

Information Pack



Co-Occurring Conditions Training

About co-occurring conditions

Drug, alcohol and mental health difficulties are often co-occurring rather than separate problems to be addressed independently. People with co-occurring conditions can find it hard to engage with support, and services too often fail to meet their needs because they are not equipped to respond in an integrated way.



Why this training matters

Dame Carol Black's independent review of drugs underlined the complex relationship between mental health and drug and alcohol use. The review identified that too often people are being excluded from mental health services until they resolve their drug problem, while also being excluded from substance use services until their mental health problems have been addressed.

National evidence shows that:

- **74%** of people starting drug and alcohol treatment have a mental health treatment need, demonstrating widespread co-occurring conditions. *(Source: Co-Occurring Mental Health & Substance Use Delivery Framework 2025)*
- Individuals are frequently turned away from mental health services due to substance use, and vice versa.
- This lack of integrated care contributes to higher risks of suicide, overdose, disengagement from services, and an increased demand for crisis care.

What problem does this training solve?

The Co-Occurring Mental Health and Substance Use Delivery Framework (2025) calls for a fundamental shift in how services work together, placing responsibility on the **whole workforce**, not just specialist teams, to provide integrated, trauma-informed support.

This training directly responds to that challenge by equipping all staff with the knowledge, language and practical skills needed to... *(continued)*

- ✔ Build confidence in identifying and responding to co-occurring needs.
- ✔ Promote integrated working that is trauma-informed.
- ✔ Reduce stigma and missed opportunities for support.
- ✔ Support aims for collaborative, person-centred care across sectors.

Improving workforce knowledge and confidence directly improves the care people receive. Rather than focusing on service boundaries and diagnoses, the training strengthens a staff member's ability to work with the person in front of them. This leads to better engagement, more appropriate interventions, and improved outcomes for individuals experiencing both mental health and substance use challenges.

About this training

This is a specialist, two-module training package that brings together:

- Drug and alcohol awareness
- Co-occurring mental health and integrated working

Together, they provide a well-rounded, practical foundation for anyone working with people who experience challenges with both their mental health and substance use.

The training is:

- CPD-accredited - offering recognised professional development.
- Developed and delivered by NHS clinicians with frontline expertise.
- Supportive of a trauma-informed, inclusive workforce and whole-system approaches.
- Inclusive of real, NHS integrated working examples (ICoN, No Wrong Door, Mental Health and Wellbeing Practitioners).
- Fully aligned with national guidance, including:
 - » Co-Occurring Mental Health & Substance Use Delivery Framework 2025
 - » NICE NG58
 - » NHS Community Mental Health Framework
 - » PHE Better Care for People with Co-occurring Conditions 2017

Who is this training for?

This training is designed for **anyone** who works with individuals experiencing both substance use and mental health challenges. It focuses on practical skills, real-life scenarios, and approaches that help people feel more confident, capable, and supported in their day-to-day work.

While skill requirements vary by role, all staff working with people with co-occurring conditions should have the core knowledge to provide effective, compassionate support.



Why Inclusion?

This training is delivered by Inclusion, part of Midlands Partnership NHS Foundation Trust. We are a trusted, national NHS provider with decades of experience supporting people with their mental health and substance use.

The skills outlined in this training are skills that our services implement daily to improve patient care and support people more effectively, we're just here to help you do the same.

Special introductory offers

For a limited time only, we are offering:

- **FREE** spaces for the first 20 bookings
- An introductory rate of **50%** off for further bookings

Valid for all bookings made in February. Training delivery can take place at a later date.

Next steps

We are hosting information sessions for anyone interested in learning more about the training, including content, dates and booking details.

Book your place quickly and easily by clicking here [INSERT LINK].

If you have any queries, please contact us via the email below:

✉ Inclusion.Training@mpft.nhs.uk