

InterAct's Substance Abuse Services program provides behavioral skills training to help people with co-occurring mental health and substance use problems to stop abusing drugs and alcohol.

The focus of this outpatient program is to solve these problems by treating both needs at the same time.



Substance Abuse Services  
**InterAct**  
610 South Burdick Street  
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269-381-3700  
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# Substance Abuse Services

Providing Help  
For People With  
Co-Occurring  
Disorders

## Substance Abuse Services

InterAct offers outpatient Substance Abuse Services for individuals with mental illness who also have co-occurring substance abuse disorders—a problem that affects an estimated 40–60% of this population. The program uses “best practice” group and individual treatments designed to match the individuals’ stage of treatment to their stage of change—persuasion, active treatment, or relapse prevention.

### Awareness Groups

For people who are in the contemplation or preparation stage of change, Awareness groups are held twice weekly. These groups utilize persuasion strategies to engage people in harm reduction and moving towards abstinence.

### Substance Abuse Management Module

For people in the action stage of change, the Substance Abuse Management Module (SAMM) is used to teach people new skills that lead to positive behaviors. The SAMM format consists of Basic Training and Skills Training groups that meet three times per week, 90 minutes per session for 12 weeks. Participants learn skills to understand and manage their

*“Society at large needs to understand that individuals with dual diagnosis have a much harder time in daily life and also 12-step recovery.”*

symptoms, know how medications work, avoid triggers or high risk situations, solve problems, and enjoy life without substance use.

### Relapse Prevention Groups

Relapse Prevention groups are held weekly for people who complete the SAMM active treatment group and are either in the action or maintenance stage of change. Participants receive additional skills that enhance their commitment to recovery and help them problem solve challenging situations in their lives that may trigger a relapse. InterAct also sponsors a weekly Dual Recovery Anonymous (DRA) group that is peer run and follows a 12-step model for people with co-occurring disorders.

## Case Management Supports

Individuals who don’t otherwise have case management support may receive intensive case management services from InterAct’s Substance Abuse Service staff. Case management services are designed to help people successfully complete their course of treatment and include development of a person-centered plan that focuses on such activities as applying for benefits, obtaining housing, medication assistance, and other basic needs.

*“SAMM group really helped me a lot. It taught me a lot about how to work through my recovery and come out of my shell and communicate with my peers.”*

### Integrated Dual Disorder Treatment (IDDT)

For people whose complicated service needs are best met through intensive team-based treatment of both their mental illness and substance use problems, InterAct offers Integrated Dual Disorder Treatment in combination with Assertive Community Treatment (ACT) services. IDDT participants receive psychiatric, nursing, and case management services as part of their team treatment and may participate in whichever level of Substance Abuse Service group best meets their needs.

## How to Enroll

Referrals and authorizations for payment for services may be obtained by contacting Kalamazoo Community Mental Health and Substance Abuse Services’ (KCMHSAS) Access Center at 269-373-6000.

For more information about this program, contact InterAct’s Substance Abuse Services staff between 8:00 a.m.–5:00 p.m., Monday–Friday.

Substance Abuse Services for Co-occurring Disorders  
*a program of*  
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*“SAMM has helped me more than any other group—AA, intensive outpatient. Here I learned to deal with my mental illness as well as alcohol.”*