



# Dual Diagnosis Treatment Center

Find addiction treatment help  
today at Beaches Recovery!

866.605.0532

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Suffering a mental illness affects every area of your life. If you couple that mental health disorder with substance abuse or addiction, the problems only grow worse. But Beaches Recovery's dual diagnosis treatment center in Jacksonville, Florida, provides help for both of your problems at once. At Beaches Recovery, you end the cycle of mental health problems and addiction through the right treatment in the right place at the right time.

Have you heard of a dual diagnosis treatment center in the past? Do you wonder, "What is dual diagnosis treatment?" Maybe one of your biggest questions is whether you need dual diagnosis treatment Jacksonville FL, at all. The information below guides you through the early decision-making process for getting the quality [addiction and mental health treatment](#) you need.

### What is Comorbidity?

**Comorbidity is when two illnesses or disorders take place within an individual.**

**It also suggests an interaction between the two illnesses or disorders.**

**Source: <https://www.drugabuse.gov/sites/default/files/rrcomorbidity.pdf>**

## What is Dual Diagnosis Treatment?

One of the most important questions you ask yourself early in your online research about rehab treatment is, "What is dual diagnosis treatment?" Once you start learning about this remarkable type of care, many lights start turning on in your thoughts. You likely start connecting your own drug use with other problems you suffer. For many people, receiving a mental health diagnosis answers many questions about why they began abusing drugs or alcohol in the first place.



Dual diagnosis treatment is treatment addressing both addiction and co-occurring mental health issues such as:

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- Anxiety- Anxiety disorders cause individuals to experience high levels of fear, panic, and worry. While some instances might begin by a trigger, other instances occur for no reason at all. Symptoms of anxiety can negatively impact all aspects of an individual's life.
- Depression- Depression is a mood disorder that causes individuals to experience overwhelming feelings of hopelessness, sadness, and despair. These periods of sadness last for at least two weeks at a time and can turn into physical symptoms as well.
- Bipolar disorder- This mood disorder tends to include periods of mania followed by periods of depression. These changes are extreme and include shifts in energy levels, activity levels, and overall mood.
- Schizophrenia- This is a severe disorder that can impact the emotions, thoughts, and behaviors of the individual. They often lose touch with reality and can experience hallucinations, problems with their memory, and an inability to focus.
- Post-traumatic stress disorder (PTSD)- PTSD is most often associated with veterans of war, but can occur in anyone who has experienced a traumatic event. Symptoms are often a combination of avoidance actions, mood changes, and

re-experiencing symptoms, such as flashbacks. a trigger, other instances occur for no reason at all. Symptoms of anxiety can negatively impact all aspects of an individual's life.

- Depression- Depression is a mood disorder that causes individuals to experience overwhelming feelings of hopelessness, sadness, and despair. These periods of sadness last for at least two weeks at a time and can turn into physical symptoms as well.
- Obsessive-compulsive disorder (OCD)- This disorder is when an individual experiences uncontrollable thoughts and behaviors that must occur repeatedly. These compulsions and obsessive thoughts can negatively affect the life of the individual and can make everyday tasks almost impossible.

**In 2018, over 11 million adults over the age of 18 experienced a mental health illness.**

**Source: <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHNationalFindingsReport2018/NSDUHNationalFindingsReport2018.pdf>**

In order for patients to heal from a dual diagnosis, therapists treat both co-occurring conditions. Research indicates that this treatment works best for co-occurring mental disorders.

Dual diagnosis is common in addiction. It's not an issue to be ashamed of, and it's not one to ignore. By knowing that co-occurring

disorders exist, it's possible to gain more effective treatment for all aspects of the addiction. When co-occurring disorders receive therapy as part of a dual diagnosis treatment program, a better chance for long-term sobriety results.

half of people with mental health problems also struggle with addiction.

The co-occurring disorder treatment typically provided by a dual diagnosis treatment center includes:

- Concurrent treatment of both mental health disorders and substance use disorders
- Use of psychotherapeutic medications
- Therapeutic support that helps to build self-esteem and confidence
- Therapeutic support that helps to build self-esteem and confidence
- A diverse array of treatment methods and therapies designed for the healing of mind, body, and spirit

Many patients entering a Florida addiction treatment center are actually relieved to learn that they have an underlying mental health issue. They know it can be treated with proper psychiatric care. This is often a relief because the patients likely remember feeling a certain unmet need that using drugs or alcohol might have seemed to help at the beginning of their substance abuse. Such is often the case for people with social anxiety or depression. Of course, as substance abuse leads to addiction, mental health issues always grow worse.

