

## Co-Occurring Disorders in Adolescents

### Curriculum Overview

Half of all youth receiving mental health services in US have been diagnosed with a co-occurring disorder. One in eight adolescents diagnosed with mental illness has a co-occurring substance abuse problem. Seventy percent of youth receiving substance abuse treatment have a history of trauma. Treating co-occurring disorders in adolescents can be challenging, to say the least. We try to establish “which came first” and want to avoid labeling. There is a need to distinguish behaviors associated with normal adolescent development from illness or pathology. Treatment is often fragmented because different specialists don’t coordinate treatment for the different problems. Doctors, social workers, psychologists, and psychiatrists most often treat mental health disorders, whereas other professionals provide treatment for alcohol and drug problems.

This curriculum is designed for multidisciplinary groups that include program managers, case managers, social workers, marriage and family therapists, substance abuse counselors, psychologists, physicians, and any professional interested in work with adolescents who use drugs and alcohol and demonstrate signs of mental illness.

#### Presenter Goals:

1. Define key terms and overview of specific disorders
2. Describe the criteria for establishing differential diagnoses in adolescents with co-occurring disorders using the DSM IV TR
3. Present core values in working with this population
4. Offer resources for evidenced based practices and effective outcomes

#### Presenter Objectives:

1. Understand the key concepts presented
2. Become familiar with the assessment process
3. Be able to apply knowledge to practice vignettes
4. Utilize resources for best practices and effective outcomes

#### Learning Methods:

- Power point lecture and class discussion
- Case vignettes, handouts and references

Length of training: 4 – 8 hours

Free CEUS for LCSWs and MFTs plus certificates of attendance