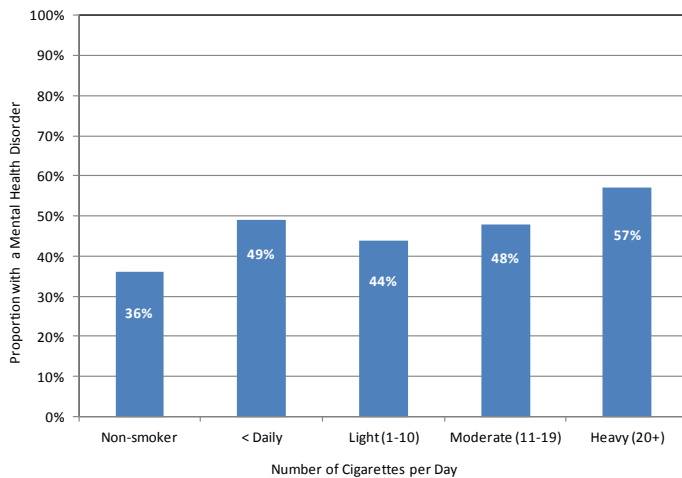


PROFILE 3

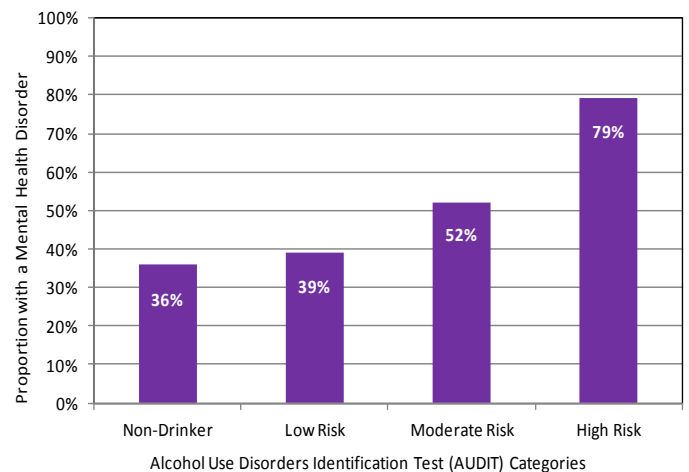
Prevalence of Concurrent Disorders

The Alberta Survey of Addictive Behaviours and Mental Health in the Workforce: 2009 assessed 2817 employed adults for addiction and mental health problems. Individual prevalence rates for addictive behaviours and mental health problems can be viewed in Profiles 1 and 2 respectively. This profile highlights the lifetime prevalence of concurrent addiction and mental health problems.

Smoking and Mental Health Disorders

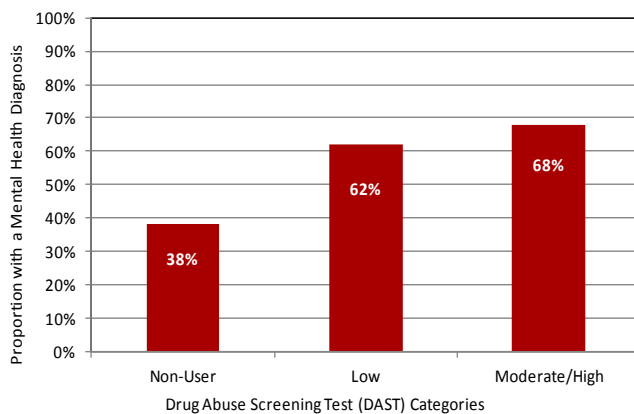


Alcohol Use and Mental Health Disorders

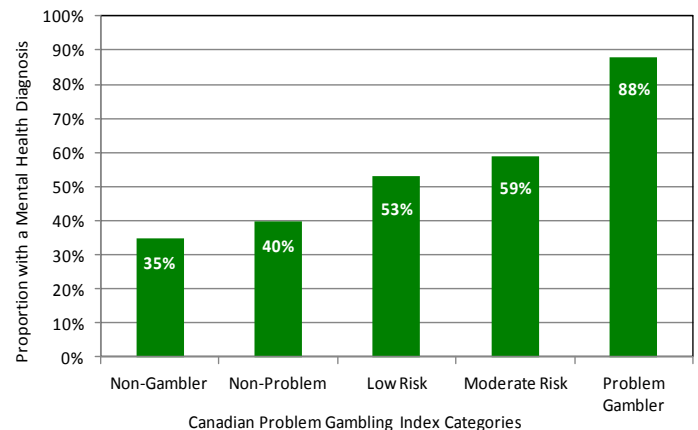


- Although smoking increased with mental illness, it was less closely linked to a person's mental health status relative to other addictive behaviours.
- Alcohol use increased exponentially with mental illness, whereby almost 80% of those at high risk for alcohol abuse had experienced a mental health disorder at some point in their life.

Drug Use and Mental Health Disorders



Gambling and Mental Health Disorders



- Illicit drug use showed a strong linear relationship with mental health. Nearly 70% of those with moderate to high drug use had a diagnosis of at least one mental health disorder in their lifespan.
- Problem gambling was also clearly associated with mental health. Almost 90% of problem gamblers reported a lifetime history of mental health disorders.

Summary

- Results showed a high degree of comorbidity between addictive behaviours and mental health problems.
- Generally, the percentage of individuals with a mental health diagnosis increased incrementally with the intensified severity of the addictive behaviour.
- These results reinforce the rationale of integrating addiction and mental health within a single, unified entity such as Alberta Health Services.

In conclusion, concurrent disorders are a significant concern for our present day workforce and should be considered when assessing workplace addiction and mental health problems. Concurrent disorders are more difficult to treat and require an integrated model of service delivery. Having addiction and mental health services coordinated and integrated allows for easier collaboration between practitioners, facilitates greater continuity, and supports clients' needs more effectively through concurrent capable care.

For a link to the full report, *The Alberta Survey of Addictive Behaviours and Mental Health in the Workforce: 2009*, visit: <http://ihe.ca/publications/library/2011/the-alberta-survey-of-addictive-behaviours-and-mental-health-in-the-workforce-2009/>

For more information contact the Alberta Addiction & Mental Health Research Partnership Program at: researchpartnership@albertahealthservices.ca