Through dual diagnosis treatment and associated therapies or medications, the previously unmet mental health issues receive attention. In turn, greater strength



## Understanding Dual Diagnosis

Simply put, dual diagnosis treatment programs treat people through [addiction therapy services](#) and therapies for common mental health disorders at the same time. About half of people in addiction need co-occurring disorder treatment for addiction and mental health disorders. Likewise, nearly

for sobriety is possible because of this improved mental health. While treating the co-occurring condition is never a guarantee of easier sobriety, dual diagnosis treatment paves a clearer, more stable pathway for recovery.

## Where Do I Find the Best Dual Diagnosis Treatment Center Program?

Florida has long led the country in providing the best quality of addiction rehabilitation. So naturally, you find one of the best examples of this specialized treatment there, in dual diagnosis treatment in Jacksonville, FL. Beaches Recovery treats young adults with addiction and [co-occurring disorders](#). This treatment achieves the highest standards of care through Joint Commission accreditation.



[Click on the image to see the video.](#)

When you turn to Beaches Recovery for dual diagnosis treatment in Jacksonville, FL, you gain access to a complete continuum of care. Your treatment starts with medically supervised detox at Tides Edge and continues through a diverse array of programs, therapies, and support in rehab

treatment programs. After rehab, you keep receiving support through sober living and in alumni programs.

Beaches Recovery also provides highly focused treatment for people with unique needs. If you hope to continue your college education but need dual diagnosis treatment center help, a vibrant college student program helps you get back on track in life and your education. Other treatment programs include:

- [Residential addiction treatment](#)
- [Partial hospitalization program](#)
- [Intensive outpatient treatment program](#)
- [Outpatient program](#)
- [Men's treatment and women's treatment](#)
- [Executive drug addiction rehab](#)
- [First responder drug treatment](#)
- [Fresh start DUI program](#)

No matter which type of addiction treatment program best suits your unique needs, you need this treatment from quality dual diagnosis treatment programs you can trust. The recovery community of Jacksonville and throughout the United States trusts Beaches Recovery.

## What Does a Dual Diagnosis Treatment Program Look Like?

The surprising truth of dual diagnosis treatment is that these programs align very closely with addiction therapies. So your treatment plan seamlessly connects the

therapies and approaches you need for your mental health problems with those you need for addiction recovery. These treatments take place in one-on-one counseling, talk therapy, group therapy, family therapy, and many new experiential therapies.

The overall goal of Jacksonville dual diagnosis treatment is to help you live a healthy life without mental health problems or substance abuse. So in your program at Beaches Recovery, you learn about both of these significant issues in your life and how to keep yourself in healthy, stable recovery. Through this health and stability, you gain the overall wellness and fulfillment you desire from everyday life. Your future simply comes down to learning the basics of dual diagnosis recovery and how to maintain it.

Of course, you do not need therapies alone. You also need to learn how to live a healthy lifestyle through proper nutrition, physical fitness, socialization, and positive relationships. This balance and overall wellness come from the holistic methods used at Beaches Recovery. You learn about your body-mind-spirit connection and how these parts of yourself intertwine in wellness and disarray.

"I was a client at Beaches Recovery a little less than a year ago. They have truly changed my life. Not only did they get my medication right for my dual diagnosis for the first time ever, I also learned to live in the moment, be compassionate towards myself as well as others, meditate, and respond to situations rather than reacting. I was flown out from California to Florida to attend the program and upon successful completion they covered my airfare home too. I felt that there was a genuine concern in regards to my recovery. I was treated with respect and even pampered. I would recommend this facility to anyone that is serious about achieving long-term sobriety. I made a lot of wonderful friends among the staff and residents alike."

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## Reach Out to Beaches Recovery Today

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The biggest thing you need before taking steps forward into treatment for your dual diagnosis condition is hope. Beaches Recovery provides that hope and gives you the tools of coping, relapse prevention, and life skills you need for the life you truly want. You can build a new life of stability and happiness. Take this vital step of hope to start that building process!

Beaches Recovery in Jacksonville Beach, Florida, understands the importance of dual diagnosis care for patients with co-occurring disorders. Effective treatment for addiction and mental health issues requires trust, hope, and support. Beaches Recovery provides this trust, hope, and support. They also ensure that clients get the most from dual diagnosis treatment while in drug rehab. Our continuum of care includes a vast array of treatment modalities for mind, body, and spirit.

**Call us today at 866.605.0532 so that we can get started.**