

Co-occurring Disorder Outpatient Assessment and Treatment Program

When a child has both mental health and substance use issues

What is a co-occurring disorder?

Co-occurring disorders is a term used for individuals who have both a mental health diagnosis and substance use issues. The term dual diagnosis is also used to describe someone with mental health and substance use issues.

What type of patients does the program serve?

The co-occurring disorder program is designed to help youth with a primary mental health diagnosis like depression, anxiety, or ADHD, who are using drugs or alcohol (including nicotine). The adolescent's substance use may be experimental, occasional or is becoming a cause for concern for the child, provider or parent.

Adolescents who have a substance use disorder, but no mental health diagnosis are not appropriate for this program. If during our consult session it was determined that this is a substance use issue only, we would refer your child to a substance use disorder provider.

What services are available for patients with co-occurring disorders?

Services start with an assessment to determine your child's mental health diagnosis and screen for level of substance use. Based on the assessment, they may be recommended to participate in a range of services including:

- Individual therapy focusing on short-term, cognitive behavioral therapy. This therapy addresses alternative coping mechanisms instead of using substances.
- Individual parent training using Community Reinforcement and Family Training (CRAFT).
 - Families learn skills to help move their youth with substance issues towards treatment.
 - Some sessions of CRAFT treatment may include both adolescent and parent/caregiver.
- Psychiatric consultation regarding medicine, and medicine management.
- Coordination with primary care and other community providers.
- Referrals to community providers for additional treatment options.

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To Learn More

- Psychiatry and Behavior Medicine
206-987-2164
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Can information be shared with parents and caregivers?

Substance use information is protected for youth over the age of 13, and the substance use professional cannot provide any confidential patient information to a parent or caregiver without patient consent. However, without youth consent, the parent or caregiver is allowed to talk to the substance use professional who can offer general information and provide resources.

Does insurance cover the services?

Seattle Children's accepts most private insurance, Apple Health (Medicaid), and the Medicaid Managed Care Organizations (MCO) plans like Molina, Amerigroup, Coordinated Care, CHPW, and United Health Care Community Plan. Please contact your insurance company directly for questions about your deductible or co-pays.

How do I get referred to the program?

You can ask your teen's primary care provider to make a referral to the program by faxing in a referral and notes to 206-985-3121. Seattle Children's [New Appointment Request Form](#) is on our website seattlechildrens.org.

If your teen is seen in a Seattle Children's medical specialty clinic, your medical provider can submit a referral.

Additional resources

- Recovery Helpline 866-789-1511
 - Teen Link 866.833.6546
 - Washington State Directory of Certified Mental Health and Substance Use Disorder Services
hca.wa.gov/assets/free-or-low-cost/directory-certified-behavioral-health-agencies.pdf
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