

TEENS. MENTAL HEALTH. SUBSTANCE MISUSE. COD.



Co-Occurring Disorders (COD) means a person has both a mental health disorder(s) like anxiety, depression, bipolar, and/or post-traumatic stress disorder; and, misuses substances like alcohol, prescription medications, and other illicit products.

OVER 10.2 people have COD,
0 MILLION yet most have never heard of it.

THERE ARE 3 BASIC CATEGORIES OF COD:

- 1 Those who have a mental health disorder(s) and misuse substances in a misguided attempt to manage or "self-medicate."
- 2 Those who misuse substances and experience negative impact to the brain, causing them to think and act differently.
- 3 Those who are predisposed to both mental health and substance use disorders.

Genetics, environment, trauma, and traumatic brain injury can be additional risk factors.

DID YOU KNOW THESE FACTS?



of teens ages 13-18 have a diagnosable mental and/or addictive disorder.



of all cases of mental illness begin by the age of 14 – **75%** by the age of 24.



of those who misuse substances have COD.

IF YOU ARE CONCERNED ABOUT YOURSELF, APPROPRIATE TREATMENT CAN HELP:

- See a mental health and/or substance use professional, if possible someone with experience treating COD.
- If you're a student, see someone in your guidance department or counseling center to find local resources.

IF YOU ARE CONCERNED ABOUT A LOVED ONE:

- Share what you have noticed.
- Tell them appropriate treatment can help.
- Be there to provide support and hope.

CO-OCCURRING DISORDERS AWARENESS

CODA

OUT OF THE SHADOWS AND INTO THE LIGHT



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Sources include: SAMHSA, National Institute for Mental Health, Mental Health First Aid