



## **Co-occurring Mental Health and Substance Use Disorders**

Stacy is a 42-year old woman from Harwich, now living in New Bedford. She has 3 teen-aged children who live with her mother on the Cape. Stacy has had 4 psychiatric hospitalizations over the past 12 years. The first was after her last child was born; she divorced her husband and returned to the Cape with her kids. She began drinking heavily on weekends and using benzodiazepines during the week while she worked. She saw a psychiatrist and began taking an antidepressant. Within 3 weeks, she experienced full-blown mania and Stacy ended up being arrested and then hospitalized at Pocasset Mental Health for months before she was stable enough to go home. After that they all moved home with her parents in Harwich and Stacy never went back to work and drank beer and smoked marijuana daily.

Since then she has had a few brief psychiatric hospitalizations and a couple of tries at alcohol recovery. She is currently living in a recovery home in New Bedford. She wants to get work and an apartment to live on her own in New Bedford. She believes that she will relapse if she returns to the Cape and it's very hard for her to live with her children. She wants to support her kids the best she can, but she can't live with them right now. She thinks that maybe in a year, she will be able to have the youngest 2 live with her while they finish high school if they want to.

### **What services and supports would you want for Stacy to have?**

Dallas is a 24-year old man with an 8-year history of opioid use, 6-years injecting. He was diagnosed with ADHD when he was 4 and left school at age 16 without ever earning a GED. Dallas gets money through sex work and petty crime. He seems to have trouble managing his impulses-including violent impulses. He's been in jail a few times, but has always been released without a finding. Dallas usually crashes with the friends he uses with.

### **Where do you think Dallas is in terms of readiness for change (substance use)?**

### **Where do you think Dallas is in terms of readiness for change (mental health)?**