# The Intersection of Mental Illness and Substance Abuse: A Look into Alcohol Treatment Programs

by impactwellness | Nov 15, 2023 | Blog

Dealing with substance abuse is difficult on its own but it can become more challenging if mental illness is present. When both mental illness and a substance use disorder (SUD) happen concurrently, an individual is said to have a co-occurring disorder or a dual diagnosis. This requires integrated treatment to manage both conditions simultaneously.

## The Co-Occurrence of Mental Illness and Alcohol Abuse

Co-occurring disorders are relatively common where those struggling with SUD also have to deal with mental health conditions including depression and anxiety. The relationship between the two is often complex and bidirectional.

Individuals who are dealing with mental health issues may sometimes turn to alcohol to numb their symptoms, relax or calm themselves or even to help them sleep. This self-medicating may lead to more problems. Since alcohol is a depressant, these individuals may experience even worse symptoms when the effect of drinking wears off, exacerbating their mental illness.

On the other hand, some individuals may start with an alcohol use disorder and develop a mental health issue as a result. Alcohol is known to harm the brain, leading to the suppression of dopamine and other neurotransmitters that may regulate mood. When the high wears off, individuals may experience anxiety, restlessness, agitation and even depression. This may tempt them to drink some more to alleviate these symptoms, trapping them in a vicious cycle.

## The Role of Alcohol Treatment Programs

Alcohol treatment programs are crucial for providing comprehensive care for those struggling with co-occurring disorders. They play the following role in treatment:

### Dual Diagnosis Assessment

Before treatment can begin, a thorough assessment is required to identify the specific mental health condition and the severity of substance abuse. This helps treatment professionals to design an individualized treatment plan.

### Integrated Treatment

Alcohol treatment programs are ideally placed to provide integrated treatment that simultaneously addresses mental illness and alcohol abuse. This typically involves the use of individual and group therapy, cognitive behavioral therapy (CBT), holistic practices and medication.

### Medication Management

In some cases, it may be necessary to use medication to help manage cravings and symptoms to ensure the individual is comfortable during treatment.

### Providing Supportive Services

Many alcohol treatment programs also offer support services including relapse prevention strategies, education on the interaction between alcohol and mental health as well as resources for families. The aftercare program may include peer support groups and 12-step meetings for additional support and motivation.

## Overcome Addiction with Our Support

Battling both SUD and mental illness is nothing short of challenging. However, with the right combination of therapy and holistic treatment, it's possible to regain control of your life. At Impact Wellness Network, our goal is to help anyone struggling with addiction find a path to lasting recovery.

We offer top-rated addiction treatment and a full continuum of care from detox to inpatient treatment and aftercare at our Midwest treatment centers. With locations in Indiana, Ohio and Kentucky, we are ideally positioned to ensure that those seeking our services can easily access them. Contact us today for comprehensive and compassionate treatment to help you reclaim your life from addiction.

## Search

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 | Forgiveness | Holidays | Impatient Addiction Treatment | Inpatient | Inpatient. | Intake plan | 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

Learning to Forgive: Finding Peace and Letting Go of Resentment in the Journey of Sobriety

The process of learning to forgive can be a long and difficult road, but it is one that ultimately leads us to peace. The ability to forgive those who have wronged us not only allows us to move on from the hurt but also teaches us skills for healthier relationships in the future. At times… Read more

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 passions and 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