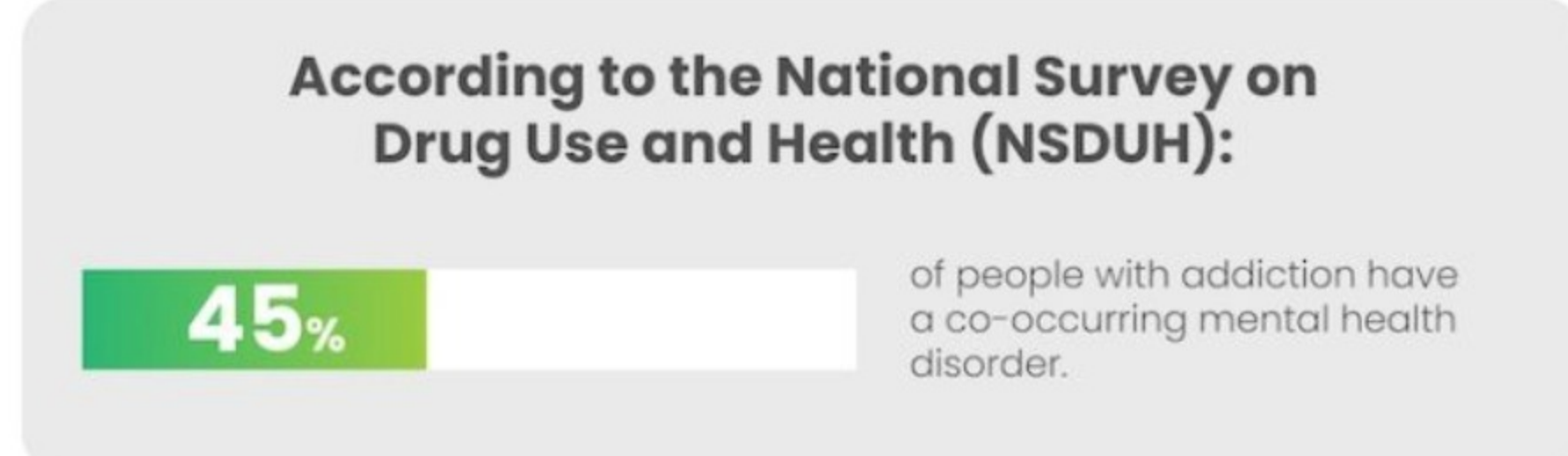


Rehabs Focus On Mental Health Issues And Drug Addiction – Infographic

by Evolve Indy | Oct 25, 2021 | Blog | 0 comments



Part of the treatments conducted by alcohol rehabilitation centers focus on mental health or behavioral disorders, commonly known in treatment circles as a "dual diagnosis."



Common Mental Health Issues Alcohol Rehabs Focus On

There are mental health and behavioral disorders that become present alongside addiction. Sometimes, these disorders are the underlying cause of the addiction.

- ADHD**
Attention Deficit Hyperactive Disorder (ADHD)
Individuals with ADHD might be more inclined to abuse alcohol or substances as a coping mechanism.
- Bipolar Disorder**
Approximately half of the people with bipolar disorder can struggle with an addiction to alcohol.
- Borderline Personality Disorder (BPD)**
Approximately two-thirds of people with BPD have turned to alcohol or substance abuse.
- Depression**
Many individuals attempt to self-medicate their symptoms of depression with alcohol or drugs.
- Generalized Anxiety Disorder (GAD)**
GAD affects 18% of the adult population, making it the most common mental condition in the United States.
- Obsessive-Compulsive Disorder (OCD)**
OCD causes obsessions and compulsions.
- Post-Traumatic Stress Disorder (PTSD)**
If a person develops PTSD, their brain produces fewer endorphins than the average brain.

The Factors that Aggravate Mental Health Issues or Alcohol Use

People diagnosed with a mental health condition are twice more likely than the average individual to suffer from substance abuse.

- Brain Responses**
Abusing substances can cause symptoms that mimic a mental illness.
- Genetics**
Genes can make up between **40% to 60%** of someone's susceptibility to an addiction.
- Exposure at a Young Age**
Young adults and adolescents are more prone to brain damage from substance abuse than older adults.
- Environmental Triggers**
The following can trigger a mental disorder or addiction:
• Persistent anxiety
• Chronic stress
• Traumatic event

Remember the Facts

Mental health and addiction are not two separate things. This is why we focus on mental health as much as the underlying addiction through our intensive outpatient and outpatient programs.

It is important that the mental health components of addiction are treated as much as the addiction themselves.

EVOLVE INDY

Rehabilitation centers for alcohol addiction place a significant emphasis on addressing mental health and behavioral disorders. This approach, often referred to as a "dual diagnosis," recognizes the intertwined nature of addiction and mental health.

The Prevalence of Dual Diagnosis

According to the National Survey on Drug Use and Health (NSDUH):

45% of individuals with addiction also grapple with a co-occurring mental health disorder.

Common Mental Health Concerns Addressed in Alcohol Rehabs

- 1. ADHD (Attention Deficit Hyperactive Disorder)**
People with ADHD may resort to alcohol or drugs as a means to cope or self-medicate.
- 2. Bipolar Disorder**
Nearly half of those diagnosed with bipolar disorder face challenges with alcohol addiction.
- 3. Borderline Personality Disorder (BPD)**
Around two-thirds of individuals with BPD have engaged in alcohol or substance abuse at some point.
- 4. Depression**
Depression often drives individuals to self-medicate, leading them to alcohol or drugs.
- 5. Generalized Anxiety Disorder (GAD)**
Representing 18% of the adult population, GAD stands as the most prevalent mental condition in the U.S.
- 6. Obsessive-Compulsive Disorder (OCD)**
OCD is characterized by persistent obsessions and compulsions.
- 7. Post-Traumatic Stress Disorder (PTSD)**
Individuals with PTSD have brains that produce fewer endorphins compared to the average person.

Factors Exacerbating Mental Health and Alcohol Use Issues

- 1. Genetics**
Genetic factors account for 40% to 60% of an individual's vulnerability to addiction.
- 2. Environmental Triggers**
Factors such as persistent anxiety, chronic stress, and traumatic events can precipitate both mental disorders and addiction.
- 3. Brain Responses**
Substance abuse can induce symptoms resembling those of mental illnesses.
- 4. Exposure at a Young Age**
Young adults and adolescents are more susceptible to brain damage from substance abuse compared to their older counterparts.

The Interconnection of Mental Health and Addiction

Mental health and addiction are deeply intertwined. Recognizing this, facilities like EVOLVE INDY emphasize treating both the mental health components and the underlying addiction through comprehensive outpatient programs. Addressing both aspects is crucial for holistic recovery.

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