

Co-Occurring Disorders Screening Instrument

Step 1 – Ask The Primary Screening Questions

3 Questions for Mental Health:

- Have you ever been worried about how you are thinking, feeling, or acting?
- Has anyone ever expressed concerns about how you were thinking, feeling, or acting?
- Have you ever harmed yourself or thought about harming yourself?

3 Questions for Alcohol & Drug Use (Health Canada Best Practice Report):

- Have you ever had any problem related to your use of alcohol or other drugs?
- Has a relative, friend, doctor, or other health worker been concerned about your drinking or other drug use or suggested cutting down?
- Have you ever said to another person, “No, I don’t have (an alcohol or drug problem,” when around the same time you questioned yourself and felt, *maybe I do have a problem?*

3 Questions for Trauma/Domestic Violence:

- Have you ever been in a relationship where your partner has pushed or slapped you?
- Before you were 13, was there any time when you were punched, kicked, choked, or received a more serious physical punishment from a parent or other adult?
- Before you were 13, did anyone ever touch you in a sexual way or make you touch them when you did not want to?

Step 2 – If participant answers two questions Yes (1 mental health and 1 substance abuse or 1 substance abuse and 1 trauma), complete:

- Appropriate DMH Screening forms for COD.

Adapted from Collaborative Care Project, Canada and Co-Morbidity Screen, Boston Consortium.