

VA MENTAL HEALTH SERVICES CO-Occurring Disorders Toolkit





Management of PTSD and Co-Occurring Disorders





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	Article/Publication	Anger and PTSD
Violence		Assessing Risk of Violence in Individuals with PTSD
		Research Findings on PTSD and Violence
	Online Course	Assessing and Reducing Violence Risk in Veterans with PTSD
		Managing Anger: A Treatment for Those with PTSD
	Recorded Lecture	Treating Anger and Aggression in Populations with PTSD
Cognitive Disorders	Article/Publication	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	PTSD 101: PTSD and Aging
	Provider Resource/Tool	Co-occurring PTSD and Neurocognitive Disorder
	Recorded Lecture	Treatment of Comorbid TBI and PTSD: Lessons Learned
		Using CogSMART with Veterans with PTSD and Traumatic Brain Injury
General	Provider Resource/Tool	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	Treating PTSD When Common Comorbidities are Present

COMORBIDITY	FORMAT	LINKS TO PUBLICLY ACCESSIBLE RESOURCES
Moral Injury	Article/Publication	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	Addressing Traumatic Guilt in PTSD Treatment
Obsessive Compulsive Disorder	Article/Publication	 Obsessive Compulsive Disorder and PTSD: Considerations for Screening and Treatment
Pain	Recorded Lecture	Treating Pain in Patients with PTSD
Personality Disorders	Recorded Lecture	Treating Comorbid PTSD and Borderline Personality Disorder
Psychotic	Article/Publication	PTSD and Sleep
Disorders		Sleep Problems in Veterans with PTSD
	Online Course	 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	 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	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
		 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	Posttraumatic Stress and Substance Use Disorder Comorbidity
	Recorded Lecture	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	PTSD and Death from Suicide
		Relationship Between PTSD and Suicide
	Online Course	PTSD/Suicide: Conceptualization and Assessment
		Treating PTSD and Suicide Risk: Separating Myth from Fact
	Recorded Lecture	Lethal Means Safety Counseling to Reduce Suicide Risk
		 Understanding Suicide and PTSD: Navigating Risk and Tailoring Evidence- Based Treatment
Traumatic Brain Injury	Article/Publication	 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	Treatment of Comorbid TBI and PTSD: Lessons Learned
	Recorded Lecture	• 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





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	CUBIST S2E9: Characterizing symptoms of TBI in survivors of intimate partner violence
		The TBI Family - E205: Irritability and Anger
Cognitive Disorders	Article/Publication	 Cognitive Rehabilitation for Service Members and Veterans Following Mild to Moderate Traumatic Brain Injury
	Recorded Lecture	Best Practice in Cognitive Rehabilitation for Traumatic Brain Injury
General	Provider Resource/Tool	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
	Recorded Lecture	Management of Traumatic Brain Injury and Co-occurring Disorders
Pain	Article/Publication	 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
	Provider Resource/Tool	 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	Headache Clinical Practice Guideline
Personality Disorders	Provider Resource/Tool	Changes in Behavior, Personality or Mood Following Concussion/Mild Traumatic Brain Injury
Sleep	Provider Resource/Tool	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





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	Chronic Pain and Emotional Dysregulation
		Integrating Pain and Mental Health Care
General	Provider Resource/Tool	Management of Major Depressive Disorder (MDD) (2016)
		Understanding Depression: A Resource for Providers and Patients
Substance Use Disorder	Article/Publication	Managing Depressive Symptoms in Substance Abuse Clients During Early Recovery
		Pharmacological and Psychological Treatments for Comorbid Alcohol Use Disorder and Depressive Disorder: a Review
	Online Course	Module 15: Managing Common Psychiatric Conditions in Patients with Substance Use Disorders
	Recorded Lecture	Common Psychiatric Conditions in Patients with Substance Use Disorders
Suicide	Provider Resource/Tool	Crisis Response Plan
		Crisis Response Planning for Suicidality
		Lethal Means Counseling: Recommendations for Providers
		Safety Plan Worksheet: Brief Instructions for Providers
		Safety Plan Worksheet (Digital)
		Safety Plan Worksheet (Printable)
		The Assessment and Management of Patients at Risk for Suicide
Traumatic Brain Injury	Recorded Lecture	CUBIST S1E6: Depression, Gender and Traumatic Brain Injury

Management of Substance Use Disorders and Co-Occurring Disorders





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	 Mental and Substance Use Disorder Treatment for People With Physical and Cognitive Disabilities
General	Article/Publication	 Addressing the Specific Behavioral Health Needs of Men with Substance Use Disorders
		 Addressing the Specific Needs of Women for Treatment of Substance Use Disorders
		Common Comorbidities with Substance Use Disorders Research Report
		 Evidence-Based Resource Guide Series: Treatment of Stimulant Use Disorders
		Group Therapy in Substance Use Treatment
		Management of Substance Use Disorders (SUD) (2021)
		Medications for Opioid Use Disorder
		NIDA Substance Use and SUDs in LGBTQ* Populations
		 Screening and Treatment of Viral Hepatitis in People With Substance Use Disorders
		• TIP 42: Substance Use Treatment for Persons With Co-Occurring Disorders
		Treating Substance Use Disorders Among People With HIV
		Using Motivational Interviewing in SUD Treatment
	Provider Resource/Tool	Co-Occurring Disorders and Other Health Conditions
		 Is Your Body Ready for Pregnancy? Pregnancy and Substance Use: It's Not Worth the Risk
		Screening and Assessment Tools Chart

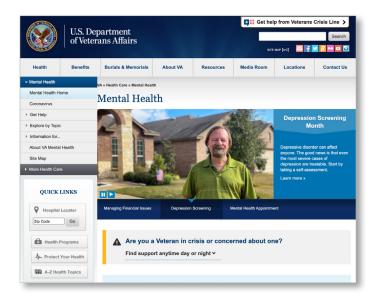
COMORBIDITY	FORMAT	LINKS TO PUBLICLY ACCESSIBLE RESOURCES
		Substance Use and Co-Occurring Mental Disorders
Mood Disorders	Article/Publication	 Anger Management for Substance Abuse and Mental Health Clients: A Cognitive-Behavioral Therapy Manual
Pain	Article/Publication	• TIP 42: Substance Use Treatment for Persons With Co-Occurring Disorders
	Provider Resource/Tool	 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	Assessment of Patients with Chronic Pain and Co-Occurring Substance Use
		Chronic Pain Management with Opiate Medications
Personality Disorders	Article/Publication	An Introduction to Co-Occurring Borderline Personality Disorder and Substance Use Disorders
Sleep	Article/Publication	Treating Sleep Problems of People in Recovery From Substance Use Disorders
Suicide	Article/Publication	 TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment

Additional Resources





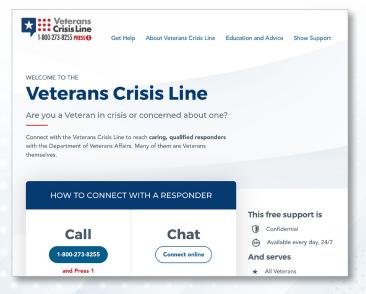
Mentalhealth.va.gov



Maketheconnection.net



Veteranscrisisline.net



<text><text><image><image><image><image><image><image><image><image><image><image><image><image><image><image><image><image><image><image><image><image>

Va.gov/reach