

Treating Co-Occurring Disorders: The Link Between Mental Health and Sobriety

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Getting clean and sober is challenging enough, but recently it's been documented that a sizable percentage of people with substance abuse issues are also suffering in addition from a mental illness. This dual diagnosis represents as many as 40 percent of those with substance abuse issues, according to a recent study by the Substance Abuse and Mental Health Services Administration (SAMHSA). That makes treatment somewhat more challenging since the person and the therapist need to **deal with the underlying mental health issue as well as the substance abuse**.

What is a Co-occurring Disorder?

A person with a mental health issue **and** a substance abuse problem is commonly referred to as having a co-occurring disorder. That means that more than one issue is going on at **the same time**. What the cause and effect relationship is, if any, is still unclear, but a large percentage of people seeking treatment for substance abuse also need treatment for one or more mental health issues. That there is a **relationship** between mental health and substance abuse is clear.

The Most Common Co-Occurring Disorders with Substance Abuse

Some mental health issues occur more frequently with substance abuse than others. Some of the most common of these are:

- Bi-polar disorder
- Schizophrenia
- Anti-social personality disorder
- Depressive disorders

Often those with substance abuse issues started down the road to addiction by self-medicating to attempt to minimize or deal with their mental health symptoms. Any effective treatment needs to address **both** the ***co-occurring mental illness and substance abuse issues*** and teach the patient ***alternate coping mechanisms*** that don't involve drugs or alcohol.

At Renaissance Ranch, we apply the 12-steps and faith-based principles to treat co-occurring disorders, ***focussing on the mind, body, and spirit to better help achieve long-term sobriety success.***

What to Expect at a Mental Health and Substance Abuse Treatment Center

The thought of checking yourself (or someone you love) into a treatment center can be scary. However, although it won't be easy, ***treatment for your substance abuse and mental health issues can be the start of an entirely new, healthy and wonderful chapter in your life.*** At Renaissance Ranch in Ogden, our experienced yet caring staff wants to help you succeed and strive to give you the tools you need to leave your old life and old habits behind. Many of our staff have been in your position, so they know how scary the first days of treatment can be. Our treatment combines psychotherapy with group sessions that help you ***develop coping skills*** and be able to recognize the cues that lead you to addictive behavior. ***Our outpatient program allows you to continue to work and spend time with your family while you are in treatment.***

Renaissance Ranch Treats Co-Occurring Disorders in Ogden, Utah

If you or someone you care about is struggling with substance use disorder and mental illness, we can help. ***Our caring and compassionate staff at Renaissance Ranch in Ogden have experience dealing with dual diagnosis drug addiction and mental illness and can help you or your loved one get started on the path to a healthier and more satisfying, substance-free life.*** To learn more about our co occurring disorders treatment or to make an appointment for an evaluation, contact us today at 385-222-3737. Our staff is available to take your call 24 hours a day, seven days a week.

