



Dual Diagnosis Treatment Center

Reach out to our specialists
today to learn more about
Northern Illinois Recovery Center.

855.786.1978

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If you or a loved one is battling a substance abuse problem or an addiction, finding out how to take the first steps towards recovery and sobriety can be very difficult. Trying to quit drugs or alcohol while dealing with a co-occurring disorder is especially hard. This leads to needing a dual diagnosis treatment center. A co-occurring disorder is a mental health condition that occurs in addition to addiction. This means that you are struggling with a substance abuse issue while suffering from a mental health disorder.

Mental health issues and addiction commonly occur together, making treatment slightly more complicated. Fortunately, with the help of a dual diagnosis treatment program, both conditions can improve, increasing the likelihood of long-term recovery. Please reach out to the Northern Illinois Recovery Center today at [855.786.1978](tel:855.786.1978) to learn how our treatment center can support your recovery.

is or why it is necessary to treat both conditions. A dual diagnosis means that a person is battling both substance abuse and a mental health condition. While it is possible to have multiple mental health conditions or addictions to numerous substances, these are not considered co-occurring conditions.



Which condition came first depends largely on the person suffering from these disorders. In some cases, a person may have started using drugs or alcohol to manage their mental health symptoms. For instance, some people use these substances to help them [manage their depression](#). They feel like they have to use drugs or alcohol to feel normal. Alternatively, some substances can cause mental health conditions. For example, [long-term cocaine use](#) can lead to [anxiety issues](#).

Many people with co-occurring conditions believe that they can only get treatment for one issue or the other. However, if someone only seeks treatment for one condition, they increase the likelihood of relapse. If they only seek treatment for the mental health condition, their continued substance use may lead to other mental health conditions. Alternatively, the symptoms of their original disease may get worse.

That said, if they only seek treatment for substance abuse, they do not have the tools to manage their mental health symptoms. Without these tools, they may return to using drugs or alcohol. Returning to drug or alcohol use is incredibly risky because if they start

DUAL DIAGNOSIS
TREATMENT CENTER

In the US in 2019, **9.5 MILLION** adults struggled with both mental illness and a **substance use disorder**.

9.5 MILLION

Individuals with a substance use disorder are **TWICE AS LIKELY** to develop a mood disorder like **anxiety or depression**.

Yet, **LESS THAN 2%** of people (just over 4 million people) **got the treatment they needed**.

2%

Northern Illinois
RECOVERY CENTER

Often, individuals struggling with substance use disorder are also dealing with an untreated underlying mental health issue. These two conditions reinforce each other, preventing people from fully healing and making a successful recovery. When someone is struggling with this kind of co-occurring disorder, help can be found at a dual diagnosis treatment center.



Why Is Dual Diagnosis Treatment Necessary?

Many people don't understand what a dual diagnosis

using substances at the rates they formerly used, they risk an overdose.

To avoid relapse of either condition, it is therefore essential to seek a dual diagnosis treatment program, such as the one we offer at [Northern Illinois Recovery Center](#).

Advantages of a Dual Diagnosis Treatment Center

Mental health disorders can include anxiety disorders, depression, mood disorders, personality disorders, and trauma. Nearly 8 million adults struggle with a mental health disorder and a substance abuse problem in the United States, making a dual diagnosis treatment center essential if you are struggling with a co-occurring disorder.

A dual diagnosis treatment center offers you the ability to seek treatment for mental health and substance abuse at the same time. Often this leads to better recovery outcomes. Untreated or undiagnosed mental health disorders can complicate [substance abuse treatment](#). They also play a role in causing addiction. This makes a dual diagnosis treatment center an ideal choice for those that deal with mental health problems and addiction.

What Is a Co-Occurring Disorder?

