



VA MENTAL HEALTH SERVICES

Co-Occurring Disorders Toolkit



U.S. Department
of Veterans Affairs



Management of PTSD and Co-Occurring Disorders



U.S. Department
of Veterans Affairs

Management of PTSD and Co-Occurring Disorders

Posttraumatic stress disorder (PTSD) is a mental health condition that some people develop after experiencing or witnessing an upsetting or life-threatening event, such as combat, a natural disaster, a car accident, or sexual assault.

Resources for posttraumatic stress disorder (PTSD) co-occurring with traumatic brain injury (TBI) and mood disorders are captured in the respective tables below.

| COMORBIDITY | FORMAT | LINKS TO PUBLICLY ACCESSIBLE RESOURCES |
|----------------------------|------------------------|--|
| Anger and Violence | Article/Publication | <ul style="list-style-type: none">• Anger and PTSD• Assessing Risk of Violence in Individuals with PTSD• Research Findings on PTSD and Violence |
| | Online Course | <ul style="list-style-type: none">• Assessing and Reducing Violence Risk in Veterans with PTSD• Managing Anger: A Treatment for Those with PTSD |
| | Recorded Lecture | <ul style="list-style-type: none">• Treating Anger and Aggression in Populations with PTSD |
| Cognitive Disorders | Article/Publication | <ul style="list-style-type: none">• Assessment and Treatment for PTSD with Co-occurring Neurocognitive Disorder (NCD)• Meeting the Challenge of Co-occurring PTSD and mTBI• PTSD and Aging• Staff Perspective: A brief Update on Post-Concussion Syndrome in Deployed Service Members |
| | Online Course | <ul style="list-style-type: none">• PTSD 101: PTSD and Aging |
| | Provider Resource/Tool | <ul style="list-style-type: none">• Co-occurring PTSD and Neurocognitive Disorder |
| | Recorded Lecture | <ul style="list-style-type: none">• Treatment of Comorbid TBI and PTSD: Lessons Learned• Using CogSMART with Veterans with PTSD and Traumatic Brain Injury |
| General | Provider Resource/Tool | <ul style="list-style-type: none">• Posttraumatic Stress Disorder and Acute Stress Disorder Pocket Guide• VA/DoD Clinical Practice Guideline for the Management of Posttraumatic Stress Disorder and Acute Stress Reaction |
| | Recorded Lecture | <ul style="list-style-type: none">• Treating PTSD When Common Comorbidities are Present |

| COMORBIDITY | FORMAT | LINKS TO PUBLICLY ACCESSIBLE RESOURCES |
|--------------------------------------|---------------------|---|
| Moral Injury | Article/Publication | <ul style="list-style-type: none"> Clinical approaches to addressing spiritual struggle in veterans with PTSD Moral Injury Spiritually integrated care for PTSD: A randomized controlled trial of “Building Spiritual Strength” The effectiveness of a trauma focused spiritually integrated intervention for veterans exposed to trauma |
| | Online Course | <ul style="list-style-type: none"> Addressing Traumatic Guilt in PTSD Treatment |
| Obsessive Compulsive Disorder | Article/Publication | <ul style="list-style-type: none"> Obsessive Compulsive Disorder and PTSD: Considerations for Screening and Treatment |
| Pain | Recorded Lecture | <ul style="list-style-type: none"> Treating Pain in Patients with PTSD |
| Personality Disorders | Recorded Lecture | <ul style="list-style-type: none"> Treating Comorbid PTSD and Borderline Personality Disorder |
| Psychotic Disorders | Article/Publication | <ul style="list-style-type: none"> PTSD and Sleep Sleep Problems in Veterans with PTSD |
| | Online Course | <ul style="list-style-type: none"> Assessment and Treatment of PTSD in Individuals with Co-occurring Psychotic Disorders Addressing Sleep: A Strategy for Symptom Reduction and Suicide Prevention Assessment and Treatment of Sleep Problems in PTSD CDP Presents: Chickens & Eggs: Treatment Order in Cases of Co-Morbid PTSD and Insomnia |
| | Recorded Lecture | <ul style="list-style-type: none"> Precision Medicine Approach to Prazosin for PTSD and Its Comorbidities: An Update What the Latest Research Tells Us About Treating PTSD Nightmares |
| Substance Use Disorder | Article/Publication | <ul style="list-style-type: none"> Behavioral Interventions for Comorbid PTSD and Substance Use Disorder Cannabis Use and PTSD Among Veterans No Wrong Doors: Findings from a Critical Review of Behavioral Randomized Clinical Trials for Individuals with Co-occurring Alcohol/Drug Problems and PTSD Opioid Use Among Individuals with Posttraumatic Stress Disorder |

