

Dual-Diagnosis Referral Guide

Integrated Mental Health and Substance Use Disorder Treatment

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As a referring provider, your clinical insight is often the catalyst for a client accessing the appropriate level of care. This guide is designed to support you in identifying, evaluating, and referring individuals who may benefit from integrated treatment for co-occurring mental health and substance use disorders.

River's Bend offers evidence-based, dual-diagnosis treatment through both Partial Hospitalization (PHP) and Intensive Outpatient Programs (IOP) for Mental Health and Substance Use Disorder. Our model emphasizes coordinated care, clinical transparency, and a strong respect for the therapeutic alliances clients have already built with their current providers.

Benefits of Integrated Dual-Diagnosis Care:

- Reduced relapse rates
- Improved psychiatric symptom management
- Enhanced treatment retention
- Higher quality of life and functioning

Referral Criteria

Appropriate for IOP Referral:

- Actively using or newly sober, with motivation to engage
- Demonstrating mood instability or unprocessed trauma impacting recovery
- Failing to progress in traditional outpatient therapy due to co-occurring symptoms
- Medically stable and psychiatrically safe to remain in the community
- Functioning well enough to engage 3x/week for 3 hours per session

Program Snapshot:

- Mental Health IOP and Substance Use Disorder IOP
- 3 sessions per week (AM, PM, evening options)
- Group and individual therapy
- In-person and virtual availability

Appropriate for PHP Referral:

- Recent discharge from detox, inpatient, or emergency department
- Deteriorating mental health or escalating substance use impacting daily functioning
- Recurrent suicidal ideation or non-suicidal self-injury without acute hospitalization criteria
- Severe anxiety, depressive symptoms, trauma reactivity, or disordered eating behaviors
- Requires daytime structure but not 24/7 medical supervision

Program Snapshot:

- PHP runs Monday–Friday, 9:00am–3:30pm
- Multidisciplinary team: therapist, psychiatrist, RN, recovery coach
- Daily groups, individual therapy, case coordination
- Treatment average: 10 treatment days (2 weeks), extendable based on clinical need

Clinical Indicators of Co-Occurring Disorders

Providers should consider dual-diagnosis treatment when the following clinical dynamics are present:

- Persistent emotional dysregulation during periods of sobriety
- Substance use clearly tied to self-medication for psychiatric symptoms (e.g., anxiety, trauma)
- Therapy attendance or engagement fluctuates with substance use cycle
- Client exhibits emotional reactivity, impulsivity, or behavioral disinhibition despite therapeutic alliance
- Medication adherence compromised by unregulated substance use

The Referral Process

Step 1: Initial Screening

Call River's Bend to consult with our intake coordinator or clinical director. We welcome pre-referral conversations to determine fit.

Troy Office: 248.585.3239

West Bloomfield Office: 248.702.6132

You can also submit a referral [on our website](#)

Step 2: Client Intake

Clients can self-refer or be contacted by our admissions team following provider introduction. All evaluations are performed by licensed clinicians.

Step 3: Coordination of Care

With client consent, we maintain transparent communication with referring providers. We offer:

- Progress updates
- Discharge summaries
- Coordination for stepped-down care
- Re-engagement support to resume individual therapy when clinically appropriate

Provider FAQs

Will I lose the client?

No. We prioritize collaborative care. Our goal is to stabilize the client and return them to your care when they are clinically ready.

Can I remain involved during their time at River's Bend?

Yes. With proper releases, we maintain communication and welcome collaboration around treatment planning and discharge goals.

What insurances are accepted?

We accept most major commercial insurance plans. Please call to verify eligibility.

Can I schedule a tour or meeting to learn more?

Absolutely. I am available to meet with you or your team to discuss program structure, clinical collaboration, or to provide an in-person tour of either of our facilities. This is a valuable opportunity to experience our treatment environment, ask questions, and build a strong referral relationship. [Schedule a Meeting or Tour today.](#)

Resources to Share with Clients

To ease the referral process and reduce client anxiety, consider providing:

- [Client Blog: "I Didn't Know I Needed Help for Both"](#) – A relatable story introducing co-occurring disorders
- [Coping with Triggers Workbook](#) – Practical cognitive tools clients can use before and during care



Contact & Referral

For clinical consultation or to refer a client:

Troy: 248.585.3239

West Bloomfield: 248.702.6132

Fax referral materials to: (248) 616-9759

Email inquiries: CNarduzzi@riversbendpc.com

River's Bend PC is a nationally accredited outpatient clinic with nearly 30 years of experience delivering dual-diagnosis care in a private, community-based setting. We are committed to clinical excellence and collaborative provider partnerships.