The Importance of Dual-Diagnosis Drug Rehab Centers

By The Professionals At Robert Alexander Center

Dual-diagnosis drug rehab centers are the future of addiction treatment. With over 20% of Americans struggling with a mental illness at some point in their adult life, treatment centers that can address these specific mental heal-th needs are a necessity.

For individuals struggling with a dual-diagnosis of addiction and other comorbid mental illness, this can be a scary and overwhelming situation. By choosing to get help at a dual-diagnosis treatment facility, clients can access support with not only managing their mental illness, but their unhealthy addictions. Dual-diagnosis drug rehab centers can support individuals with creating a structured and supportive environment and by helping them regulate their medication.

Treatment centers like ours, Robert Alexander Center, focus our dual-diagnosis drug rehab on a holistic approach to mental health by encouraging recovery of the mind, body, and spirit in their safe and innovative dual diagnosis programs.

Why Should Mental Illness and Addiction Be Treated at the Same Time?

Mental health includes a person's emotional, psychological, and social well-being. A mental illness can impact a person's thinking, mood, behavior, or personality. In fact, statistics show that 1 in 5 adults will struggle with a mental illness, while 5% of adults will suffer from a serious mental illness. While anxiety and depression account for over a quarter of all adult mental illnesses, 4% of individuals will struggle with dual diagnosis.

Dual-diagnosis is when more than one mental illness is present at a time. For example, an individual may struggle with anxiety and an alcohol addiction or bipolar disorder and a drug addiction. The combination of substance abuse disorders with another mental illness can cause more severe symptoms and/or reactions to medications.

Knowing this, medical professionals evaluated the outcomes of addiction treatment and mental health treatment and noticed that individuals only being treated for one were far less successful than individuals who received integrated care for both addiction and mental illness. Thus, dual- diagnosis drug rehab centers were formed to support individuals struggling with multiple types of mental illness at the same time.

The Robert Alexander Center is a comprehensive wellness center focused on creating an environment rich with options for treating mental health and creating positive client focused opportunities for growth.

What Are Dual-Diagnosis Drug Rehab Centers?

Dual-diagnosis drug rehab centers work with individuals to address their individual mental health goals while also treating mental illnesses that individuals struggle with in addition to addiction. Dual-diagnosis centers focus on treating more than just addiction or a mental illness, they work to support individuals in building a stable foundation of coping skills and self-management skills so that they are successful in real-world situations.

How Can the Robert Alexander Center Support Dual-Diagnosis?

The Robert Alexander Center, located in Mount Washington, Kentucky, offers expert treatment for lasting recovery. Our dual-diagnosis drug rehab center supports individuals struggling not only with addiction but with other mental illnesses as well. Our professionals work with our clients to create addiction treatment plans focused on their personal mental health goals and support them through various treatment options.

At the Robert Alexander Center, our clients suffer from a range of mental illnesses including anxiety, bipolar, depression, mood disorders, personality disorders, PTSD, and trauma. Treated by our compassionate staff with over 25 years of combined experience, we combine the best evidence-based treatments with alternative nurturing treatment to ensure our clients have the support and foundation necessary for sustainable long-term recovery.

Contact us today at the Robert Alexander Center to see how our dual diagnosis drug rehab center can support you or your loved one on the path to recovery.

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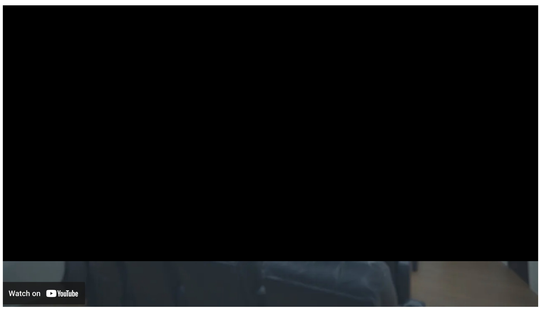
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