

## Dual Diagnosis: Double Trouble

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### What is Dual Diagnosis?

- Dual diagnosis is a term used when someone experiences a mental illness and a substance abuse problem simultaneously.

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### Five Types of Symptom Interaction

- CREATE
- PRECIPITATE
- EXACERBATE
- MIMIC
- MASK

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## Historical Overview

The Past: “The good old days.”

The Present: Where we are now.

The Future: Where we need to be. DSM-V considerations.

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## The Past

- 441's and a few 882's
- Grab and Go or Cuff and Stuff
- Bull Street – The Fourth Floor @ Greenville General - Moccasin Bend – CPI
- Pick Up – Lock Up – Dope UP
- The Thorazine Shuffle

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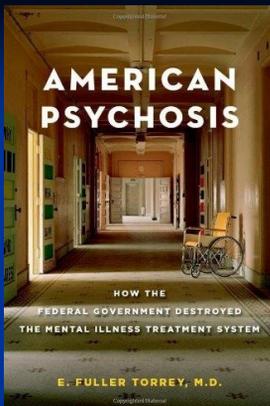
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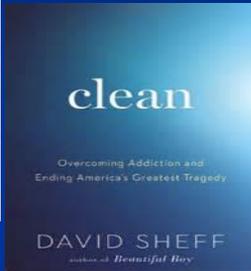
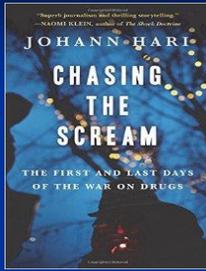
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## Two Must-Read Books



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## Deinstitutionalization: Present

- Larger role for other than mental health clinicians
- Jails have become defacto psychiatric institutions
- Some have a prior diagnosis – some have no diagnosis – some have the wrong diagnosis
- Drug courts and Mental Health courts help identify appropriate interventions

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## Crisis Intervention Training (CIT)

1. Redirect people with mental illness away from the penal system toward mental health services
2. Redirect people with chemical dependency issues away from the penal system toward CD treatment
3. Accurately identify those persons who have both issues and determine which of the two is prepotent

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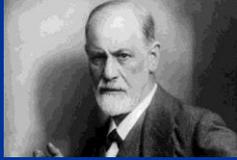
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## Why is Dual Diagnosis so Prevalent?



If the nest is broken then the eggs will be cracked. For Freud all nests were broken and the cracked eggs adapt to fill their cracks.

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## Jung



Archetypes – dimensions of personality – Myers Briggs

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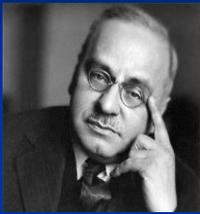
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## Adler



Primary motivation of human behavior social – not sexual – Freud missed it!

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## Rogers



Unconditional positive regard – Human beings are inherently good.

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## Yalom/May/Frankl



Motivation – search for meaning -  
Existentialism

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## Fritz Perls - Gestalt



The therapist/counselor is first of all a perceiver and  
constructor of patterns. Physical and psychological  
functioning are inherently related.

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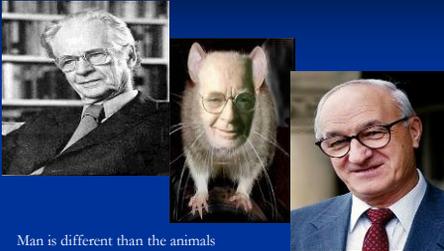
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## Skinner/Bandura



Man is different than the animals  
- or is he????

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## Ellis -REBT



It's never the events that happen that make us disturbed, but our view of them

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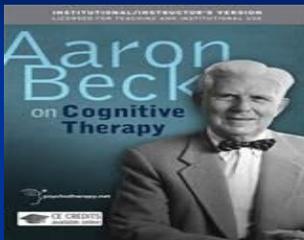
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## Beck - CBT



Automatic thoughts are not automatic - profound importance of schemas

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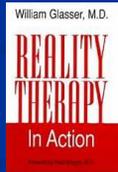
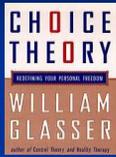
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## William Glasser



We choose our misery – all others can give to you is information.

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## White/Epston – Narrative Therapy



The client is not the problem – the problem is the problem.

