



Iowa Plan Integrated Co-Occurring Disorder Treatment FACT SHEET

Magellan is involved in ongoing efforts with providers to integrate treatment services for co-occurring disorders. Several facilities are participating in this project and are at various stages of implementing changes. So far, the training and services that are key to replacing a parallel system with a “no wrong door” approach have assisted more than 400 Iowa Plan enrollees across the state.

Why Integrated Co-Occurring Disorder Treatment?

Co-occurring mental health and substance abuse disorders are common. SAMHSA has found that more than half of the adults with severe mental illness in public mental health systems are further impaired by the presence of co-occurring substance use disorders. Consumers with dual disorders have high rates of recovery when provided integrated rather than parallel treatment, leading to dual recovery and reduced cost.

Key Program Components

- **Knowledge and integrated services:** Clinicians must know the effects of alcohol and drugs and their interactions with mental illness and should provide services for both mental illnesses and substance abuse at the same time.
- **Stage-wise treatment:** People go through a process over time to recover and different services are helpful at different stages of recover.
- **Assessment:** Consumers collaborate with clinicians to develop an individualized treatment plan for both substance use disorder and mental illness.
- **Motivational treatment:** Clinicians use specific listening and counseling skills to help consumers develop awareness, hopefulness, and motivation for recovery. This is important for consumers who are demoralized and not ready for substance abuse treatment.
- **Substance abuse counseling:** Substance abuse counseling helps people with dual disorders to develop the skills and find the supports needed to pursue recovery from substance use disorder.

Programs

Crossroads Mental Health – Adams, Clarke, Decatur, Ringgold, Taylor, Union counties

Jackson Recovery – Woodbury, Plymouth, Cherokee, Ida, Monona, Crawford, Shelby counties

Mid-Eastern Council on Chemical Abuse and Eyerly-Ball Community Mental Health Services – Polk County

Substance Abuse Treatment Unit of Central Iowa (SATUCI) – Marshall County

Waubonsie Mental Health Center – Fremont, Montgomery, Page counties

Community and Family Resources - Webster, Calhoun, Humboldt, Hamilton, Wright, Pocahontas counties

Heartland Family Services – Pottawattamie, Mills, Harrison counties

Iowa Advocates for Mental Health Recovery – Statewide

Highlights

- To date, more than 400 unduplicated Iowa Plan enrollees have been served through these programs
- More than 200 professionals have received more than 1,800 contact hours of training in the areas of both substance abuse and mental health and particularly in co-occurring disorders
- Satisfaction with this project has been extremely high. One provider comments, “In reviewing project efforts with staff, the monies expended appear to have been the most productive use of outside funding that I have experienced in my 27 years as CEO.”
- Members of a co-occurring disorders treatment group at one site gave very positive feedback about the dual diagnosis treatment as an approach they had never experienced before that is very much needed
- Dual Recovery Anonymous groups have been established within the state
- Programs include supports such as Moms Off Meth, family education, and peer mentors

Community Reinvestment Projects are funded by the Iowa Department of Human Services through its contract with Magellan Health Services for the Iowa Plan for Behavioral Health, including Medicaid Community Reinvestment.