

# Mental Health and Dual Diagnosis

[renaissancerecoverycenter.com/mental-health-and-dual-diagnosis/](https://renaissancerecoverycenter.com/mental-health-and-dual-diagnosis/)

According to the Substance Abuse and Mental Health Services Administration, nearly 8 million Americans struggle with co-occurring disorders. This common phenomenon, called **Dual Diagnosis**, refers to a mental health disorder occurring at the same time as an addiction. Studies continue to demonstrate that **treating both the mental health and addictive disorder simultaneously is the most successful**. Renaissance Recovery Center understands how suffering from mental illness and addiction can be trying. Our [addiction recovery professionals](#) are here to help ease you or your loved one struggling with Dual Diagnosis.



**Contact us for a free dual diagnosis consultation at 480-405-8308 today!**

Many who struggle with addiction are also challenged with mental health issues. Drug and alcohol use can often be a way of self-medicating depression, anxiety, and a variety of other [co-occurring disorders](#). For others, depression and anxiety can be attributed to the effects of substance abuse on the brain, along with the cumulative damage and loss caused by addiction. Trauma and abuse issues can also be factors in substance dependence. Whatever the cause of mental challenges, addiction recovery can be very challenging if these issues are not identified and treated.

## Effects of a Co-Occurring Disorder

The effects of an untreated co-occurring disorder can be profound and widespread on every aspect of an individual's life. As the individual struggles to cope with both mental disorders and addiction, s/he is more at risk for the following:

- Family strife: including alienation and confrontation, divorce, loss of custody
- Loss of friends
- Loss of employment
- Homelessness: often correlated to job loss
- Jail time
- Health risks such as overdosing
- Untimely death

## Risk Factors for Dual Diagnosis

Dual Diagnosis is not a rare condition and it can affect any person regardless of age, gender, or socioeconomic status; however, there are certain risk factors that increase a person's likelihood to be diagnosed with a co-occurring disorder.

Studies show that:

- Men are more likely to be diagnosed than women
- Diagnoses are more common in individuals with lower socioeconomic status
- Adolescents with an early addiction in life are more at risk

- Individuals with pre-existing medical issues are more at risk for developing co-occurring disorders. In fact, nearly 50% of those diagnosed with a mental illness partake in substance abuse.
- US Veterans are in the at-risk category particularly due to PTSD
- Unresolved trauma can also lead a person to substance abuse as a self-coping mechanism

## Dual Diagnosis Treatment

Unfortunately, mental health and addiction were not always treated concurrently. Treating the additive disorder separate from the mental disorder typically failed, as these plans were not customized to the specific needs of each individual. An ***integrated intervention is favored as this treats the whole person, their strengths, weaknesses, and particular needs.*** Because mental health illness can lead to addiction (via self medication) or because addiction can lead to a mental health disorder (e.g.. depression after an addiction-related job loss), no two individuals come to a Dual Diagnosis in the same way. For this reason, our therapeutic team at Renaissance Recovery Center works closely with each and every client to establish the best possible course of action to achieve healing.

### What are the common treatment options?

Treatment options that modern practitioners favor include:

- Cognitive behavioral therapy
- Methods for managing depression
- Individual therapy and/or counseling
- Drug/alcohol addiction treatment
- Belief restructuring

At Renaissance Recovery Center, we provide evaluation and dual diagnosis treatment for mental health issues such as:

- Mood disorders
- Depression
- Bipolar disorder
- Anxiety disorders
- PTSD
- OCD, ADD/ADHD
- Personality disorders
- Trauma and abuse survival

We can provide referrals for medication management when indicated. [Clients will receive a customized treatment plan designed to meet their individual needs.](#) ***Our approach to wellness is holistic; involving group and individual counseling that addresses the [spiritual](#), emotional and psychological aspects of recovery.***

## Contact Renaissance Recovery Center for Co-Occurring Disorders Treatment in Arizona

Taking the first step to seek treatment is not always easy, especially if you or loved one have family and work obligations. [Renaissance Recovery Center's intensive outpatient program](#) makes the initial decision to seek treatment that much easier. Every client that comes through our doors is treated with respect, love, and dignity as we work with them to stop the cycle of shame and guilt. Call us at 480-405-8308 or fill out our contact form to get started with a free addiction and mental-health assessment today.

