

**BEHAVIORAL HEALTH SERVICES**

# Dual Diagnosis Program

## SCOPE OF TREATMENT

### WHO SPECIFICALLY IS TREATED IN THIS PROGRAM

The Dual Diagnosis Program is an abstinence based, outpatient program for adults who require treatment for substance use disorder co-occurring with a mental health condition. This is an approximately 8 week program with sessions Monday through Friday. Comprehensive treatment includes evidence-based approaches: stages of change, motivational interviewing, dialectical behavioral therapy and mindfulness. The program structure includes group and individual sessions. Patients learn about the connection between psychiatric symptoms and substance use. Skills are taught to manage symptoms and support abstinence. Individuals admitted to the program will be under the care of a psychiatrist dedicated to the program. The patient is seen by the psychiatrist weekly or more frequently as needed. All members of the treatment team are professionally licensed staff with experience in the field of addiction medicine.

### WHO TO REFER

Individuals who are experiencing significant symptoms of a mental health condition and use of alcohol or other drugs. If a medically supervised recovery is indicated our medical staff would develop a treatment plan. If an individual requires a medication taper to stop using a substance the treating psychiatrist will work with the patient and primary care physician if possible to establish a plan. Staff is suboxone certified. The program team will also work with individuals who need to complete a treatment program for legal purposes. If actively using, we require patient stop when admitted to program.

## CONSIDERATIONS PRIOR TO REFERRAL

Severe alcohol/drug dependence at risk for life-threatening withdrawal, care can be coordinated and a medical detox can be provided through a inpatient facility for detox. The program does not provide methadone maintenance. Community support groups are an integral part of program.

## OTHER PERTINENT INFORMATION

Admission requires in-person assessment (no charge). Potential patient must telephone for appointment. We accept referrals from primary care, community providers, residential, inpatient programs, and from family or self-referrals. The cost of services is covered, in-network, by most commercial payors. MediCal and Tricare/Triwest do not cover Intensive Outpatient Program care. Please connect with the El Camino Hospital Patient Assistance program if needed.

## APPROPRIATE CONTACT INFORMATION FOR PROGRAM

**Addiction services intake line: 866-789-6089**

## LOCATION

### MOUNTAIN VIEW

El Camino Hospital's Old Main Hospital  
Outpatient Behavioral Health Services  
2500 Grant Road, Mountain View, 94040

## WEBSITE

[www.elcaminohospital.org/dualdiagnosis](http://www.elcaminohospital.org/dualdiagnosis)