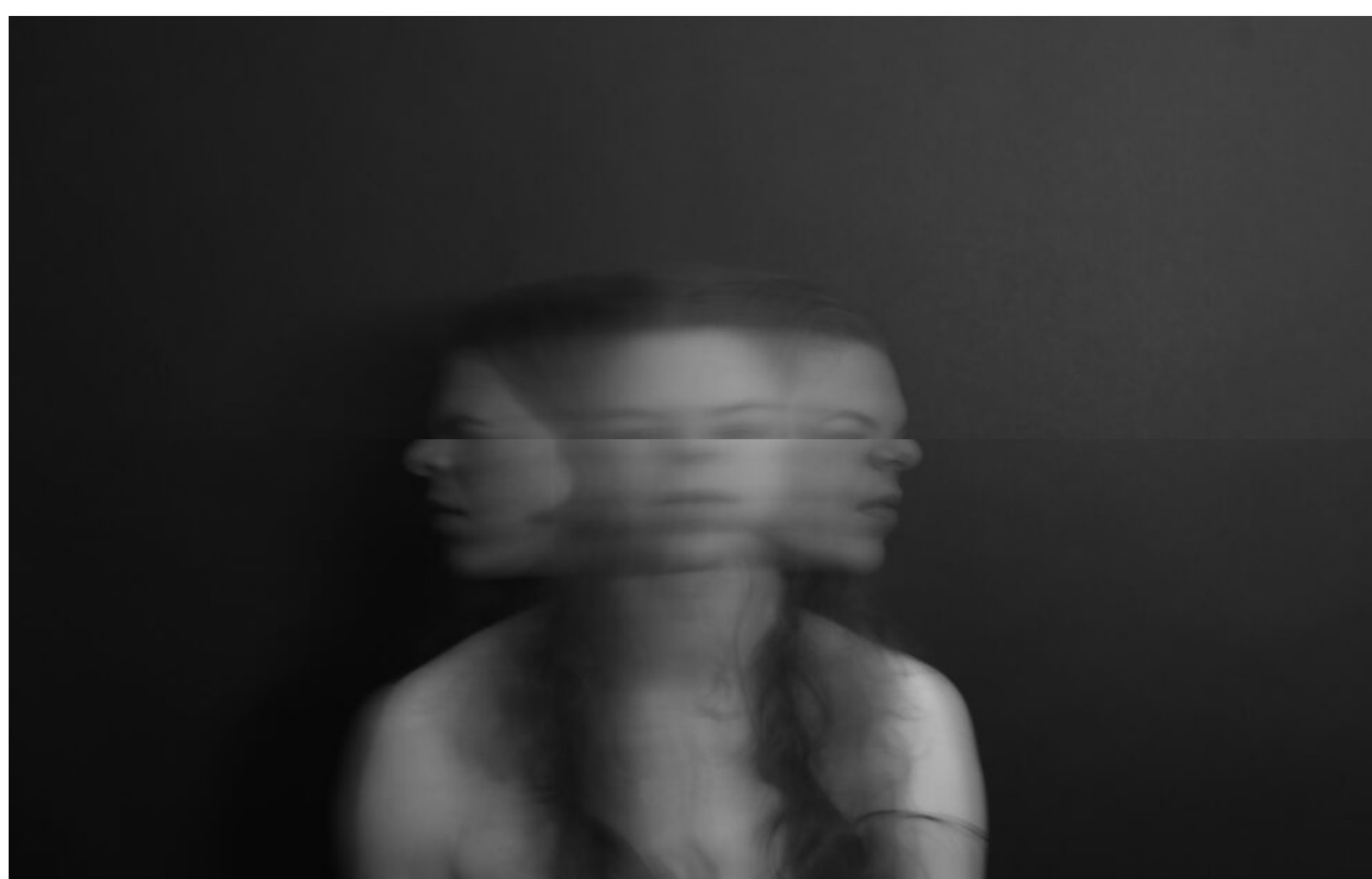


Confronting Dual Struggles: Managing Overlapping Mental Health Matters in Addiction Care

by Robert Alexander Center | Jul 8, 2023 | Blog



A **dual diagnosis** means that an individual is struggling with two conditions – a substance use disorder and a mental health disorder.

Receiving this diagnosis can be overwhelming. It can be discouraging to realize that you have more on your plate than you anticipated. The good news is that thanks to advancements in research, there are addiction treatment centers like the [Robert Alexander Center for Recovery](#) that can help you manage and recover from both conditions.



Dual Diagnosis Care and Treatment

Addiction and mental health problems are linked. Taking alcohol and drugs can increase the underlying risk for mental disorders, making the symptoms worse. On the other hand, having a mental disorder may be what led you to start drinking or taking drugs in an attempt to feel better or manage the symptoms.