COMORBIDITY **FORMAT****LINKS TO PUBLICLY ACCESSIBLE RESOURCES**

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|-------------------------------|---------------------|--|
| | | <ul style="list-style-type: none">• PTSD and Alcohol Use Disorder: A Critical Review of Pharmacologic Treatments• Seeking Safety for Posttraumatic Stress Disorder with Comorbid Substance Use Disorder• Strategies needed to reduce treatment dropout rate for veterans with PTSD and Substance Use Disorders• Treatment of Co-Occurring PTSD and Substance Use Disorder in VA |
| Online Course | | <ul style="list-style-type: none">• Posttraumatic Stress and Substance Use Disorder Comorbidity |
| Recorded Lecture | | <ul style="list-style-type: none">• Cannabis & PTSD: Existing Evidence and Clinical Considerations• Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE)• Treating Tobacco Use in Patients with PTSD |
| Suicide | Article/Publication | <ul style="list-style-type: none">• PTSD and Death from Suicide• Relationship Between PTSD and Suicide |
| | Online Course | <ul style="list-style-type: none">• PTSD/Suicide: Conceptualization and Assessment• Treating PTSD and Suicide Risk: Separating Myth from Fact |
| | Recorded Lecture | <ul style="list-style-type: none">• Lethal Means Safety Counseling to Reduce Suicide Risk• Understanding Suicide and PTSD: Navigating Risk and Tailoring Evidence-Based Treatment |
| Traumatic Brain Injury | Article/Publication | <ul style="list-style-type: none">• Meeting the Challenge of Co-occurring Posttraumatic Stress Disorder and Mild Traumatic Brain Injury• Mild Traumatic Brain Injury and Post-Traumatic Stress Disorder• Traumatic Brain Injury and PTSD: Focus on Veterans• PTSD and TBI Comorbidity |
| | Online Course | <ul style="list-style-type: none">• Treatment of Comorbid TBI and PTSD: Lessons Learned |
| | Recorded Lecture | <ul style="list-style-type: none">• Dementia Risk in Veterans with PTSD and a History of Blast-Related TBI• Treating Co-morbid PTSD and Traumatic Brain Injury When Cognitive Impairment is a Concern• Treatment of Comorbid TBI and PTSD |

Management of Traumatic Brain Injury and Co-Occurring Disorders



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Management of Traumatic Brain Injury and Co-Occurring Disorders

Traumatic Brain Injury (TBI) is an injury to the head — caused by exposure to explosions by a bump, blow, jolt, or penetrating injury — that disrupts the normal functioning of the brain.

| COMORBIDITY | FORMAT | LINKS TO PUBLICLY ACCESSIBLE RESOURCES |
|------------------------------|------------------------|--|
| Anger and Violence | Recorded Lecture | <ul style="list-style-type: none">• CUBIST S2E9: Characterizing symptoms of TBI in survivors of intimate partner violence• The TBI Family - E205: Irritability and Anger |
| | Article/Publication | <ul style="list-style-type: none">• Cognitive Rehabilitation for Service Members and Veterans Following Mild to Moderate Traumatic Brain Injury |
| Cognitive Disorders | Recorded Lecture | <ul style="list-style-type: none">• Best Practice in Cognitive Rehabilitation for Traumatic Brain Injury |
| | Provider Resource/Tool | <ul style="list-style-type: none">• A Head for the Future• Management and Rehabilitation of Post-Acute Mild Traumatic Brain Injury (mTBI 2021)• Rocky Mountain MIRECC TBI Toolkit• TBI and Total Force Fitness |
| General | Recorded Lecture | <ul style="list-style-type: none">• Management of Traumatic Brain Injury and Co-occurring Disorders |
| | Article/Publication | <ul style="list-style-type: none">• Association of Traumatic Brain Injury With Chronic Pain in Iraq and Afghanistan Veterans: Effect of Comorbid Mental Health Conditions• Managing Neck Pain Following Confusion/Mild Traumatic Brain Injury |
| Pain | Provider Resource/Tool | <ul style="list-style-type: none">• Management of Headache Following Concussion/ Mild Traumatic Brain Injury: Guidance for Primary Care Management in Deployed and Non-Deployed Settings• Managing Headaches Following Concussion/Mild Traumatic Brain Injury |
| | Recorded Lecture | <ul style="list-style-type: none">• Headache Clinical Practice Guideline |
| Personality Disorders | Provider Resource/Tool | <ul style="list-style-type: none">• Changes in Behavior, Personality or Mood Following Concussion/Mild Traumatic Brain Injury |
| Sleep | Provider Resource/Tool | <ul style="list-style-type: none">• Healthy Sleep Following Concussion/mTBI• Management of Sleep Disturbances Following Concussion/mTBI: Guidance for Primary Care Management in Deployed and Non-Deployed Settings |

