

What to Expect in Dual Diagnosis Treatment for Addiction Recovery

VERIFY MY INSURANCE

Having a dual diagnosis means you have both a substance abuse problem and a mental health disorder. Dealing with these two conditions at the same time can make recovery more challenging as the symptoms of one can worsen the other. That's why it's recommended to seek treatment that addresses both conditions at the same time.

Drug or alcohol abuse may exist simultaneously with mental health issues such as depression, anxiety, schizophrenia, personality disorder or bipolar disorders. Some combinations of these often occur together e.g. alcohol use disorder with anxiety or painkiller addiction with depression or anxiety.

Those experiencing symptoms of mental health disorders may self-medicate to feel better, only to further worsen the situation. For instance, taking [benzodiazepines](#) for anxiety only to end up with frequent mood swings, sleep disorders, tremors and other side effects of long-term benzo abuse. In the long run, self-medication adversely affects the individual's mental and physical health.

Dual Diagnosis Treatment

The best way to treat a dual diagnosis is through integrated treatment. This involves treating both disorders at the same time. Integrated treatment prevents both conditions from getting worse and minimizes the chances of relapse.

This is what you can expect in dual diagnosis treatment:

- **Detox** – Before getting started on treatment, you'll need to undergo detox. This gives your body time to wean off addictive substances. Unfortunately, detox often triggers withdrawal symptoms so it's advisable to go through this under medical supervision. That way, there'll be doctors on hand to ease your symptoms and in case of any emergency.
- **Assessment** – Once you're through with detox, you'll undergo an assessment to ensure you're placed in the right treatment program. This involves assessing your mental, physical, and emotional health as well as your medical history.
- **Treatment** – After assessment, you'll be placed in an addiction treatment program. This could be either a residential or [inpatient program](#) or an outpatient one. The main difference is that an [inpatient program](#) will require you to live on-site at the rehab facility.

Taking an integrated approach to treatment means that you'll be seeing a psychiatrist for the mental health issue while also attending different types of therapy for substance abuse. Additionally, part of the treatment may include cognitive behavioral therapy. This will help you identify and change any negative thoughts and behavior patterns that contribute to your addiction. CBT can also teach you coping and problem-solving skills to help you identify or manage stressors and triggers to prevent relapse.

- **Aftercare** – Recovery continues even after discharge from treatment and aftercare ensures that you safely transition to life outside rehab. This could include living in a sober living home or joining a support group.

