

Co-Occurring Disorders

The Silent Suffering of our Nation's Soldiers

People with substance disorders as well as mental health disorders are diagnosed as having Co-Occurring Disorders. This is also sometimes called a dual diagnosis.

For the entire first decade of the 21st century, the United States of America has been at war as evidenced by the Wars in Afghanistan and Iraq. According to the Department of Defense, 4,487 service members were killed in this war and more than 30,000 were wounded. In all 1.5 million Americans served their nation at war and these numbers continue to rise.

Our military families are sometimes directly impacted by emotional, mental, and substance use disorders that may occur as a result of these wars. The results are common symptoms of Co-Occurring Disorders and Post Traumatic Stress Disorders. Military families must learn how to not only acknowledge problems, but they must continue to learn how to work through problems as they develop their "New Normal" or new way of adjusting to life after deployment. It is oftentimes necessary for military families to get professional treatment that includes counseling and coaching from mental health professionals to help them work through problems associated with deployment and war. "Specifically, children in military families have significantly more mental health problems including anxiety, depression, externalizing behavior problems, suicidal ideation, and substance use (Chandra et al., 2010 ; Creech et al., 2014)."

Substance Use Disorder

A substance use disorder includes

- alcohol or drug abuse
- alcohol or drug dependence

Alcohol or drug abuse is diagnosed when substance use interferes with functioning at work, at school, and in social relationships. It is also diagnosed when substance use creates or worsens a medical condition or when substance use occurs in dangerous situations.

Alcohol or drug dependence is a more severe condition than alcohol or drug abuse. In addition to facing more negative consequences, people with dependence have failed in their attempts to abstain from or control their use of substances. In some cases, physiological dependence may also exist, which is indicated by heightened tolerance (needing more of a substance to get the same effect) and withdrawal (experiencing symptoms such as tremors or nausea when substance use has stopped).

Mental Health Disorders

"Mental illness refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors." (American Psychiatric Association, 2013).



We Are Here To Help

LEJ Behavioral Health Services LLC strive to help Behavioral Health Programs improve their Operational Procedures, Funding Sources, and any other problematic programming issues.

Training & Development

- Develop new programs
- Business Process Reviews
- Audit Services
- Corporate Finance
- Corporate Compliance
- IT Management
- Sustainability
- Strategic Planning
- Branding
- Media Training
- Business Coaching

Dr. Lucy Roberts-Cannon LCSW, CCDP-D

Dr. Lucy Roberts-Cannon is the CEO/Owner of LEJ Behavioral Health Services, LLC (Consulting and Training business) in Metropolitan Atlanta, Georgia. She is a Visiting Professor at DeVry University in Stockbridge, Georgia and an Adjunct Professor at Clark Atlanta University, Atlanta, Ga. Dr. Lucy teaches undergraduate and graduate students in the business and mental health fields, and serves as a Consultant for the Department of the Navy Reserve and is very instrumental in helping our returning soldiers and family members with mental health and substance abuse services.

Dr. Lucy is a national trainer for various organizations in Georgia, Florida, Tennessee, and the United States Navy Reserve, Southeastern Region. She currently serves as the Vice President of the Georgia School of Addiction Studies Board and she is also a member of the Southeastern Institute for Chemical Dependency Board of Directors. She is a Licensed Clinical Social Worker in the states of Georgia and Alabama.

Dr. Lucy has a Co-Occurring Disorders Professional-Diplomat Certification (CCDP-D).



She has worked in inpatient and outpatient mental health and substance abuse settings in the states of Kentucky, Indiana, Alabama, Camp Zama, Japan, Arkansas, and Georgia. She has managed various mental health programs in Alabama, Georgia, and Indiana.

Dr. Lucy has served on various hospital committees and served on various task forces to improve the lives of consumers with mental illnesses and substance use disorders. She is an advocate for consumers with Co-Occurring disorders. She is very committed to educating and training paraprofessional and mental health professionals in the addiction and mental health fields.

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