

# Understanding Addiction: Dual Diagnosis In Drug Rehab Centers

by Evolve Indy | Nov 1, 2022 | Blog



In order to get to where you want to be with your health and recovery process, it's something necessary to get to the bottom of your problems, going beyond the addiction itself. That's where **dual diagnosis** comes in.

We're going to talk today about what a dual diagnosis is and how it can help you as you go through the process of overcoming addiction in one of our drug rehab centers. It's not something to shy away from or avoid because it can help you achieve sustained recovery from addiction. So read on now and find out more.



## What is a Dual Diagnosis?

Dual diagnosis is when you get a full diagnosis for the problems that are impacting you. You might know already that you have an addiction, so that's one diagnosis. But it doesn't necessarily stop there. You might also have a mental illness that may exacerbate your addiction or contribute to it in some way. Getting that secondary diagnosis will enable you to get the help you really need.

## It's More Common Than You Might Think

It's far more common than you might think for people to require a dual diagnosis when they're going through addiction. Roughly 4 million people in the US who had a mental health disorder also had a problem with **alcohol or substance abuse** at the same time. That highlights how important it is to get a diagnosis for both of these issues.



## Getting the Help You Need in a Drug Rehab Center

You can get the correct diagnosis, including a dual diagnosis if it's necessary, at a good **drug rehab center**. Here at Evolve Indy, we know how important the diagnosis process is before you can go ahead and start your treatment and recovery processes. That's why we pay such close attention to these things.

## Treatment Options for a Dual Diagnosis

There are so many different ways in which a dual diagnosis of addiction and a mental health disorder can be treated. Of course, it all depends on what the precise diagnoses are. Options such as cognitive behavior therapy and other talking therapy **treatments** are generally considered to be very beneficial to many people in this situation.

## Maintain the Gains You Make

By getting the right diagnosis followed by the right kind of **treatment** from trained and caring professionals, you can make sure that the gains you make can be sustained over the long term. If only the addiction and not the underlying mental health disorder are diagnosed and treated, that can cause problems such as relapse in the future. And that's definitely not what you want to happen.

Getting the help you need is an essential part of overcoming drug addiction. Dual diagnosis is all about making sure you get the help you really need and that you're not going to fall back into the same bad habits later on after you leave rehab. If you want to find out more about dual diagnosis in our drug rehab centers, don't hesitate to get in touch with our team today.

### Recent Posts

- 5 Different Types of Alcoholics and When to Seek Addiction Treatment
- Alcoholic Hepatitis Symptoms: When to Seek Help During Addiction Recovery
- Fentanyl: Its Origins, Overdoses, and Pathways to Addiction Treatment
- No Booze, No Boos: How to Have a Sober and Spooktacular Halloween
- Prioritizing Self-Care and Work Demands in Addiction Rehab
- Maintaining Accountability and Responsibility in Addiction Recovery
- How to Conquer Challenges Unique to Women's Treatment for Substance Abuse Disorders
- Providing Guidance for Family Members in Drug Rehab's Codependency Context
- Recovering Identity: Rediscovering Oneself in Alcohol and Drug Rehabilitation
- Emotional Resurgence: Navigating Feelings in the Rehabilitation Journey



Call us at: 1-855-495-1063

Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.

### Site Map

- Home
- About
- Treatment
- Tour Facility
- Admissions
- Privacy Policy



### Get In Touch

Open 24 Hours a Day, 7 Days a Week

8770 Guion Rd SuiteB, Indianapolis, IN 46268



### Our Facilities

- Clinical Campus
- Men's Housing
- Women's Housing

### About Us

- Media & More
- Careers
- Blogs

### What We Treat

- Alcohol
- Opioids
- Cocaine
- Heroin

### Who We Help

- Men
- Women
- LGBTQ
- Professionals
- First Responders
- College Students

### Areas We Serve

- Bloomington, IN
- Jefferson, IN
- Noblesville, IN
- Terre Haute, IN
- Layette, IN
- Kokomo, IN
- Evansville, IN
- Cincinnati, OH
- Louisville, KY