

A person with long brown hair, seen from behind, is wearing a large blue backpack and a red jacket. They are standing in a vast, mountainous landscape with dense green forests and rocky peaks under a hazy sky. The overall tone is warm and slightly desaturated.

# Dual Diagnosis

Find addiction treatment help  
today at Red Oak Recovery!

866.457.7590

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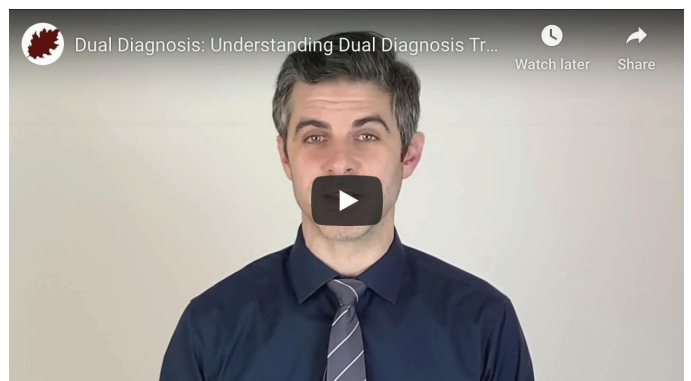
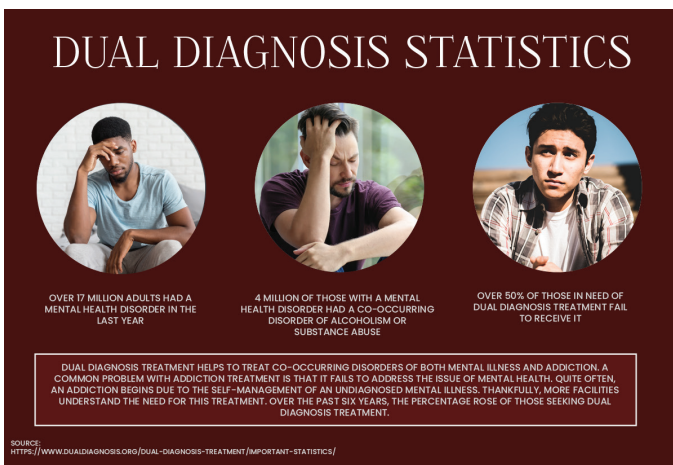




# Dual Diagnosis

Today, scientists and doctors know how important it is for people to get care for a substance use disorder and a mental illness at the same time. Through a dual diagnosis treatment center, individuals can get a professional diagnosis for all of their conditions. Once they know what the issues are, they can immediately start treating them.

A person who has dual diagnosis has both a mental illness and a co-occurring substance use disorder. Through the top dual diagnosis treatment center North Carolina rehabs offer, clients can learn more about the signs of a dual diagnosis disorder. One of the first indications of a problem is when individuals start retreating from their relationships with families and friends. The individual may also have problems managing their daily tasks or controlling their substance use.



## What Are the Signs That Someone Needs a Dual Diagnosis Treatment Center?

Over time, the individual develops a high tolerance to the substance and starts using the substance under unsafe conditions. They may also neglect their health and feel like they need the substance in order to function normally. With the addiction therapy services North Carolina centers provide, clients can take the next step in becoming sober.

# How Common Is a Dual Diagnosis?

In 2017, an estimated 8.5 million people had a co-occurring illness. According to the Substance Abuse and Mental Health Services Administration, a total of one out of four people with a mental health disorder had an addiction. Unfortunately, when people went to get treatment, only 8.3 percent of people received treatment for both disorders.

A dual diagnosis treatment center helps people get treatment for mental illness and an addiction at the same time. Some of the most common co-occurring illnesses are depression, anxiety, and borderline personality disorder. People may also suffer from issues like schizophrenia, post-traumatic stress disorder, bipolar disorder, and eating disorders.

The dual diagnosis treatment center may use different therapies like cognitive behavioral therapy or trauma therapy to help the individual to change their lifestyle. Group meetings help provide feedback, advice and support during recovery. Meanwhile, family therapy allows clients to get the support they need to stay sober after their rehab stay is complete.



## What Are the Treatment Options for a Dual Diagnosis?

At the best mental health treatment center North Carolina has to offer, clients can learn more about the treatment options they can choose from. Often, the treatment center will do an initial evaluation to decide the right care for each unique individual. This may involve medication for a mental illness or a recommended stay in rehab.

## Why Is Self-Medication Dangerous?

When someone has a problem with substance use and mental illness, they need to seek out the best dual diagnosis treatment program in North Carolina. Often, people use drugs and alcohol to self-medicate for their mental illness. These drugs only make them feel better temporarily. Because the effects wear off, the individual has to use repeatedly to alleviate the symptoms of their mental illness.

Self-medication is dangerous because it can lead

to an addiction or even an overdose. It also makes treatment harder because the individual has to treat an addiction and the mental illness. If they do not treat both problems at a dual diagnosis treatment center, they are more likely to have a relapse.

## The Right Care Can Help You Stay Sober

Through the dual diagnosis treatment center in North Carolina, clients can get treatment for mental health disorders, physical ailments and addictions. During the client's initial intake, a specialist will assess their physical, nutritional, emotional and mental needs. Then, the specialist will design an individualized treatment plan. Whether the client needs an eating disorder treatment center or group support meetings, the right options are out there.

When clients go to the top dual diagnosis treatment program in North Carolina, they can find options such as:

- Trauma-informed care
- Gender-specific programming
- Nutritional, psychiatric, physical and clinical evaluations
- Eco-therapy and gardening



You do not have to suffer from an addiction or a mental illness forever. A dual diagnosis treatment center like Red Oak Recovery can help you discover a healthier outlook on life. Learn more about how we can help by calling us at [866.457.7590](tel:866.457.7590) today.

## Recieve the Red Oak Experience Today!

CALL NOW AT 866.457.7590

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