



## Co-Occurring Disorders of Mental Health and Substance Use

**PRESENTED BY CAPS  
ACADEMY FACULTY**

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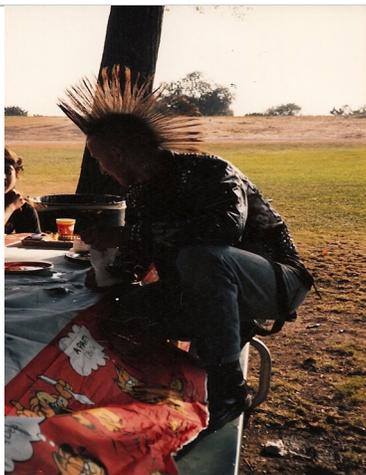
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1



## My Journey



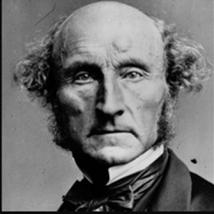
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2

## Open Minded?



John Stuart Mill



He who knows only his own side of the case (argument) knows little of that. His reasons may be good, and no one may have been able to refute them. But if he is equally unable to refute the reasons on the opposite side, if he does not so much as know what they are, he has no ground for preferring either opinion

AZ QUOTES

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3

## Goals and Learning Objectives



- Describe a variety of treatment options based on members' goals.
- Articulate the role of Harm Reduction principles in practice.
- Define the 3 E's and interventions that fit into each E.
- How practicing person-centered services, including Harm Reduction, is culturally sensitive.
- Articulate at least 10 alternative options (interventions – including abstinence) to assist with reducing harm associated with drug/alcohol use and other issues or situations.

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# Why do people drink or use?

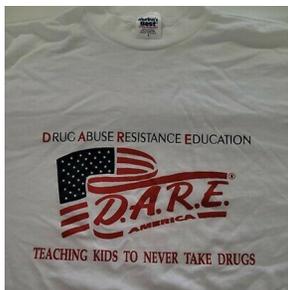


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# What are we taught about use?



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# Principles of Harm Reduction

(Harm Reduction Coalition)



- Accepts, for better and or worse, that licit and illicit drug use is part of our world and chooses to work to minimize its harmful effects rather than simply ignore or condemn them.
- Understands drug use as a complex, multi-faceted phenomenon that encompasses a continuum of behaviors from severe abuse to total abstinence and acknowledges that some ways of using drugs are clearly safer than others.
- Establishes quality of individual and community life and well-being—not necessarily cessation of all drug use—as the criteria for successful interventions and policies.

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7

# Principles of Harm Reduction

(Harm Reduction Coalition)



- Calls for the non-judgmental, non-coercive provision of services and resources to people who use drugs and the communities in which they live in order to assist them in reducing attendant harm.
- Ensures that drug users and those with a history of drug use routinely have a real voice in the creation of programs and policies designed to serve them.
- Affirms drugs users themselves as the primary agents of reducing the harms of their drug use and seeks to empower users to share information and support each other in strategies which meet their actual conditions of use.

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## The Three E's of Service Delivery

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- Engagement
- Education
- Empowerment

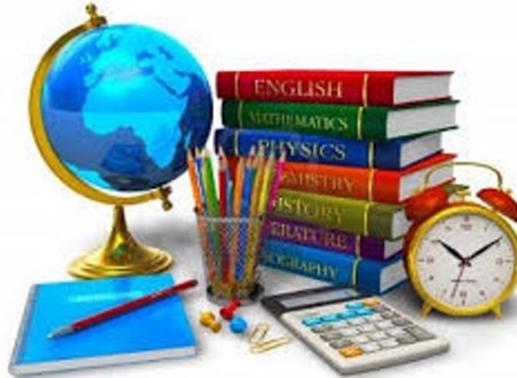


## Engagement- – Building a trusting relationship; Therapeutic Rapport

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Education – Information exchange based on their goals and struggles.



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Empowerment - Remind people that they have agency in their recovery.



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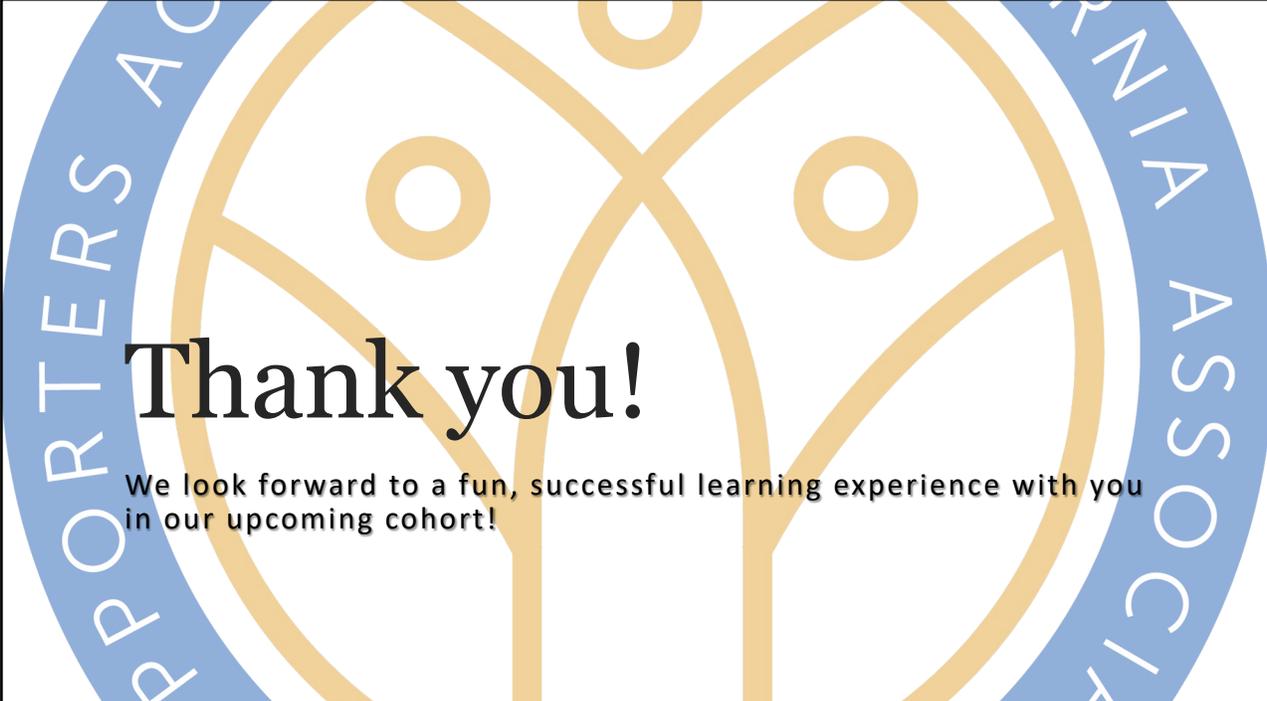


## Do the Math: Intervention Crosswalk

Issue	Positive Impacts	Negative Impacts	Interventions
<ol style="list-style-type: none"> <li>1. Sex Work</li> <li>2. Marijuana</li> <li>3. Alcohol</li> <li>4. Cocaine</li> <li>5. Heroin</li> <li>6. Meth</li> <li>7. Homelessness</li> <li>8. Mental Health Diagnoses</li> <li>9. Psych Medications</li> <li>10. Self-Harm</li> </ol>			

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13



# Thank you!

We look forward to a fun, successful learning experience with you in our upcoming cohort!

14