

DUAL DIAGNOSIS TREATMENT CENTER

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What Is a Dual Diagnosis Treatment Center?

A substance abuse disorder is a complex problem that often has many drivers. These include genetic factors, past trauma, or currently stressful problems. A primary driver of substance use disorders is mental health illness. Individuals may use drugs or alcohol as a way to treat their troubling or painful symptoms. Of course, the ongoing use of substances inevitably leads to additional problems. For some individuals, underlying mental health issues begin to present issues as a result of substance use.

Mental health issues can have many traumatic symptoms. These include sadness, despair, hallucinations, mood swings, and suicidal ideation. The diagnosis of a co-occurring disorder itself can be the cause of significant stress and concern. However, the diagnosis of a co-occurring disorder is not a reason for the loss of hope.



Clients who have one or both illnesses can have treatment, end their dependency, manage their symptoms, and regain long-term health and wellbeing. To achieve this positive outcome, clients with these needs must have a course of treatment that includes drug rehab and clinical

Research shows that over 9 million people in the United States are struggling with both mental health issues and addiction. A dual diagnosis treatment center is a rehab specializing in the identification of a co-occurring disorder along with an individual's substance abuse disorder. This additional disorder is always a mental health disorder. This is important as they can be catalysts of an individual's substance use or the product of it. Additionally, ongoing substance use can raise previously dormant mental health problems.

The necessity of seeking treatment for both disorders may seem daunting. Most comprehensive and qualified rehab programs offer clients many resources designed to help them deal with this confluence of concerns. At Bayview Recovery, our dual diagnosis treatment programs give clients the resources and support to face these problems directly. They enable clients to heal and provide them with many strategies and practices for their long-term recovery and wellbeing. Please reach out to our addiction and [mental health treatment](#) team today at [855.478.3650](tel:855.478.3650) to learn more about our services.

therapy by counselors qualified in the treatment of addiction with a co-occurring disorder. At Bayview Recovery, our substance abuse treatment programs are uniquely tailored to each individual and their circumstances.



What Is Dual Diagnosis Treatment?

Dual diagnosis treatment became a recognized form of helping individuals heal from substance abuse and mental health disorders in the 1990s. Previously, medical professionals would treat these disorders separately and often require clients to achieve sobriety before seeking other forms of treatment. Because of this requirement, many individuals did not get the treatment they needed for their mental health concerns, and any treatment they received for their substance abuse problems would often become undermined by their untreated co-occurring disorder.

However, once the medical community began to acknowledge the impact that one disorder could have on another, doctors began to recognize the value to patients of treating both illnesses together. This has given hope to countless individuals as well as the opportunity to overcome

both issues with long-term success. Therefore, as we treat mental health conditions, we can also treat a range of substance use disorders, including:

Alcohol

Heroin

Cocaine

Opioids

Meth

If you're struggling with a mental health condition and substance abuse, please contact Bayview Recovery today at [855.478.3650](tel:855.478.3650).

The Types of Dual Diagnosis Treatment Programs

Dual diagnosis treatment is individualized to address the individual mental health needs of the client and the personal circumstances of their substance use. There isn't a one-size-fits-all approach to dual diagnosis treatment, nor should there be. However, the core facets of all dual diagnosis treatment centers are an emphasis on ending chemical and psychological dependency and managing the mental health issues that can sustain or result from those dependencies.

The level of care each client will receive is primarily dictated by the length and severity of the issues they're facing, how much support they will need, and how long they will need to recover. For instance, at Bayview Recovery, we offer a range of treatment options.

Depression Treatment

Depression is one of the most common mental health issues today. Symptoms of this condition may include:

- Feelings of sadness, hopelessness, and general malcontent
- Avoiding your friends and family
- Disinterest in your former hobbies
- Changes in appetite and sleeping patterns
- Mysterious aches and pains with no apparent cause

Therefore, one of our most common dual diagnosis treatment options is [depression treatment](#). This treatment can help those suffering from anxiety to address their unique challenges and manage their depression outside of treatment.