When you have a dual diagnosis, both disorders have to be treated simultaneously. Treating only one condition can cause the other to worsen. That's why it's important to find a suitable treatment center with knowledge and experience in treating the specific mental health issue and addiction that you have. This integrated approach is key to recovery.



Treatment for dual diagnosis often involves:

- **Detoxification** – The first thing to do when you enter treatment is [detoxification](#). This allows your body to get rid of harmful toxins from the addictive substances you were taking. Going through detox in a safe and controlled environment under medical supervision can make the process more comfortable.
- **Medication** – An addiction specialist will examine you and determine if you need medication for any of your disorders. This medication is meant to be taken while you undergo addiction treatment.
- **Cognitive behavioral therapy** – This form of therapy is effective in getting individuals to change behavior. During CBT, you'll learn to identify and change problematic thought patterns and behavior with a focus on bringing positive change to your life.
- **Psychotherapy** – Depending on the severity of your addiction, you may be admitted to either an inpatient or [outpatient addiction treatment](#) program. Both types of programs employ individual and group counseling to help those with a dual diagnosis achieve their treatment and recovery goals.
- **Support groups** – Having a network of supportive people can go a long way toward improving your recovery. They can [participate in your treatment](#) or find other ways to encourage and support your recovery. You can also join community-based support groups to share and interact with others who understand what you're going through.

Find Stability through Dual Diagnosis Treatment and Recovery

With guidance and treatment from the Robert Alexander Center for Recovery, recovery from dual diagnosis is possible.

At our rehab facility in Kentucky, you'll benefit from a serene environment that's conducive to recovery, accredited, compassionate and experienced staff as well as an individualized treatment program that takes your unique recovery goals into account.

Don't let your dual diagnosis ruin your life. [Get in touch](#) with us today and we'll help you recover your mind and body.



The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

Site Map

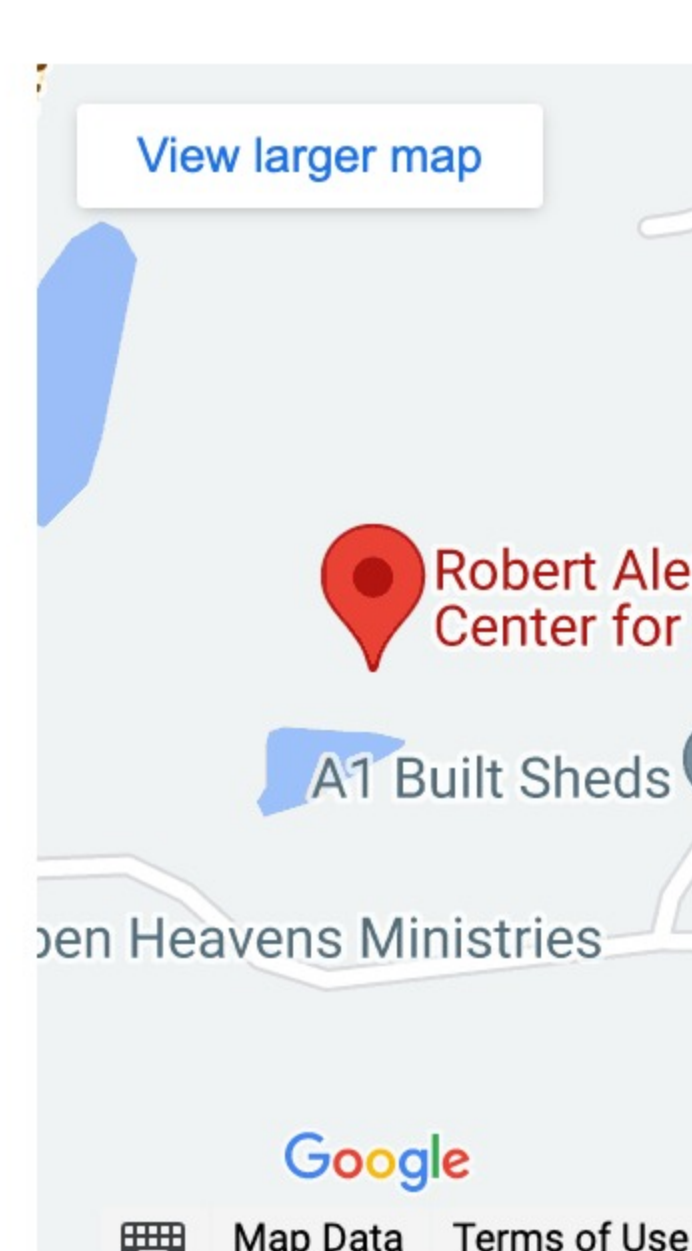
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[Unveiling the Devastating Effects of Alcohol Abuse and the Journey to Recovery through Addiction Treatment](#)

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