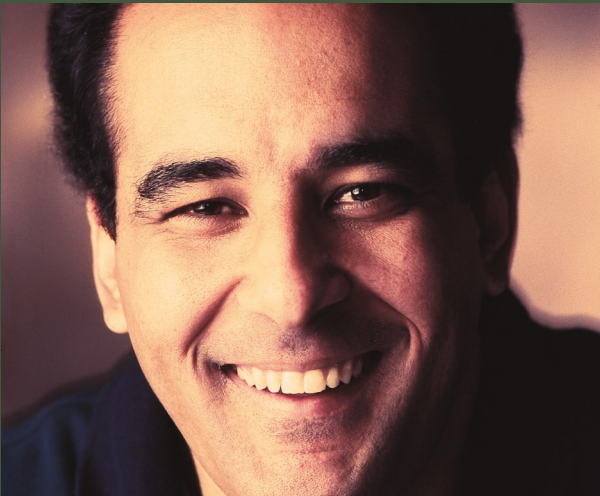


Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of 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— April 2021



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Integrated Dual Disorder Treatment (IDDT)

An Evidence-Based Practice

What is Integrated Dual Disorders Treatment?

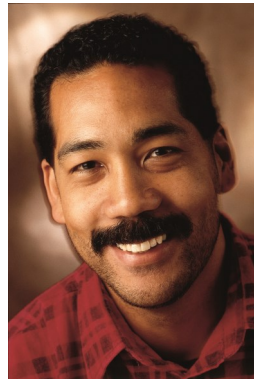
Integrated Dual Disorders Treatment or IDDT, puts the help for mental health concerns and substance misuse together. There is one team of helping professionals. People receive a steady message about healing and recovery.

The IDDT evidence-based model gives support at the same time and place for both needs. It promotes emotional healing by understanding the stage of the person's recovery. The IDDT helping approach accepts that many adults with disabilities often have both concerns. Research shows that trying to help and heal each concern separately does not work out well.



IDDT includes:

- A team of many types of helping professionals
- Professionals who know a lot about mental health concerns and substance misuse
- Help that starts where the person is
- A lot of choices for the type of help
- The help does not have a time limit
- Helps a person learn to help themselves
- Substance use counseling
- Groups
- Education for families
- Alcohol and drug self-help groups
- Medication help
- Help that promotes health



Integrated Treatment has many Good outcomes:

- Less substance use
- People do better and feel better
- Less likely to go to the hospital
- More likely to get and keep housing
- Fewer arrests
- Improved quality of life

To Learn More

Talk about if Integrated Dual Disorders Treatment is right for you with your treatment provider or contact Saginaw County Community Health Authority Centralized Access and Intake Unit at (989) 797-3559.