

Dual Challenges: Handling Concurrent Mental Health Concerns in Addiction Management

by impactwellness | Jul 1, 2023 | Addiction Treatment | 0 comments



According to the results of a study published in the Journal of the American Medical Association, roughly 50% of individuals with severe mental disorders are also affected by substance abuse. Having both a mental health disorder and a substance use disorder is known as having a dual diagnosis.

Dealing with both conditions at the same time presents double the challenge. Both mental health disorders and addiction get in the way of your ability to carry out your duties at school or work, maintain a stable life, or relate to others.

The Link Between Mental Health Conditions and Addiction

The link between addiction and mental health shows that both conditions can create a vicious cycle. An individual struggling with a mental health disorder like depression or bipolar disorder may decide to self-medicate using drugs or alcohol in an attempt to cope with the symptoms, only to make things worse.

Alternatively, a person battling addiction may experience mental health symptoms as the effect of taking the addictive substance or withdrawal symptoms. For instance, alcohol is likely to make depression and anxiety worse while taking methamphetamines can lead to prolonged psychotic episodes.

Handling Dual Diagnosis

The key to treating a dual diagnosis is to take an integrated approach to dealing with both conditions. For a better chance at recovery, both addiction and mental health conditions have to be treated simultaneously.

Not all treatment centers are equipped to deal with co-occurring disorders. You have to do your due diligence to get a rehab facility that has experience in treating not only dual diagnosis but also your specific addiction and mental health issue.

The addiction treatment centers under the [Impact Wellness Network](#) meet the criteria required to treat dual diagnosis. These treatment centers offer evidence-based treatment programs backed by research. They are also appropriately licensed and accredited so you can rest assured that you're in safe hands.

Our treatment centers in the Midwest have experience treating different mental disorders alongside addiction. This is done using a combination of medication, individual and group counseling, behavioral treatment like cognitive behavioral therapy, lifestyle changes, and peer support.

Before treatment, you'll likely undergo [detox](#) before being admitted to either a [residential](#) or outpatient treatment program. Once done with the program, you'll move to aftercare treatment to help you transition to life outside rehab. This involves linking you with peer and community support groups to provide encouragement and support to keep you motivated on your recovery journey.

Take Charge of Dual Diagnosis Now

If you or a loved one is struggling with a dual diagnosis, don't give up hope. With [locations in Indiana, Kentucky, and Ohio](#), you're sure to find a treatment center under the Impact Wellness Network that will be with you every step of your recovery journey. We believe that everyone can achieve long-term sobriety when given the right care, treatment, and guidance. Don't hesitate to [get in touch](#) with us to learn more about our addiction treatment centers and programs.

Submit a Comment

You must be [logged in](#) to post a comment.

Search

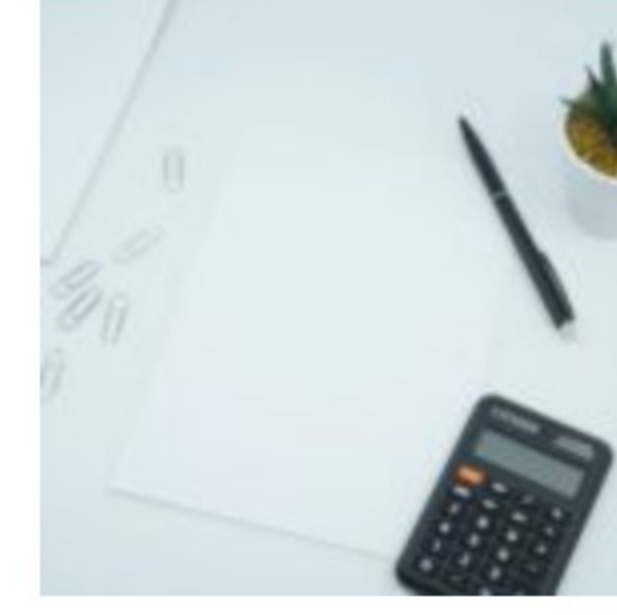
Tag Cloud

- 90-day drug rehab
- Addiction
- Addiction management
- Addiction recovery
- Addiction Rehab
- Addiction treatment
- Addiction treatment centers
- Affordable treatment
- Aftercare
- Alcohol
- Alcohol abuse
- Alcohol rehab
- Alcohol treatment plans.
- Anxiety
- Cocaine
- Detox program
- Financial stability
- Holidays
- Holistic health
- Inpatient
- Inpatient.
- Intake plan
- Integrative therapies
- local
- MAT
- Medication-assisted treatment
- Motivational Interviewing
- New Years
- Opioid
- Opioid addiction
- Opioid clinics
- Opioid treatment
- Outpatient
- Professionals
- Recovery
- Relapse prevention programs
- Residential addiction treatment
- Residential drug rehab
- resources
- Situational Triggers
- Sobriety
- Teletherapy
- Treatment program
- Women