Anxiety Treatment

[Anxiety treatment](#) is another common reason that our patients require dual diagnosis treatment. Benzodiazepines and other prescription drugs can significantly hamper anxiety symptoms, but they're also highly addictive. We offer a range of anxiety treatment options.

ADHD Treatment

ADHD is a condition that most people associate with childhood, but it can continue into adulthood. Many people with ADHD have troubled relationships, low self-esteem, and struggle at work or school. However, [ADHD treatment](#) can help to manage these symptoms in the future.



TESTIMONIALS

“I was at Bayview for 2 months and my experience was excellent! I was fed well, beds were comfortable, and if there was something I needed, they went out of their way to provide it for me. The other clients and techs in the house became close friends! The techs are awesome

and the top people at the center are passionate about helping clients stay clean and sober! I highly recommend Bayview!”

- Jill B.

“I love the compassion and the genuine care here at Bayview. I am glad to be a part of this treatment team!”

- James R.

“I love Bayview. I spent two months here, and I’ve been to many different treatments all over Washington and this is by far the best decision I made.”

- Alexis P.

Bipolar Disorder Treatment

Bipolar disorder is a condition that often co-occurs with addiction. In some cases, the person's substance use can lead to this condition, but in other cases, patients may use substances to manage their condition. Symptoms of this condition vary from person to person, and many people receive the wrong diagnosis because their symptoms were similar to those of depression or another mental health issue. Symptoms of bipolar disorder include:

Poor decision making

Depressed mood

Decreased ability to concentrate and think clearly

Drastic mood swings between depressive episodes and manic episodes

An exaggerated sense of wellbeing and self-confidence

[Bipolar disorder treatment](#) can help patients understand their condition and give them the tools to cope.



Schizophrenia Treatment

Schizophrenia is a condition that impacts how an individual feels, thinks, and acts. Many of those who suffer from this condition are unable to keep in touch with reality. They may turn to substances to cope with their mental health challenges. Schizophrenia treatment can help them learn to manage their symptoms without drugs or alcohol.

Seeking Dual Diagnosis Treatment

Bayview Recovery's qualified addiction specialists estimate each person's needs as best as they can during the intake process. However, it is not uncommon for people to need more or less time depending on how well they respond to treatment.

Also, medications can help control specific mental health symptoms. They can significantly improve the quality of an individual's recovery. They also affect the length of their stay by increasing the effectiveness of the other treatments they will receive. Medications may be an ongoing part of their recovery. However, the primary value of a dual diagnosis treatment center derives from the strategies and techniques individuals will learn to manage their mental health and sobriety on an ongoing basis.

The Importance of Finding a Dual Diagnosis Treatment Center

Mental health and substance abuse disorders are illnesses that can be treated and managed. Untreated mental health issues can have a substantial, negative impact on substance abuse. It is imperative that any individual who has a dual diagnosis seek immediate professional medical and therapeutic treatment. Mental health issues are also a prime risk factor for relapse. Even if an individual seeks help for a substance abuse problem, treating both disorders in a single, comprehensive course of treatment during rehab can provide individuals with significant relief from their symptoms. It also improves mental and physical health and strategies to maintain their sobriety and wellbeing long-term.

Reach Out to Bayview Recovery Today

Bayview Recovery, located in Tacoma, Washington, offers comprehensive and proven treatment. Even for individuals who have been diagnosed with a co-occurring disorder. We rely on evidence-based techniques for all types of substance abuse issues, and our treatment modalities include:

- Individual therapy
- Group therapy
- Trauma and somatic therapy
- Holistic treatments
- Meditation, mindfulness, and yoga

In addition, our facility offers a safe and comfortable environment designed wholly around the recovery needs of our clients.

Mental illness and addiction no longer have to control your life or the lives of the ones you love. You can regain control by beginning your addiction treatment at Bayview Recovery today. Contact us by calling [855.478.3650](tel:855.478.3650) and speaking to one



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Contact Bayview Recovery to join our judgment-free, uplifting and supportive recovery environment.

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