COMORBIDITY**FORMAT****LINKS TO PUBLICLY ACCESSIBLE RESOURCES**

Recorded Lecture

- CUBIST S2E3: Sleep disturbances following TBI
- CUBIST S3E8: Sleep Disturbances and TBI Recovery
- CUBIST S3E9: Sleep-Wake Disturbances and TBI Recovery
- The TBI Family - E203: Sleep Issues and TBI / Women and TBI

Substance Use Disorder

Article/Publication

- Deployment, suicide, and overdose among comorbidity phenotypes following mild traumatic brain injury: A retrospective cohort study from the Chronic Effects of Neurotrauma Consortium

Recorded Lecture

- CUBIST S3E2: Influences of Chronic Cigarette Smoking on Neurocognitive Recovery after TBI
- The TBI Family - E105: Substance Use and TBI

Suicide

Article/Publication

- Deployment, suicide, and overdose among comorbidity phenotypes following mild traumatic brain injury: A retrospective cohort study from the Chronic Effects of Neurotrauma Consortium

Recorded Lecture

- CUBIST S3E1: Suicide and TBI Among Veterans Seeking VA Health Care

Management of Mood Disorders and Co-Occurring Disorders



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Management of Mood Disorders and Co-Occurring Disorders

A **mood disorder** is a mental health condition that causes prolonged or severe emotional disturbances that disrupt daily life.

| COMORBIDITY | FORMAT | LINKS TO PUBLICLY ACCESSIBLE RESOURCES |
|-------------------------------|------------------------|--|
| Chronic Pain | Recorded Lecture | <ul style="list-style-type: none">Chronic Pain and Emotional DysregulationIntegrating Pain and Mental Health Care |
| General | Provider Resource/Tool | <ul style="list-style-type: none">Management of Major Depressive Disorder (MDD) (2016)Understanding Depression: A Resource for Providers and Patients |
| Substance Use Disorder | Article/Publication | <ul style="list-style-type: none">Managing Depressive Symptoms in Substance Abuse Clients During Early RecoveryPharmacological and Psychological Treatments for Comorbid Alcohol Use Disorder and Depressive Disorder: a Review |
| | Online Course | <ul style="list-style-type: none">Module 15: Managing Common Psychiatric Conditions in Patients with Substance Use Disorders |
| | Recorded Lecture | <ul style="list-style-type: none">Common Psychiatric Conditions in Patients with Substance Use Disorders |
| Suicide | Provider Resource/Tool | <ul style="list-style-type: none">Crisis Response PlanCrisis Response Planning for SuicidalityLethal Means Counseling: Recommendations for ProvidersSafety Plan Worksheet: Brief Instructions for ProvidersSafety Plan Worksheet (Digital)Safety Plan Worksheet (Printable)The Assessment and Management of Patients at Risk for Suicide |
| Traumatic Brain Injury | Recorded Lecture | <ul style="list-style-type: none">CUBIST S1E6: Depression, Gender and Traumatic Brain Injury |

Management of Substance Use Disorders and Co-Occurring Disorders



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Management of Substance Use Disorders and Co-Occurring Disorders

Substance Use Disorder (SUD) involve the uncontrolled use of a substance despite harmful consequences. People with SUD have an intense focus on using alcohol, tobacco, or drugs, to the point where they experience significant health problems or fail to meet major responsibilities at work, school, or home.

