

Concurrent Disorders:

An integrated approach



UHN

What is Concurrent Disorders?

Concurrent Disorders means having two or more disorders, with at least one being a mental health disorder and the other a substance use disorder. Someone with a Concurrent Disorder will have some form of mental or emotional disturbance, or psychiatric problem, along with the abuse of alcohol and or other drugs. The type of Concurrent Disorders and how serious the problems are can vary greatly.



Here are just a few of the possible combinations of mental health and drug use disorders that can be called Concurrent Disorders.

- Someone having mild symptoms of anxiety with sometimes heavy use of alcohol (“binge drinking”).
- Someone having more serious symptoms of anxiety and drinking alcohol and overusing prescription medications everyday.
- Someone having symptoms of depression and using regular cannabis and occasional cocaine.
- Someone who has a history of trauma and has the symptoms of Post Traumatic Stress Disorder (PTSD) with heavy use of alcohol and crack cocaine.
- Someone having the symptoms of a psychotic disorder, such as schizophrenia, and using alcohol and cannabis.

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Who do we serve?

- Clients who may likely be having a Concurrent Disorder
- Community partner agencies
- Different in-house hospital programs

Services Available

- Assessment, treatment recommendations and referral
- Short-term counseling and support
- Consultation and case review
- Psychiatric assessment
- Education

Access to Services

Most often, people use our services through the community partner agencies. Currently, these agencies are Jean Tweed Centre, Women's Residence Shelter, St. Stephen's Drop-in/Odette Place, and the Toronto Aboriginal Care Team.

Services can also be accessed from within other hospital programs such as Women's Own Withdrawal Management Centre (TWH), Ossington Men's Withdrawal Management Centre (TWH) and Psychiatry Department. Referral may also be made through the Concurrent Disorders Support Services (CDSS), which represents a network of the community agencies and hospitals. Telephone: 416.364.8228 ext. 365.

Other questions from partner agencies or from inter-hospital programs can be made by calling 416.603.5735

Hours of Operation

Monday – Friday
8:30 a.m. – 4:30 p.m.