

The complexities in working with co-occurring mental health and alcohol and other drug presentations

Please note the resources displayed in this document were accurate at the time of publication

MHPN Resources

MHPN Networks: MHPN supports networks where practitioners share an interest in mental health. [See what's available in your area](#)

MHPN Webinar Library: [Watch our previous webinars](#)

MHPN Podcast: [Listen to our range of podcasts](#)

Websites

[Therapeutic Models](#) – Youth AOD Toolbox which describes a set of therapeutic practices, approaches and models that may be appropriate for use within youth AOD services.

[Centre for Clinical Interventions \(CCI\)](#) is a specialised clinical psychology service and provide free online resources to help people overcome mental health issues.

[The Happiness Trap](#) is a collection of free resources from Dr. Russ Harris, author of 'When Life Hits Hard', 'The Reality Slap' & 'The Happiness Trap'.

[ACT Mindfully](#) offer a variety of free resources to accompany Dr. Russ Harris' self-help books.

Further information on the [Healthy Mind Platter](#).

[Insight](#) is a Queensland provider of AOD services and professional resources/webinars/guidelines and toolkits on AOD.

[Dove Tail](#) is a Queensland provider of Youth Drug and Alcohol - Videos, resources and training materials.

Journals

Kelly, J.F., Humphreys, K., Ferri, M. Alcoholics Anonymous and other 12-step programs for alcohol use disorder. Cochrane Database Syst Rev. 2020 Mar 11;3(3):CD012880. [doi: 10.1002/14651858.CD012880](#).pub2. PMID: 32159228; PMCID: PMC7065341.

The complexities in working with co-occurring mental health and alcohol and other drug presentations (cont.)

[Video](#) accompanying above journal; Does Alcoholics Anonymous Work? YouTube video of scientists John Kelly (Harvard/MGH) and Keith Humphreys (Stanford/VA) discuss findings of 3/11/20 Cochrane Collaborative.

Wilson, H. (2020). How stigmatising language affects people in Australia who use tobacco, alcohol and other drugs. *Australian Journal of General Practice*, 49(3). [doi: 10.31128/AJGP-07-19-4998](https://doi.org/10.31128/AJGP-07-19-4998)

Training

The [Positive Psychology Centre](#) promotes research, training, education and the dissemination of Positive Psychology, resilience and grit.

[PERMA Theory of Well-being and workshops](#)

PDF

The [Language Matters Guide](#) is a helpful resource that provides alternatives to stigmatizing and stereotyping language.