

Training for managing co-occurring AOD and mental health conditions



This resource is by the Matilda Centre.

This training guide provides alcohol and other drug (AOD) workers information on assisting comorbid AOD and mental health conditions.



Summary: The Comorbidity Guidelines Online Training Program aims to provide alcohol and other drug (AOD) workers with **evidence-based information to assist with the management of comorbid AOD and mental health conditions.**

Specifically, the program has been developed to assist AOD workers:

- Increase their knowledge and awareness of mental health conditions
- Improve their confidence working with clients with comorbid mental health conditions
- Improve their ability to identify mental health conditions
- Improve their ability to recognise and respond to physical health comorbidities
- Provide practical information on the delivery of a coordinated care approach to clients with comorbid mental health conditions
- Provide practical information on the management and treatment of comorbid mental health conditions
- Improve their ability to manage their own self-care.

The training program consists of 11 training modules that can be completed in any order. At the end of each module, participants will be provided with a short quiz. Once all modules and quizzes have been successfully completed, a completion certificate will be available for download.

This program has been designed to accompany the "*Guidelines on the management of co-occurring alcohol and other drug and mental health conditions in alcohol and other drug treatment settings (2nd edition)*" and facilitate its uptake into clinical practice.

[Access the Comorbidity Guidelines.](#)

Developers: Marel C, Wilson J, Teesson M, Mills KL. (2018). The Centre of Research Excellence in Mental Health and Substance Use (CREMS), National Drug and Alcohol Research Centre (NDARC), University of New South Wales. The development of this program was funded by the [Australian Government Department of Health and Aged Care](#).

Costs: Free

Year: 2016

Evidence base: This resource was developed on the basis of the guidelines below and has undergone expert review.

- Marel C, Mills KL, Kingston R, Gournay K, Deady M, Kay-Lambkin F, Baker A, Teesson M. (2016). Guidelines on the management of co-occurring alcohol and other drug and mental health conditions in alcohol and other drug treatment settings (2nd edition). Sydney, Australia: Centre of Research Excellence in Mental Health and Substance Use, National Drug and Alcohol Research Centre, University of New South Wales.

[Access the Comorbidity Guidelines training](#)