

TEENS. MENTAL HEALTH. SUBSTANCE MISUSE. COD.



Co-Occurring Disorders (COD) can develop in a person who has both a mental health challenge(s) like anxiety, depression, ADHD, bipolar disorder, and/or post-traumatic stress disorder and substance use issues involving alcohol, marijuana, prescription medications, and/or illicit substances.

OVER 20 people have COD,
OMILLION yet most have never heard of it.

THERE ARE 3 BASIC WAYS COD CAN DEVELOP:

- 1** Those who have a mental health disorder(s) and misuse substances in a misguided attempt to manage or "self-medicate."
- 2** Those who misuse substances and experience negative impact to the brain, causing them to experience mental health challenges.
- 3** Those who are predisposed to both mental health and substance use disorders.

Genetics, environment, trauma, and traumatic brain injury can be additional risk factors.

DID YOU KNOW THESE FACTS?



of teens ages 13-18 have a diagnosable mental health disorder with "severe impact."



of all mental health disorders begin by the age of 14; 75% by the age of 24.



of those with substance use issues also struggle with mental health challenges.

IF YOU ARE CONCERNED ABOUT YOURSELF, APPROPRIATE TREATMENT CAN HELP:

- ➡ See a mental health and/or substance use professional, if possible someone with experience treating COD.
- ➡ If you're a student, see someone in your guidance department or counseling center to find local resources.

IF YOU ARE CONCERNED ABOUT A LOVED ONE:

- ➡ Share what you have noticed.
- ➡ Tell them appropriate treatment can help.
- ➡ Be there to provide support and hope.

Sources include: SAMHSA, National Institute of Mental Health, National Institute on Drug Abuse, National Survey on Drug Use and Health

CO-OCCURRING DISORDERS AWARENESS

CODA 
OUT OF THE SHADOWS AND INTO THE LIGHT



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