

## COMORBIDITY:

When a person has two or more disorders at the same time or one after the other. This occurs frequently with substance use and mental disorders. Comorbidity also means that interactions between these two disorders can worsen the course of both.

Source: Han B, Compton WM, Blanco C, Colpe LJ. Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders. *Health Aff Proj Hope*. 2017;36(10):1739-1747. doi:10.1377/hlthaff.2017.0584

## WHO IS AFFECTED?

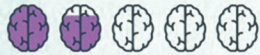
**7.7**  
MILLION

Adults have co-occurring mental and substance use disorders. This doesn't mean that one caused the other and it can be difficult to determine which came first.

Of the 20.3 million adults with **substance use disorders**,

**37.9%**

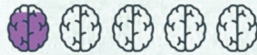
also had **mental illnesses**.



Among the 42.1 million adults with **mental illness**,

**18.2%**

also had **substance use disorders**.

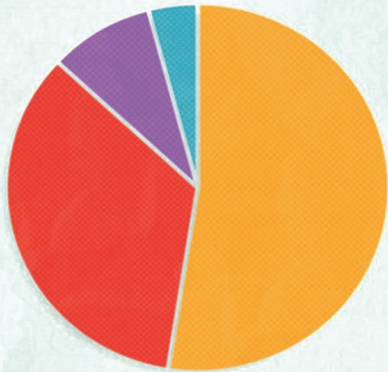


Source: Han, et al. Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders. 2017.

## WHO GETS TREATMENT?

There are many effective treatments for both mental and substance use disorders. A comprehensive treatment approach will address both disorders at the same time.

**Not everyone with co-occurring conditions gets the treatment they need.**



**52.5%** received neither mental health care nor substance use treatment

**34.5%** received mental health care only

**9.1%** received both mental health care and substance use treatment

**3.9%** received substance use treatment only

Source: Han, et al. Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders. 2017.



## Denton County MHMR Center Substance Use Services

### Denton Outpatient Clinic

940-381-5000  
2519 Scripture Street  
Denton, TX 76201

### Crisis Outpatient Clinic

940-381-9965  
2509 Scripture Street  
Denton, TX 76201

### Flower Mound Outpatient Clinic

214-488-0121  
1001 Cross Timbers Road  
Ste. 1250  
Flower Mound, TX 75028

### Crisis Hotline (available 24/7)

1-800-762-0157



**substance  
use services**  
denton county mhmr center

[www.dentonmhmr.org](http://www.dentonmhmr.org)



For more information about finding treatment for yourself or a loved one, visit [drugabuse.gov/related-topics/treatment](http://drugabuse.gov/related-topics/treatment).



## substance use assessment

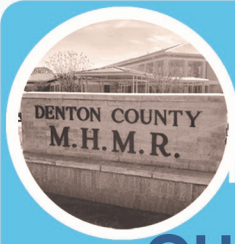
Each person referred to the SUD program will complete a substance use assessment with a Licensed Chemical Dependency Counselor (LCDC). During this assessment, we will take a full substance use history, and recommend a least restrictive level of substance use treatment. Once a recommendation for treatment has been made, an LCDC will assist in connecting with treatment options.

## substance use counseling

Individual and family substance use counseling sessions will be available to anyone who has completed a substance use assessment and could benefit from counseling. Sessions will last about 50 minutes each and will occur weekly or bi-weekly. Counseling will be conducted by our LCDCs and Licensed Professional of the Healing Arts (LPHA). Each client and family will complete a recovery plan for counseling and will work towards their goals in treatment.

## adolescent counseling

Adolescents and their families can also receive substance use counseling. Treatment will be age appropriate and focused on the adolescent's or family system's needs.



# DENTON COUNTY

## mhmr center

## OUR MISSION

Denton County MHMR Center enhances the quality of life of the individuals served and their family members.

## intensive outpatient (IOP)

IOP for adults will include group three times a week for 3 hours each, and once a week substance use counseling. IOP will include 10 hours of weekly treatment for 12 weeks. The structured groups will focus on group processing, psychoeducation, mindfulness, skills training, coping skills, and relapse prevention planning.

## medication assisted treatment

For adults who are unfunded or underfunded, MHMR can assist in connecting with Medication Assisted Treatment (MAT) for up to six months. MAT doctor appointments are conducted via telehealth, and medications will be provided at the doctor's discretion. Both treatment and medication costs are included in the program for those who qualify.

## recovery peer support

Recovery Support Peer Specialist staff will meet with adults to share their lived experience and offer support, as well as weekly groups. Peers will facilitate activities outside of MHMR such as attending a local support group, a 12-step meeting, or volunteering.

## OUR VISION

Provide effective, comprehensive, and timely services to any and all persons in need. Qualified, motivated, and caring staff strive to make a difference in the lives of those they serve. Offers state-of-the-art, high-quality facilities to assist individuals in living full and productive lives. We do not turn people away for an inability to pay.

## family support group

Families are welcome to attend a monthly support open to the community. The group will provide psychoeducation on substance use disorder related topics as they relate to families and provide time for families to share their experiences with substance use and sobriety.

## harm reduction

We will provide Narcan (Naloxone) nasal spray to individuals, their families, and the community to aid in reversing the effects of an opioid overdose, and educate them on how to properly handle and administer the nasal spray. HIV and Hepatitis (A, B, C) testing will also be available to those in our SUD services.