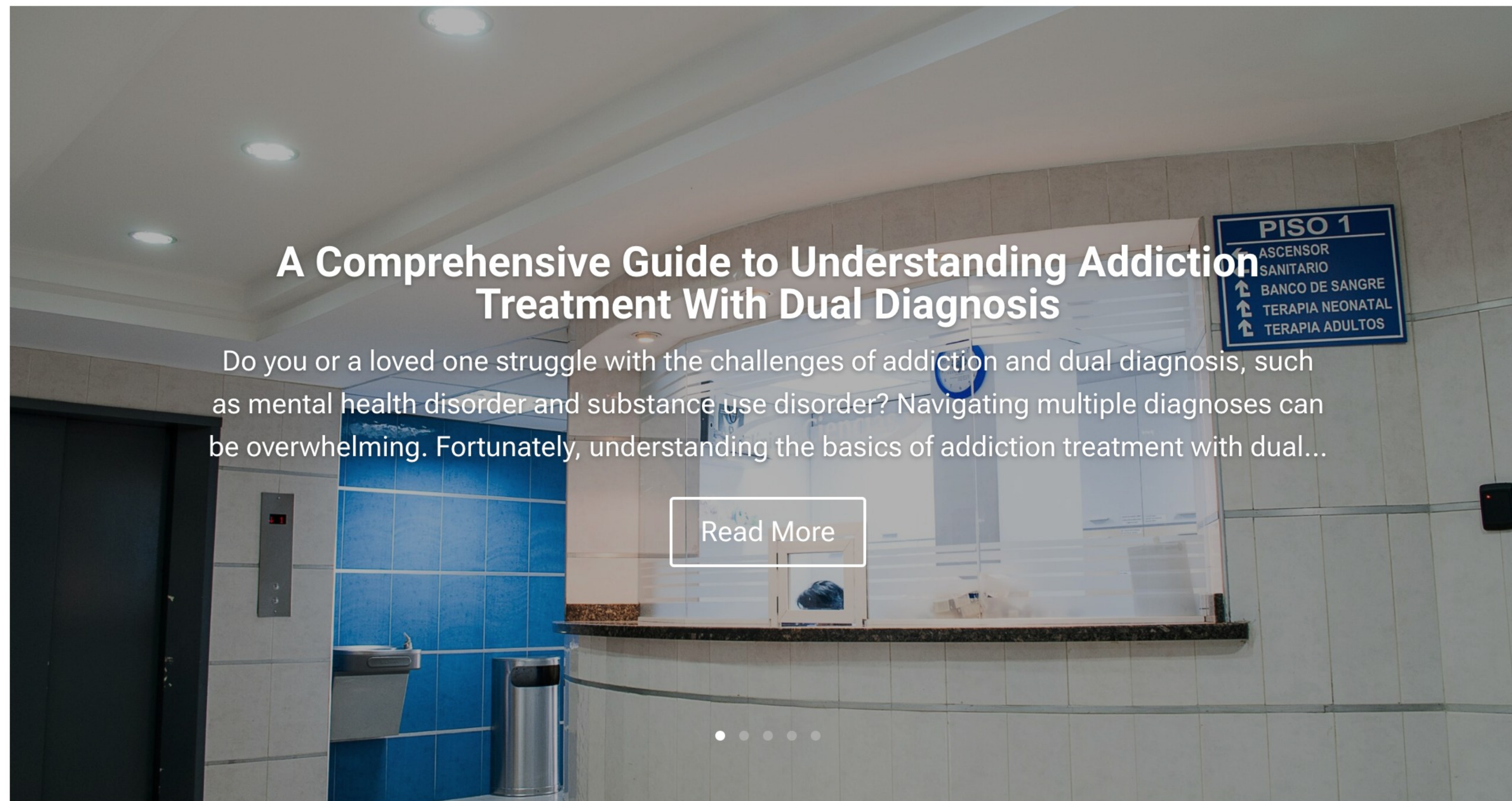
Find Hope and Healing Today

If you or a loved one is struggling with a dual diagnosis, we can help. At the [Findlay Recovery Center](#) in Ohio, we care about everyone battling addiction. We offer tailor-made addiction treatment programs that are designed to help clients find lasting, sustainable recovery from substance abuse. [Contact us](#) today and let us walk with you on your recovery journey.

 Search

Recent Posts

- A Comprehensive Guide to Understanding Addiction Treatment With Dual Diagnosis
- What to Expect in Dual Diagnosis Treatment for Addiction Recovery
- Recognizing and Addressing Self-Medicating Behaviors in Addiction Recovery
- Why is Family Involvement Important in Addiction Treatment?
- Rebuilding Lives: Strategies for Successful Opioid Addiction and Recovery
- Exploring the Benefits of 12-step Programs in Addiction Treatment
- Embracing Sobriety: Tools and Techniques for Successful Addiction Recovery
- Understanding Medication-Assisted Treatment for Opioid Addiction
- Round-the-Clock Support: The Benefits of Inpatient Treatment in Recovery
- Escaping the Chains: An All-Inclusive Handbook for Defeating Addiction



A Comprehensive Guide to Understanding Addiction Treatment With Dual Diagnosis

Do you or a loved one struggle with the challenges of addiction and dual diagnosis, such as mental health disorder and substance use disorder? Navigating multiple diagnoses can be overwhelming. Fortunately, understanding the basics of addiction treatment with dual...

Read More

Get In Touch With Us Today

Pick up the phone, fill out a form or chat with us below to get started on your free consultation and treatment assessment.

Complete Pre-Assessment

Once you reach a Findlay Recovery Center treatment coordinator, we will do a simple pre-assessment to make sure we're a good fit for you.

Plan Travel & Admit

Our caring treatment advisors will help plan travel & anything else you need before you enter our drug rehab program in Ohio!

VERIFY MY INSURANCE

GETTING HELP FOR ADDICTION HAS NEVER BEEN SO EASY

Get Help Now

VERIFY MY INSURANCE

Site Map

- Home
- Who We Are
- Treatment Services
- Tour Our Facility
- Admissions
- Privacy Policy

Contact Details

1800 Manor Hill Road
Findlay, Ohio 45840

1-855-605-2135



Hours of Operation

About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.

