



National Association of Mental Health Planning and Advisory Councils

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Integrated Treatment

The National Association of Mental Health Planning and Advisory Councils (NAMHPAC) supports integrated treatment for persons of all ages with co-occurring severe mental and addictive disorders.

NAMHPAC supports integrated, rather than sequential or parallel treatment for persons with both severe mental illness and addictive disorders, as research clearly demonstrates that integrated treatment is more clinically and cost-effective¹.

The mechanisms for achieving this integration will vary from state to state. Nonetheless, we call on state and county authorities throughout the country to take action on a policy and service delivery level to:

- Create and expand the integrated treatment programs for persons of all ages with co-occurring severe mental and addictive disorders; and
- Preserve the level of spending on existing mental health and substance abuse treatment services.

NAMHPAC recognizes the concerns of stakeholders in the substance abuse community about the diversion of funds from a system that continues to face serious financial shortfalls. We encourage mental health planning and advisory councils to enter into regular dialogue with corresponding stakeholder bodies within the substance abuse community in an effort to begin the movement toward targeted integration for co-occurring disorders.

Mental health planning councils are federally mandated to review, evaluate and monitor the adequacy of mental health services in each U.S. state and territory. These stakeholder bodies, comprised of mental health consumers, their family members, and parents of children with serious emotional and behavioral disturbances, must be included in the process as states and localities move toward the creation and expansion of integrated treatment programs.

Mental health planning councils need to evaluate and monitor the degree of integration on both the policy and the service level. Planning councils should advocate for expansion of integrated service delivery options.

Approved by the NAMHPAC Board of Directors on April 12, 2001

¹ Drake, R.E.; Mercer-McFadden, C.; Mueser, K.T.; McHugo, G.J.; Bond, G.R. Review of integrated mental health and substance abuse treatment for patients with dual disorders. *Schizophrenia Bulletin*, 34(4):589-608, 1998.