

# People We Assist

Northern Lakes Community Mental Health Integrated Dual Diagnosis Treatment (IDDT) Co-occurring Disorder (COD) team assists adults who are eligible to receive Community Mental Health (CMH) services who also have a substance dependency/use concern in these six counties:

- Crawford
- Grand Traverse
- Leelanau
- Missaukee
- Roscommon
- Wexford

Northern Lakes CMH has four offices, located in:

- Cadillac
- Grayling
- Houghton Lake
- Traverse City

## Whom To Contact

If an individual is at immediate risk of seriously harming themselves or someone else call 911

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For after-hours crisis call  
1-800-442-7315 TDD-TTY  
or (231) 922-4850

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To access services at Northern Lakes CMH call (231) 922-4850 or 1-800-492-5742 or one of the four offices listed below.

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To access Substance Abuse Services call 1-800-686-0749

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Mental Health America  
[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)



[www.northernlakescmh.org](http://www.northernlakescmh.org)

**Administrative Office** 2715 South Townline Road  
105 Hall Street, Suite A Houghton Lake MI 48629  
Traverse City MI 49684 (989) 366-8550  
(231) 922-4850 (231) 876-3281 TDD-TTY  
(231) 935-3871 TDD-TTY

527 Cobbs Street 204 Meadows Drive  
Cadillac MI 49601 Grayling MI 49738  
(231) 775-3463 (989) 348-8522  
(231) 876-3281 TDD-TTY (231) 876-3281 TDD-TTY

Northern Lakes CMH receives its principal funding from the Michigan Department of Community Health (MDCH)

This information was reviewed by consumers.

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## Co-occurring Mental Health and Substance Use Disorders Services



[www.northernlakescmh.org](http://www.northernlakescmh.org)

Member of Northwest CMH Affiliation  
[www.nwcmha.org](http://www.nwcmha.org)

# Co-occurring Disorders (COD)



## Facts

Co-occurring Disorders (COD) refers to the presence of both mental illness and substance dependency or abuse at the same time, although this does not mean that both have to be currently active. Problems may be recognized as co-occurring even if one has been active only in the past.

An individual may have a mental illness first, then turn to alcohol or other drugs due to sadness, anxiety or fear of other people. On the other hand, an individual may have a substance use problem first which may cause the brain and other organs to be affected, over time causing the development of a mental illness.

To fully recover, the person needs treatment for both problems.

## Signs and Symptoms

An individual with a co-occurring disorder may:

- Use alcohol or other drugs to help with intense feelings and to avoid problems.
- Experience mood swings from very happy to very sad or may feel depressed for a long period of time.
- Show a lack of interest in people and activities that used to be enjoyable.
- Think or talk about suicide.
- Feel a need for more of the substance to get the same feeling previously experienced.

## Treatment

The nature and severity of the illness, the associated risks or complications, and the person's treatment history are some of the things to be considered before determining the correct level of care.

There are several levels of care, including but not limited to: counseling, outpatient treatment, medication therapy, partial hospitalization or full hospitalization.

## Helping Yourself

The most important way to help yourself is to acknowledge your problems and seek professional help. It is also important to remember that recovery takes time, but once you get help you can expect to enjoy life more and feel better about yourself.

## Helping Someone Else

Encourage the individual to acknowledge their problems and seek help. Learn all you can about the person's condition. Support groups, education, and counseling sessions are available for the person's family. Do not make excuses for the individual; instead, offer support, be patient and understanding. Keep in mind that you are not responsible for the individual's condition.