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## Dialectical Behavioral Therapy (DBT)



Professor Marsha Linehan

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### Why are they co-occurring so often?

- “They drink in order to forget the pain of being a (human) man.” - Samuel Johnson (18<sup>th</sup> century)
- The “law” of human gravity teaches us that we will normally move from a place of greater stress (pain) to a place of less stress (pain).

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They are co-occurring so often because



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### General Cycle of All Addictions



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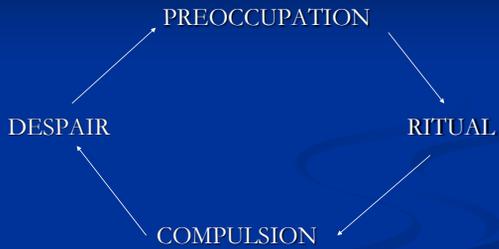
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## Individual Cycle - Specific Addiction



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## General Assessment

- Nobody wants to be an addict or MI
- They are using to change a feeling which they do not know how to deal with
- Respect can be your ticket to the truth – Motivational Interviewing/Stages of Change
- **Alcohol and drugs are not the problem – it's how they deal with the problem**

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## The Four Levels of Life

- INTEGRITY – congruent “one for one”
- DUPLICITY – parallel lives with minimum consequences (**RED**)
- HYPOCRISY – develop “masks” and strategies to avoid disclosure (**YELLOW**)
- APOSTASY – void of discernment (**GREEN**)

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## Three Phases of Addiction

### Early

### Middle

### Late

Body friend	→	Body problem	→	Body enemy
Get high	→	Get By	→	Stay Alive
Euphoria	→	Tolerance	→	Internal damage
Iatrogenic	→	Withdrawal	→	Walking dead
Fun	→	Felony	→	Fatal
Hang out	→	Pass Out	→	Black out
Quit *	→	Maintain	→	Dominates life

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## My Own Considerations

- P.E.T. Scans and clinical studies in brain function
- Nurture – Dysfunctional Families/Culture (60%)
- Nature – Chemical Imbalance: Neuroplasticity (40%)
- Etiology may not be as important as methodology. . .if your motel is on fire you get out first and figure out the origin of the fire later.
- Client-counselor relationship trumps theory
- Editorial: “It takes about 18 months for the brain to return to homeostasis.”

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## What about the future?

- Keep working on the “stigma” problem - we are not consistent with the disease concept
- Most people who choose to drink-or whatever the self-medication are desperate, not weak.
- Move from emphasis on the “bladder” to the “brain.”

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## Future . . .

- Resolve the contrast and conflict between a supportive, benign and non-threatening approach with the intense, confrontational approach. (Glasser, Choice Theory)

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## Future . . .

- There is no one correct approach to individuals with co-occurring disorders. Treatment must be matched according to the clients need.
- Major changes with DSM-V
  - Advances in research-more dimensional, less categorical
  - Cultural paradigm shifts
  - Managed care \$\$\$

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## DSM5 – Substance Use Disorders

- Former Dependence criteria(7) and Abuse criteria(4) merged into a single dimensional disorder – “Substance Use”
- Legal consequences eliminated and craving added
- Severity specifiers: 2-3 mild; 4-5 moderate; 6+ severe
- With/without physiological dependence removed and controlled environment/maintenance therapy(MAT) added
- Tolerance/withdrawal excluded where medication is used under medical supervision

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## Conclusions

- You can learn more from listening than talking
- If this was easy then everybody would do it.
- Everyone has a mother and father
- Mental illness and addiction are no respecter of persons
- Learn to carry the message and not the mess!
- Legalize everything or abolish everything and you will still have 15% struggling with addiction – remember the problem is not what you put in you but what is in you before the first use – removing the substance does not solve the problem – it reveals the problem!

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## Allie



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## 450

- Opiate-Heroin overdose deaths in Lake-Geauga Counties in the past six years.
- General profile 18-25 y/o/w middle class
- For every death there are 4-5 overdose cases where the person survives(NARCAN)
- Progression – alcohol, marijuana, pills, heroin
- The issue is ADDICTION not DRUGS (Agent, Host, Environment)

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Megan 33 y/o



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Rob



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QUESTIONS?



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