



CENTERSTONE

centerstone.org



Contact Us:
**Centerstone Co-Occurring
Disorders Treatment**
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About Centerstone

Centerstone is a national, private, not-for-profit 501(c)(3) healthcare organization.

We provide a comprehensive scope of behavioral health services to the people and communities we serve in Florida, Illinois, Indiana, Kentucky and Tennessee. Additionally, we offer specialized life skills development, employment and housing services for adults in southern Illinois with intellectual and developmental disabilities. Our organization offers a range of services and supports nationwide to service members, veterans and their loved ones, helping them to lead healthy and fulfilling lives beyond military service. Centerstone also operates the Centerstone Foundation, Centerstone Research Institute, Advantage Behavioral Health, Centerstone Military Services and Centerstone Health Partners. For more information about Centerstone, please visit www.centerstone.org.

Centerstone Co-Occurring Disorders Treatment

Centerstone Co-Occurring Disorders Treatment is for adults, age 18 and older, who have a mental illness and a substance use disorder. Evidence shows people with co-occurring disorders respond better when their therapy combines treatment for both.

Based on the *Hazelden Co-Occurring Disorder Program*, this approach to treatment recognizes there can be complex challenges for those with mental illness and ongoing substance abuse. Related issues that may be addressed include drug interaction, relapse and overlapping symptoms.

Substance use and mental illness can affect all areas of a person's life— relationships, employment, finances, ability to sleep and overall happiness. Centerstone Co-Occurring Disorders Treatment helps individuals to recover and pursue meaningful life goals.

Service Features

- Enhanced individual and group therapy
- Family education and counseling
- Case management
- Psychiatric evaluation to assess potential medication needs
- HIV testing for individuals and their partners
- Coordination of physical health services as needed
- Aftercare referral and supportive services

What to Expect

To enroll in Centerstone Co-Occurring Disorders Treatment, individuals will receive an initial assessment and evaluation. Based on each person's specific needs, a treatment team consisting of a psychiatrist, nurse, nurse practitioner, therapist and case manager can be assigned. Together with the client, this team then creates an individualized treatment plan.

During treatment, participants will:

- Identify and develop personal recovery goals
- Receive treatment specifically designed for co-occurring disorders
- Learn more about how substance use can affect mental illness
- Receive supportive services that encourage recovery and independence

Eligibility

These services are offered for FREE to adults 18 and older who have co-occurring mental health and substance use disorders and reside in one of ten Middle Tennessee counties:

Cheatham • Dickson • Davidson • Humphreys • Montgomery
Robertson • Rutherford • Sumner • Williamson • Wilson

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