Confronting Dual Diagnosis: Tackling Simultaneous Mental Health Challenges in Addiction Care

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Addiction can be a challenging and isolating struggle, but it is important to remember that you are not alone. If you are seeking addiction treatment in Louisville, Kentucky, there is hope.

Dual diagnosis refers to the co-occurrence of a mental health disorder and a substance use disorder. Dealing with one of those conditions on their own can be challenging and having to deal with both at the same time can feel overwhelming.

Where mental health challenges and addiction occur at the same time, they often create a vicious cycle that can be difficult to break. Individuals who struggle with mental health issues may turn to drugs or alcohol to ease their symptoms only to end up making them worse. Others may have started off taking addictive substances only to end up experiencing mental health symptoms either as a side effect of taking the substances or when the high wore off. For instance, alcohol can make people feel depressed and opioid use may increase the risk of depression and anxiety.

Due to the link between the two, it is essential to address both conditions simultaneously for effective treatment and recovery. This is known as an integrated approach to treatment.

Treating Dual Diagnosis in Addiction Care

Knowing the specific mental health issue and addiction an individual is dealing with allows them to find treatment centers that cater to those specific conditions. Once they've identified a dedicated dual diagnosis rehab center like Impact Outpatient Program, the next step is to work with the treatment specialists to come up with an individualized treatment plan that's suited to their unique recovery goals.

As part of the integrated approach, we use a combination of medication, individual and group counseling as well as peer support and lifestyle changes to treat the mental health issue. To treat substance abuse, the individual first has to undergo detox before being admitted to either our intensive outpatient program or outpatient rehab. This depends on the severity of their addiction and symptoms. We also use cognitive behavioral therapy to help them change their problematic thought and behavior patterns.

Those in recovery from dual diagnosis often benefit from peer support. Interacting with others through group therapy or community support groups allows them to learn and draw encouragement from people going through the same challenges. Help and support from their friends and loved ones are also invaluable in motivating them to stay sober.

Break Free from the Grip of Dual Diagnosis

Battling a dual diagnosis may be incredibly challenging and draining but help is available. We at Impact Outpatient Program are dedicated to helping our clients attain lasting and sustainable recovery from addiction.

Our addiction treatment center in Louisville, Kentucky has the right environment for those looking to escape the world and concentrate on their recovery. We have qualified staff with years of experience in treating dual diagnosis as well as multiple pathways to recovery through evidence-based treatment programs. We offer innovative programs like virtual telemedicine sessions for those who are unable to attend in-person therapy as well as wilderness and animal-assisted therapy to complement treatment. Reach out to us today and reclaim your life.

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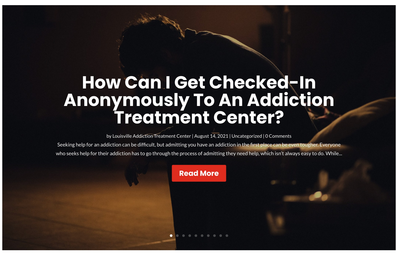

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