

# Why Integrated Treatment Works Better



## **One Team, One Plan:**

Reduces conflicting ideas and keeps everyone moving toward the same goals.



## **Treating Disorders Together:**

Improves stability and lowers relapse rates because one condition impacts the other.



## **Fewer Hospitalizations:**

Research shows IDDT reduces psychiatric crises and emergency visits.



## **Better Engagement:**

People stay connected longer when services are easier to navigate.



## **Improved Daily Functioning:**

Integrated care helps increase housing stability, employment, and community participation.



## **Long-Term Recovery:**

IDDT supports lasting wellness, not just symptom reduction.



**St. Clair County  
Community Mental Health**

*Providing Opportunities for Health, Wellness, & Connection*

## **Information and Access to Services:**

**810-488-8888**

## **24-Hour Crisis Line:**

**810-966-2575**

**[www.scccmh.org](http://www.scccmh.org) |    **

### **St. Clair County Community Mental Health**

3111 Electric Avenue  
Port Huron, MI 48060  
(810) 985-8900

### **St. Clair County Community Mental Health Child & Family Services**

2415 24th Street  
Port Huron, MI 48060  
(810) 488-8840

### **St. Clair County Community Mental Health - South Adult Services**

6221 King Road  
Marine City, MI 48039  
(810) 765-5010

### **St. Clair County Community Mental Health - South Child & Family Services**

135 Broadway  
Marine City, MI 48039  
(810) 400-4200

### **St. Clair County Community Mental Health - West**

14675 Downey Road  
Capac, MI 48014  
(810) 395-4343



# Integrated Dual Disorder Treatment



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# What is Integrated Dual Disorder Treatment?

Integrated Dual Disorder Treatment (IDDT) at St. Clair County Community Mental Health (SCCCMH) is an evidence-based practice for adults living with **both a serious mental illness and a substance use disorder**. Instead of receiving services from separate programs, IDDT provides integrated treatment, delivered by one team working together.

## This unified approach helps individuals:

- Manage symptoms
- Reduce or eliminate substance use
- Strengthen daily living skills
- Improve health and stability
- Increase independence and community involvement

IDDT recognizes that meaningful change happens through small, ongoing steps over time. Services are individualized to match each person's needs, goals, and current stage of recovery.



# How IDDT Supports Recovery:

IDDT includes a mix of clinical, medical, and other support services to help individuals build a healthier, more stable life.

## Our approach includes:

- **Integrated mental health & substance use services**, providing coordinated, consistent treatment
- **Cross-trained staff** who are qualified to treat both disorders
- **Stage-wise care** with services matched to a person's readiness for change
- **Motivational interventions** to build hope, engagement, and personal recovery goals
- **Cognitive-behavioral strategies** that teach new ways to think, cope, and respond
- **Multiple service formats** – individual, group, family, and peer/self-help supports
- **Medication management** to coordinate prescribing, monitoring, and education.



# Who Can Participate?

IDDT is designed for adults with a mental illness and a substance use disorder who need a higher level of coordinated support.

## Program criteria include:

- Age 18 or older
- A diagnosis of a serious mental illness
- A diagnosis of a substance use disorder that is not in remission
- Within the past 12 months, experienced at least two of the following:
  - Psychiatric hospitalizations
  - Legal challenges
  - Homelessness

If support needs change, individuals are able to transition to more or less intensive services or programs at SCCCMMH.