

Tweet Chat Script from Meghan Marcum, Psy. D. of Sovereign Health Treatment Center discussing “Addiction and Co-Occurring Disorders” – April 21, 2015

AH: Welcome to today’s #AHchat! Our topic is “Addiction and OCD”

AH: Special thanks to Sovereign Health Group for helping us make this twitter chat possible!

AH: We would like to start by welcoming our special guest, Dr. Meghan Marcum, who will be tweeting as @sovhealthofca

AH: Meghan is the Director of Clinical Excellence at Sovereign Health Group and is joining us to share his expertise on this topic. Welcome Meghan!

AH: If you are joining us on the chat today, welcome! Feel free to introduce yourself as we go along our tweet chat.

AH: *{Directly Acknowledge participants, thank them for joining}*

AH: It’s great to have you all here today! Let’s get started with some of our questions.

AH: @sovhealthofca Q1: Please tell us a little about yourself and your background. What is your role at Sovereign Health?

Meghan: A1: **My title is Director of Clinical Excellence**

Meghan: A1: **I am responsible for ensuring the clinical groups and therapy modalities are driven by evidenced-based curriculum.**

Meghan: A1: **I also have a senior management role that involves supervising the clinical leadership.**

AH: Thank you for sharing Meghan! Your role seems very exciting and valuable.

AH: @sovhealthofca Q2: What is Obsessive-Compulsive Disorder (OCD)?

Meghan: A2: **According to the DSM Obsessive Compulsive Disorder is characterized by the presence of obsessions or compulsions.**

Meghan: A2: **Obsessions are defined as persistent thoughts or urges**

Meghan: **Compulsions are defined as repetitive behaviors or mental acts that drive the person to perform a response according to rigid rules.**

Meghan: A2: **Compulsions are repetitive behaviors in response to the obsession guided by the rigid rules.**

Meghan: A2: **Usually obsessive compulsive disorder is characterized by excessive anxiety**

Meghan: A2: This may be **throughout the day related to the behaviors.**

AH: @sovhealthofca Q3: What is the connection between OCD and addiction?

Meghan: A3: The yearly prevalence of OCD in the United States is 1.2%.

Meghan: A3: The combination or co-morbidity between OCD and addiction is statistically very small.

Meghan: A3: Symptoms associated with OCD are not uncommon in individuals with substance use disorders

Meghan: A3: the criteria required to meet the full diagnosis of OCD and a substance use disorder are far less common.

AH: @sovhealthofca Q4: What treatment approaches are available for Dual Diagnosis, such as OCD and addiction?

Meghan: A4: For all mental health disorders treatment includes a variety of options that should be reviewed by a qualified professional.

Meghan: A4: Some of these approaches may include prescription medication, psychotherapy and skills-based training.

Meghan: A4: If there is a co-occurring substance use disorder, the symptoms related to alcohol or drug use should be stabilized first

Meghan: A4: Detoxification may be used first if necessary

Meghan: A4: Once the person has achieved sobriety and is free from chemicals of abuse, the corresponding diagnosis of OCD can be addressed.

AH: @sovhealthofca Q5: **What services does Sovereign Health offer for dual diagnosis?**

Meghan: A5: Sovereign Health offers services for dual-diagnosis patients at many levels of care.

Meghan: A5: If a person requires Detox from alcohol or drugs, they can do that with Sovereign Health.

Meghan: A5: Our programs also include residential treatment (which is 24/7 care), partial hospitalization and intensive outpatient treatment.

Meghan: A5: The programs consist of group therapy, individual therapy, group activities and an option to participate in family therapy.

Meghan: A5: The program is staffed by substance abuse counselors, and both master's/doctorate level therapists.

Meghan: A5: Each person receives individualized treatment goals based on their diagnosis and needs.

AH: Thank you Meghan for sharing this great information about addiction, OCD, and the addiction recovery process

AH: If you or a loved one has been suffering with an addiction, we hope this information encourages you to get connected

AH: Seeking out treatment is critical for hope, healing, and recovery

AH: For more information about Meghan and the Sovereign Health Care Group, visit their website at www.sovcal.com

AH: Thank you to everyone who participated in our Twitter Chat today! And thank you for the great insight @sovhealthofca!

AH: Please stay tuned for future Twitter Chats from AH! or

AH: If you are in need of resources for substance abuse, visit our website at www.addictionhope.com