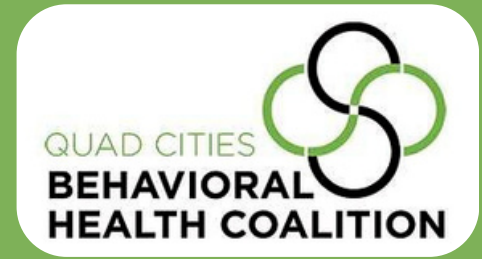


UNDERSTANDING DUAL DIAGNOSIS:

When Mental Health and Substance Use Intersect



DESCRIPTION

Dual diagnosis, the co-occurrence of mental health and substance use disorders, has significant and lasting impacts on an individual's overall well-being. Mental health conditions and substance use disorders are often closely connected and can influence one another over time. Individuals living with dual diagnosis frequently experience complex challenges that affect treatment engagement and recovery. This presentation provides education on dual diagnosis while exploring treatment approaches and barriers to accessing effective care.

OBJECTIVES

At the end of this presentation attendees will be able to:

1. Define dual diagnosis and identify common mental health and substance use disorders involved.
2. Explain the relationship between mental health conditions and substance use.
3. Describe key challenges in treatment and access to care for individuals with dual diagnosis.

DATE/TIME

WED, FEBRUARY 11TH
12-1PM

ONLINE VIA TEAMS

RSVP

[CLICK HERE](#)

OR CONTACT

Stephanie.Burrough@unitypoint.org

CEUS

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UnityPoint Health

Illinois Respiratory Therapy: 1 continuing education hour will be awarded at the conclusion of the program by UnityPoint Health – Trinity. Illinois Social Work: 1 continuing education hour will be awarded at the conclusion of the program by UnityPoint Health – Trinity. Illinois Speech-Language Pathology: 1 continuing education hour will be awarded at the conclusion of the program by UnityPoint Health – Trinity. Illinois Occupation Therapy/Physical Therapy: 1 continuing education hour will be awarded at the conclusion of the program by UnityPoint Health – Trinity.

SPEAKER: MANDY LIGHTFOOT, MA, IADC



Mandy Lightfoot received her graduate training at Kaplan University, where she earned a master's degree in psychology with an emphasis in Substance Abuse. She began her career in behavioral health and substance use treatment in 2014, bringing a background in counseling, marketing, and community outreach.

Her professional experience includes work in both residential and outpatient treatment settings across Iowa and Illinois. Throughout her career, she has collaborated with Iowa Health and Human Services on multiple grant-funded initiatives and partnered with Community Healthcare to support individuals affected by substance use and mental health disorders.

Currently, Mandy serves as a Behavioral Health Professional Lead at the Center for Alcohol and Drug Services, where she provides clinical leadership and direct services focused on recovery, coordination of care, and community-based treatment.

