**SBIRT, Substance Use and Addiction**

Handout

SAMHSA’s Practice Principles of Integrated Treatment for CODs

SAMHSA’s Practice Principles of Integrated Treatment for CODs are:

1. SUDs and mental health conditions are treated concurrently to meet the full range of symptoms.

2. Providers of integrated care receive training in the treatment of both SUDs and mental disorders.

3. CODs are treated with a stepwise approach tailored to the person’s served stage of readiness for treatment (e.g., engagement, persuasion, active treatment, relapse prevention).

4. Motivational techniques (e.g., motivational interviewing, motivational counseling) are integrated into care to help persons served reach their goals, particularly at the engagement stage of treatment.

5. Addiction counseling is used to help persons served develop healthier, more adaptive thoughts and behaviors in support of long-term recovery.

6. Persons served are offered multiple treatment formats, including individual, group, family, and peer support, as they move through the various stages of treatment.

7. Pharmacotherapy is discussed in multidisciplinary teams, offered to persons served when appropriate, and monitored for safety (e.g., interactions with other medications), adherence, and response.

(Reference: Substance Abuse and Mental Health Services Administration. (2021). Substance Use Disorder Treatment for People with Co-Occurring Disorders, Advisory.

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