Co-occurring Concerns Bridge - Concept brief

Understand the idea behind co-occurring concerns bridge and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan notices that low mood and urges sometimes rise together.

The idea

Mental health and substance-use concerns can be discussed together.

An ordinary example

Jordan notices that low mood and urges sometimes rise together.

What this can look like

Prepare a shared-care summary of concerns, goals, current supports, and questions without assigning a diagnosis.

Check the fit

What would you like your providers to understand about the connection? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

What would you like your providers to understand about the connection?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A18-1