A dual diagnosis means that you meet the diagnostic criteria for a substance abuse disorder and a mental health disorder. Some of the most common mental health conditions present in dual diagnosis patients include:

- Generalized anxiety disorder and panic disorders
- [PTSD and trauma related disorders](#)
- Depression
- [Mood disorder, such as bipolar disorder](#)
- Personality disorders, such as borderline personality disorder

Mental health conditions can lead to drug addiction, especially if they remain undiagnosed or untreated. Drugs and [alcohol](#) can be used as a way to cope with symptoms caused by mental health disorders. For

example, increased anxiety can make it more likely that you will experiment with drugs or alcohol in order to alleviate negative feelings. Drugs and alcohol create feelings of euphoria, which can be a way to self-medicate if you suffer from depression.

During active addiction, it is common to neglect your medical and mental health needs. Even if you are taking medication for a mental health disorder as prescribed, drugs and alcohol can lessen their effectiveness and worsen your symptoms. A dual diagnosis treatment center specializes in diagnosing and treating both mental health disorders and addiction. They can help you manage both conditions during and after treatment.

Treatment Options for Those With Co-Occurring Disorders

Each person requires individualized [treatment options](#) to recover from their condition. Therefore we offer a range of treatment services at Northern Illinois Recovery Center. For instance, we offer services such as:

Men's Rehab Center:

Men face unique issues when they're battling mental health conditions and substance use. For example, men with bipolar disorder are more likely to struggle with drugs or alcohol. Our treatment center offers treatment that we tailor to men's issues.

Women's Rehab Center:

Women are more likely to suffer from a range of mental health conditions, leading to drug or alcohol use. It's critical to find treatment options that can address these unique needs, such as the ones we offer at our women's rehab center.

Partial Hospitalization Programs:

Sometimes, a person doesn't have the time or resources necessary to attend a residential treatment program. Fortunately, a partial hospitalization program offers the next best thing. With this program, they'll attend treatment during the day and return home at night.

Intensive Outpatient Programs:

As patients move through our treatment programs, they often find that they don't need the extensive treatment that our partial hospitalization program offers. Fortunately, with our step-down program, patients can attend treatment a few days a week. During the rest of the time, the patient can return home to put their strategies into practice in the real world.

Outpatient Programs:

Once people have completed our other treatment options, we recommend they attend an outpatient program to receive continued support. These programs allow patients to receive the benefits of therapeutic treatment once or twice a week to ensure that they have the tools they need to stay sober without intensive treatment.

To learn whether our treatment options will work for you, please reach out to our treatment center today.

Therapeutic Options at Northern Illinois Recovery Center

Our dual diagnosis treatment center in Northern IL offers access to medical and mental health professionals. These experts can help you manage your mental health disorder while addressing your substance abuse issues.

Common therapies offered at a dual diagnosis treatment center include:

- [Medication-assisted treatment](#)
- Evaluation and diagnosis of mental health disorders
- [Cognitive-behavioral therapy](#)
- [Family therapy](#)
- Assertive community therapy that helps you connect to community-based supports
- Access to a psychiatrist
- [Individual therapy with counselors and licensed therapists](#)

An essential benefit of a dual diagnosis treatment center is that you can get immediate access to a psychiatrist instead of having to wait for an outpatient appointment. Staff is also well versed in recognizing and treating mental health symptoms which typically worsen during detox.

Testimonials

This is the best treatment center I've ever been to. The staff is amazing and really cares about the clients. They go out of their way for the clients' wellbeing. This program is the only one I've been too that prepares you for the real world and how to be a productive member of society. They allow you to work there once your in the 3rd phase and set up a solid after-care plan. I highly recommend this place.

Camille Casey

Are You Struggling with Dual Diagnosis?

If you are struggling with a dual diagnosis, it can be difficult to find a dual diagnosis treatment center that offers personalized treatment for both mental health and addiction therapy services. It is crucial to find a rehab that specializes in treating patients with a dual diagnosis, so you can have adequate support in managing your mental health. When you detox from drugs and alcohol, your body and mind have to learn how to adjust, which can cause your mental health symptoms to degrade.

Northern Illinois Recovery Center has a dual diagnosis treatment center that helps support you throughout your recovery. If you would like to learn more about our treatment programs, including our dual diagnosis program, [contact us](#) today at [855.786.1978](tel:855.786.1978).



Northern Illinois

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Get the help you need to build the
foundation for a sober life!

855.786.1978

Contact Us Online