



10 TIPS

Knowledge is Power

These tips are designed to help you find hope, understand, learn about and deal with mental health issues everyday.

Integrated Dual-Diagnosis Treatment (IDDT)

- 1. Fully engage in Integrated Dual-Diagnosis Treatment (IDDT).** Mental health and substance use problems are best treated together using a team approach that includes a mental health clinician, a substance abuse specialist and a psychiatrist. The team works with you and for you.
- 2. Learn about yourself and your diagnoses.** Your IDDT is an opportunity to engage in a process of self-awareness, self-discovery and identifying what motivates you.
- 3. Be honest about your readiness to change.** Your readiness for change will be accepted by your team. Your treatment will be effective when you and your treatment team can design a service plan that matches your readiness.
- 4. Reclaim power over your life.** Through IDDT, you can set and accomplish your important life goals. Expect the best from yourself and your future.
- 5. Participate in your substance abuse counseling.** Group therapy is a good place to learn how others make healthy choices, practice problem solving, learn to refuse alcohol and other drugs and avoid high-risk situations. You may be able to help other group members by sharing your experience. Many consumers believe that the support that they receive from individual therapy is essential to their recovery as well.
- 6. Learn about any medications you are taking.** Drug or alcohol use can greatly limit or alter the benefits of prescribed medicines. Certain combinations can be dangerous. Therefore, be honest about your substance use. Your psychiatrist has special expertise in treating substance use and will be an advocate for you.
- 7. Substance abuse can impact your emotional and physical wellness.** Your IDDT treatment will support you in eating balanced meals, maintaining a healthy sleep cycle, and exercising daily.
- 8. Surround yourself with support.** Self-help support groups such as AA, Schizophrenics Anonymous, Dual Recovery Anonymous and others are specifically geared to help you. You may need to find new places to socialize or make new friends who do not use substances. Spend time with family and friends who encourage you to make healthy decisions and make positive changes.
- 9. Educate your family and other supportive people about your treatment.** There are programs that help them learn about mental illness and substance abuse disorders. When your support system understands the challenges that you face, they can better help you.
- 10. Set realistic short-term goals.** Recovery is a process. Maintaining new habits and a new lifestyle may take some time. Be patient with your progress and recognize what accomplishments you have made!

Developed in Collaboration with FBH Providers & the Consumer and Family Advisory Board



www.fbhcolorado.org
303.432-5950



www.jcmh.org
303-425-0300