Discovering Your Passions: Exploring Hobbies and Interests to Enhance Your Life in Sobriety

Embarking on the journey of sobriety is a transformative experience that opens doors to self-discovery and personal growth. One of the key elements in maintaining a successful and fulfilling sober lifestyle is the exploration and cultivation of interests. We will delve into the importance of discovering your passions, how hobbies can enhance your... [Read more](#)



Navigating Financial Wellness and Stability After Addiction Treatment: A Guide to Taking Care of Your Finances

Embarking on the journey of addiction recovery is a commendable and transformative experience. However, the challenges don't end with the completion of a treatment program. Achieving financial stability post-treatment is often an overlooked aspect of recovery. We'll explore the importance of taking care of your finances after addiction treatment and provide insights into navigating financial... [Read more](#)



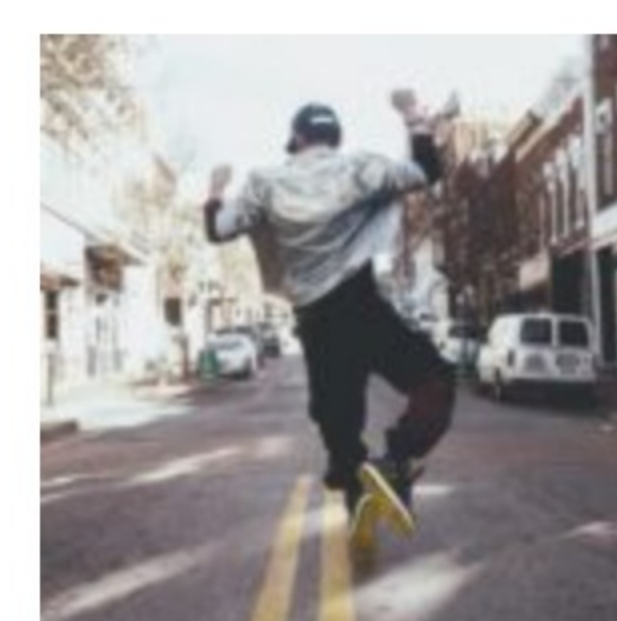
The Importance of Self-Reflection: Taking Time to Pause, Reflect, and Grow in Sobriety Through Treatment

Embarking on the path to sobriety is a transformative journey that involves not only breaking free from the chains of addiction but also fostering personal growth and self-discovery. Amid the challenges that come with rehabilitation, the importance of self-reflection cannot be overstated. We will dive into the significance of taking time to pause, reflect, and... [Read more](#)



Creating a Vision for the Future: Setting Goals and Building a Life Beyond Alcohol Rehab

Embarking on the journey of alcohol rehabilitation is a courageous step toward a healthier and more fulfilling life. As individuals navigate through the process of recovery, it becomes crucial to not only overcome addiction but also to envision a future that is free from the constraints of alcohol dependency. Creating a vision for the future... [Read more](#)



Connecting with Your Inner Child: Healing Past Wounds and Finding Joy in the Present After Addiction Rehab

Do you ever feel like life is overwhelming and it's hard to find joy? Do past experiences and damaging relationships have a way of pushing their way into your everyday life? Are you looking for ways to reconnect with yourself, heal old wounds, and bring back the childlike wonder that seems so elusive in adult... [Read more](#)

IMPACT WELLNESS NETWORK

Phone: 855-491-5557

Multiple Locations in KY, IN, OH, MO, and VA



Navigation

- [Who We Are](#)
- [Treatment Services](#)
- [Contact](#)
- [Admissions](#)
- [Employee Resources](#)

Locations

- [Findlay Recovery Center](#)
- [Robert Alexander Center](#)
- [Evolve Indy](#)
- [Impact Outpatient](#)
- [Grand Falls](#)
- [Arrowwood ATC](#)

Who We Are

- [Media](#)
- [FAQ](#)
- [Blog](#)

Areas We Serve

- [Kentucky](#)
- [Ohio](#)
- [Indiana](#)
- [Missouri](#)
- [Virginia](#)