change and the core skills of motivational interviewing as it co-exists with helping individuals during the process of behavior change. (3.0 CE).

#### DAY 5:

**9:30am-12:30pm**

##### **Pharmacological Interventions**

This course will provide a broad understanding of psychopharmacology related to substance use and co-occurring disorders. The course examines medications used to treat substance use and psychiatric disorders. (3.0 CE)

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