

INTEGRATED DUAL DISORDER TREATMENT

The Integrated Dual Disorder Treatment (IDDT) model improves quality of life for people with co-occurring severe mental illness and substance use disorders by combining substance abuse services with mental health services. It helps people address both disorders at the same time in the same service organization by the same team of treatment providers. IDDT emphasizes that individuals achieve big changes like sobriety, symptom management, and an increase in independent living through a series of small, overlapping, incremental changes that occur over time. IDDT is a stages-of-change approach to treatment individualized to address the unique circumstances of each person's life.

Resource Links:

- 1) <https://www.centerforebp.case.edu/client-files/pdf/iddtoverview.pdf>
- 2) <https://www.centerforebp.case.edu/practices/sami/iddt>