



Integrated Care and the Path to **RECOVERY**

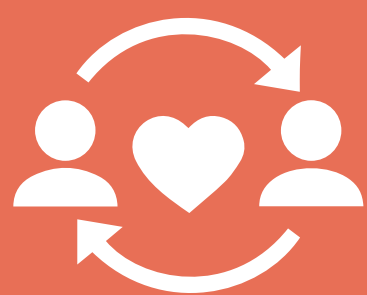
From screening to treatment and beyond,
let the four C's be your guide

Best practices call for an integrated approach to caring for people with co-occurring conditions.

That is the DMHAS mission.

Over half of people in treatment are living with co-occurring conditions. This means they are dealing with both a mental illness and a substance use disorder simultaneously.

Integrated treatment is the best treatment for co-occurring conditions and it is anchored by the four C's:



Connection

is the foundation of recovery. We meet people where they are.



Collaboration

means we are a team, working side-by-side with the person seeking services.



Choice

is key! Each person is informed of their options and supported to make choices.



Change

is at the heart of recovery. Recovery from co-occurring conditions is a self-directed process of change and we are here to support people every step of the way.

For more information to keep the DMHAS mission top-of-mind and to support recovery, please visit:

portal.ct.gov/DMHASIntegratedCare

