# Co-occurring Concerns Bridge - Review journal

Review an attempt at co-occurring concerns bridge and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Mental health and substance-use concerns can be discussed together.

### Practice task

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

### 1. What I tried, or what happened in the fictional example:

### 2. What I noticed before, during, and after; what remains uncertain:

### 3. What helped, did not help, or was outside my control:

### 4. What would you like your providers to understand about the connection? My optional adjustment or support request:

### 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-A18-5