Co-occurring Concerns Bridge - Practice worksheet

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

Adults; supported use as appropriate | 15 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. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

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

4. An optional next step, support, adaptation, or reason to stop:

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-A18-2