



FAST FACTS *Magellan Behavioral Care of Iowa, Inc.*

Integrated Co-Occurring Disorder Treatment

The Substance Abuse and Mental Health Services Administration (SAMHSA) has found that more than half of adults with severe mental illness in public mental health systems are further impaired by the presence of co-occurring substance use disorders. However, consumers with dual disorders have higher rates of recovery when they receive integrated rather than parallel treatment resulting in furthering recovery in both disorders and reduced costs.

Through a Medicaid Community Reinvestment Best Practices request for proposal, six community mental health and substance abuse treatment centers in Iowa engaged in efforts to integrate treatment services for co-occurring disorders. These efforts included training staff members in recognizing co-occurring disorders and providing integrated treatment as opposed to treating their mental health and substance abuse disorders separately, and have benefited more than 400 Iowa Plan enrollees across the state.

Program Highlights

- More than 200 behavioral health professionals have received more than 1,800 hours of training in the areas of substance abuse, mental health and co-occurring disorders.
- Providers are now engaged across the state to provide integrated co-occurring services. More than 20 providers are participating in Magellan-hosted roundtable meetings where they share best practices, identify successes and barriers, and discuss coping strategies for consumers with co-occurring disorders.

Key Program Components

- **Knowledge regarding integrated services:** The program seeks to help clinicians fully understand the effects of alcohol and drugs, and their impact on mental illness so that they are able to provide integrated services to address both disorders. People go through a process over time to recover and different services are helpful at various stages of recovery.
- **Collaborative treatment planning:** Consumers collaborate with clinicians to develop an individualized, integrated substance use disorder and mental illness treatment plan.
- **Motivational treatment:** Clinicians use specific listening and counseling skills to help consumers develop awareness, hopefulness and motivation for recovery.
- **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.

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.