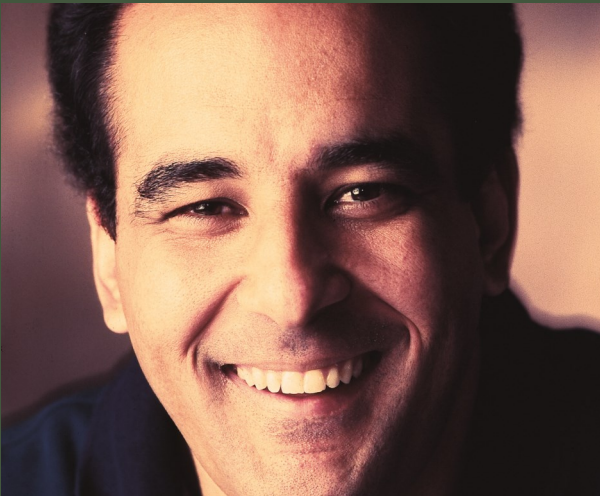


Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

CS Approved— March 2020



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Integrated Dual Disorder Treatment (IDDT)

An Evidence-Based Practice

What is Integrated Dual Disorders Treatment?

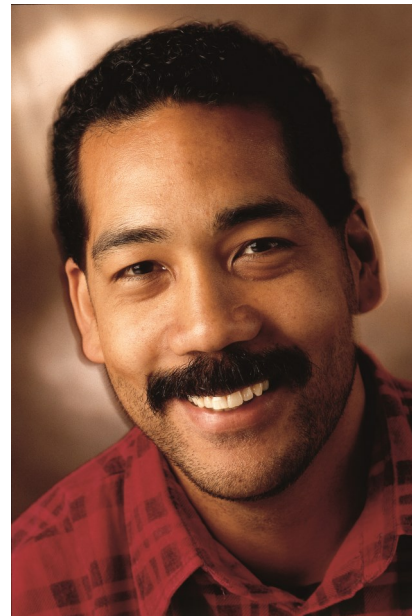
Integrated Dual Disorders Treatment or IDDT, integrates treatment of mental health disorders with treatment for substance use disorders from one treatment team. Person's receive a consistent message about treatment and recovery.

The COD/IDDT evidence-based model requires concurrent and integrated treatment for both disorders and promotes intervention recognizing the stage of the person's treatment and recovery. The IDDT treatment approach acknowledges that many adults with disabilities often have both disorders, and that attempts to treat each separately have not been proven through research to be successful.



Elements of IDDT include:

- Multi-disciplinary team treatment
- Integrated substance use disorder specialized treatment providers
- Stage-wise interventions
- Access to comprehensive dual disorder services
- Time-unlimited services outreach
- Motivational interventions
- Substance use disorder counseling
- Group dual disorder treatment
- Family psychoeducation on dual disorders
- Participation in alcohol and drug self-help groups
- Pharmacological treatment
- Interventions to promote health



Integrated Treatment has many Positive outcomes:

- Reduced Substance Use
- Improvement in psychiatric symptoms and functioning
- Decreased hospitalization
- Increased housing stability
- Fewer arrests
- Improved quality of life

For more information

Discuss interest in Integrated Dual Disorders Treatment with your treatment provider or contact Saginaw County Community Health Authority Centralized Access and Intake Unit at (989) 797-3559.