Resources for substance use disorders co-occurring with mood disorders, posttraumatic stress disorder (PTSD), and traumatic brain injury (TBI) are captured in tables above. The following table identifies areas that haven't been captured above.

| COMORBIDITY | FORMAT | LINKS TO PUBLICLY ACCESSIBLE RESOURCES |
|----------------------------|------------------------|--|
| Cognitive Disorders | Article/Publication | <ul style="list-style-type: none">Mental and Substance Use Disorder Treatment for People With Physical and Cognitive Disabilities |
| General | Article/Publication | <ul style="list-style-type: none">Addressing the Specific Behavioral Health Needs of Men with Substance Use DisordersAddressing the Specific Needs of Women for Treatment of Substance Use DisordersCommon Comorbidities with Substance Use Disorders Research ReportEvidence-Based Resource Guide Series: Treatment of Stimulant Use DisordersGroup Therapy in Substance Use TreatmentManagement of Substance Use Disorders (SUD) (2021)Medications for Opioid Use DisorderNIDA Substance Use and SUDs in LGBTQ* PopulationsScreening and Treatment of Viral Hepatitis in People With Substance Use DisordersTIP 42: Substance Use Treatment for Persons With Co-Occurring DisordersTreating Substance Use Disorders Among People With HIVUsing Motivational Interviewing in SUD Treatment |
| | Provider Resource/Tool | <ul style="list-style-type: none">Co-Occurring Disorders and Other Health ConditionsIs Your Body Ready for Pregnancy? Pregnancy and Substance Use: It's Not Worth the RiskScreening and Assessment Tools Chart |

COMORBIDITY **FORMAT****LINKS TO PUBLICLY ACCESSIBLE RESOURCES**

| | | |
|------------------------------|------------------------|--|
| | | <ul style="list-style-type: none">• Substance Use and Co-Occurring Mental Disorders |
| Mood Disorders | Article/Publication | <ul style="list-style-type: none">• Anger Management for Substance Abuse and Mental Health Clients: A Cognitive-Behavioral Therapy Manual |
| Pain | Article/Publication | <ul style="list-style-type: none">• TIP 42: Substance Use Treatment for Persons With Co-Occurring Disorders |
| | Provider Resource/Tool | <ul style="list-style-type: none">• Managing Side Effects and Complications of Opioid Therapy for Chronic Pain• Patient Information Guide: Long-term Opioid Therapy for Chronic Pain• Provider Pocket Guide: Opioid Therapy for Chronic Pain• Screening for Substance Use in Pain Management Settings |
| | Recorded Lecture | <ul style="list-style-type: none">• Assessment of Patients with Chronic Pain and Co-Occurring Substance Use• Chronic Pain Management with Opiate Medications |
| Personality Disorders | Article/Publication | <ul style="list-style-type: none">• An Introduction to Co-Occurring Borderline Personality Disorder and Substance Use Disorders |
| Sleep | Article/Publication | <ul style="list-style-type: none">• Treating Sleep Problems of People in Recovery From Substance Use Disorders |
| Suicide | Article/Publication | <ul style="list-style-type: none">• TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment |

Additional Resources



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Additional Resources

Mentalhealth.va.gov

U.S. Department of Veterans Affairs

Get help from Veterans Crisis Line

Health Benefits Burials & Memorials About VA Resources Media Room Locations Contact Us

Mental Health Home

Coronavirus

Get Help

Explore by Topic

Information for...

About VA Mental Health

Site Map

More Health Care

QUICK LINKS

Hospital Locator

Health Programs

Protect Your Health

A-Z Health Topics

Depression Screening Month

Depressive disorder can affect anyone. The good news is that even the most severe cases of depression are treatable. Start by taking a self-assessment. [Learn more >](#)

Managing Financial Issues Depression Screening Mental Health Appointment

Are you a Veteran in crisis or concerned about one? Find support anytime day or night

Maketheconnection.net

MAKE THE CONNECTION

Search Find Local Support

Stories of Connection Life Events & Experiences Signs & Symptoms Conditions Treatment & Support Resources For

Connect With Stories of Help and Hope

LEARN FROM VETERANS' EXPERIENCES

Find Stories Like Yours

Veterans and their loved ones talk about their experiences, challenges, and recovery.

Veteranscrisisline.net

Veterans Crisis Line 1-800-273-8255 PRESS 1

Get Help About Veterans Crisis Line Education and Advice Show Support

WELCOME TO THE

Veterans Crisis Line

Are you a Veteran in crisis or concerned about one?

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.

HOW TO CONNECT WITH A RESPONDER

Call 1-800-273-8255 and Press 1

Chat Connect online

This free support is

- Confidential
- Available every day, 24/7

And serves

- All Veterans

Va.gov/reach

Don't wait. Reach out.

About

Life has its challenges. As a Veteran you don't have to solve them alone.

Use this site to get support that is designed specifically for you. If you're a family member or a friend, you can also find resources that are designed specifically for the Veteran in your life.

Get Support & Resources

Not sure where to start? Select one of these challenges to find resources and get support.

- Career Challenges
- Feelings of Isolation
- Money Challenges