

Comorbidity between Substance Use and Mental Health Disorders

In this program, I will review the conceptualization of comorbidity, including its etiology. I will discuss why comorbidity occurs and how it impacts the course of treatment. I will provide examples from the scientific literature on frequently comorbid conditions. I will then discuss the evaluation of patients with comorbid substance use disorders and mental health disorders. This section will focus on considering a host of clinical data to inform treatment planning for individuals with comorbid conditions. I will then spend time discussing the elements of successful treatments for comorbid conditions. The premise of the session is that comorbid conditions should be treated concurrently for treatment to be successful. I will discuss examples of specific comorbidities (e.g., PTSD + substance use disorder) and review scientific developments to address these comorbid disorders. I will conduct this seminar by combining lecturing, question & answer periods, and polling tools to engage the audience.

Target Audience		
Psychologists	Social Workers	Counselors
Therapists	Psychiatrists	Nurses
Course level: Intermediate		

Learning Objectives

At the end of this seminar, participants will be able to:

- 1) conceptualize the comorbidity between substance use disorders and mental health disorders from a scientific viewpoint.
- 2) explain to patients why substance use disorders and mental health disorders often co-occur.
- 3) evaluate comorbid conditions while considering risk and protective factors that inform treatment planning.
- 4) determine the appropriate level of care based on the patient's presentation and clinical needs.
- 5) select from a host of evidence-based treatments for the comorbidity between substance use disorders and mental health disorders.

Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

Outline

The program will be conducted in three blocks of 40 minutes each, including Q &A periods.

First 40-min period: Understanding comorbidity – considering etiology and clinical implications that can inform conceptualization

Second 40-min-period: Evaluating comorbidity – elements of a complete evaluation that can capture comorbidity and treatment needs, which can inform treatment planning

Third 40-min period: Treating comorbidity – meeting patients' needs by delivering evidence-based treatments that target comorbid conditions

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The Presenter

Lara Ray, PhD, earned her doctorate in clinical psychology at the University of Colorado, Boulder, in 2007. During her training she specialized in the biological bases of behavior, including behavioral genetics and neuroscience of addiction. Dr. Ray completed her predoctoral internship at Brown University Medical School, where she also completed a postdoctoral fellowship in Addiction Psychology at the Brown University Center for Alcohol and Addiction Studies. In 2008, Dr. Ray joined the faculty in the Department of Psychology at the University of California Los Angeles (UCLA), where she is now a full professor. Dr. Ray has been actively engaged in research, teaching, and practice of psychology with a focus on addiction. She provides direct services to patients in her private practice and she leads a Cognitive Behavioral Therapy Clinic for Addiction within the UCLA Psychology Clinic. Dr. Ray has over 200 peer-reviewed publications, mostly on the topic of addiction etiology and treatment. Dr. Ray has been widely recognized for her scientific contributions to the field, notably receiving the prestigious Distinguished Scientific Award for Early Career Contribution to Psychology by the American Psychological Association (APA) in 2017. Dr. Ray lectures nationally and internationally on the topic clinical research in addiction.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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