

## **Comorbid Substance Use Disorders and Posttraumatic Stress Disorder in Veterans: Clinical Implications and Treatment Recommendations**

*presented by*

**Sarah Meshberg-Cohen, Ph.D.**

Sarah Meshberg-Cohen, Ph.D., is a clinical psychologist who serves as the Director of the VA Connecticut's Outpatient Addiction Recovery Service (OARS), and is an Associate Professor in the department of psychiatry at Yale School of Medicine. Dr. Meshberg-Cohen specializes in the treatment of substance use disorders (SUD) and comorbid psychiatric conditions, often involving trauma. She has dedicated her work to exploring, developing and enhancing evidence-based treatments targeting the unique experiences of individuals presenting with co-occurring SUD and posttraumatic stress disorder (PTSD). Her current work examines the feasibility and efficacy of written exposure therapy (WET) for veterans seeking SUD treatment who present with comorbid PTSD.

**&**

**Jason DeViva, Ph.D.**

Jason DeViva, Ph.D., is a clinical psychologist who currently works with the VA Connecticut Health Care System as part of the posttraumatic stress disorder clinical team. He is the military sexual trauma coordinator for VA Connecticut and the VISN 1 MST point of contact, and an associate professor in the Department of Psychiatry of the Yale School of Medicine. He is a national lead trainer for the VA's dissemination of cognitive-behavioral therapy for insomnia and a local trainer and consultant in the VA's dissemination of cognitive processing therapy for posttraumatic stress disorder. He received his undergraduate degree from Yale University. He has worked in the VA system for the past 18 years, treating veterans of all eras with posttraumatic stress disorder and anxiety disorders. He has published numerous academic papers on trauma and related topics in professional journals, and regularly presents at national and international conferences. He is co-author of a book for family and loved ones of individuals with posttraumatic stress.

**11/17/2022 12:00:00 PM**

<https://hartfordhealthcare.zoom.us/j/96334492380>

**Learning Objectives:** *As a result of participating in this Live Activity, participants should be able to:*

1. Identify at least two reasons it is important to address PTSD among those seeking Substance Use Disorder (SUD) treatment who present with comorbid trauma-related conditions.
2. Name at least three reasons patients may not be receiving an adequate dose of effective PTSD treatment (both within and outside of SUD Specialty Care).
3. Describe at least one method for integrating PTSD treatment (e.g., written exposure therapy) into a SUD Specialty Clinic.

**Accreditation Statement:** In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**Credit Designation Statement:** Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

**Social Work:** As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive 1.25 Other continuing education credits.

### **Financial Disclosures:**

- Nothing to disclose: Ellen Blair (Nurse Planner); Jason DeViva (Speaker); Michael Dewberry (Course Director); Sarah Meshberg-Cohen (Speaker); Bharat Narayana Reddy (Program Director); Erica Iyamu-Osagie (Social Work Planner); Paula Rego (Activity Coordinator); Javeed Sukhera (Co-Director);



JOINTLY ACCREDITED PROVIDER<sup>SM</sup>  
INTERPROFESSIONAL CONTINUING EDUCATION