



HOW A MENTAL HEALTH DISORDER AFFECTS ADDICTION

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(866) 262-0531

CONTENTS

- What is Dual Diagnosis?
- Common Mental Health Disorders Occuring Alongside Addiction
- Mental Health Problems Increase in Treatment
- Suboxone-Addiction Treatment in Portland
- Treatment Fails to Help When Only One Problem is Treated
- Integrated Treatment
- Mood Disorder and Addiction

The interconnectedness of chemical dependency and mental illness has confounded doctors and psychiatrists for decades. Unfortunately, the medications--both doctor-prescribed and self-prescribed--that are most effective at immediately eliminating pain and suffering are also the most likely to cause social and occupational impairments in the long term. If you think you may be suffering from a mental health condition alongside substance use disorder, contact [Crestview Recovery](#) to learn more about our unique [dual diagnosis treatment center in Oregon](#). You can reach us 24/7 by calling [\(866\) 262-0531](#).

WHAT IS DUAL DIAGNOSIS?

Dual diagnosis is a diagnosis of two disorders occurring together. In substance abuse treatment, clients frequently have an addiction, coupled with a co-occurring mental illness. At Crestview Recovery, we understand that seeking [dual diagnosis treatment](#) is one of the most challenging parts of a person's life. This process can be profoundly vexing for family members as well. At Crestview, patients are our staff's

top priority. The respectful, compassionate care you find at Crestview is unique in the Portland addiction treatment world.

Getting your loved one into treatment is an emotionally draining process, but you can rest assured that they are getting the very best care. Patients with dual diagnosis believe--even more strongly than other patients--that they need dangerous drugs to survive. Our goal is to treat patients with the compassion, professionalism, and patience that we would want our own loved ones to have. After your loved one has completed [addiction treatment programs, family addiction counseling](#) can help ensure that they get the help they need from their family.

COMMON MENTAL HEALTH DISORDERS OCCURRING ALONGSIDE ADDICTION

Clients in addiction treatment commonly suffer PTSD, bipolar disorder, trauma, ADHD, depression and anxiety alongside substance abuse. Mood and anxiety disorders are the most common of these illnesses. Severe dual diagnosis conditions include schizophrenia and schizoaffective disorder.

It can be hard for doctors to diagnose these co-occurring conditions because addiction hides or exaggerates some symptoms. There are also many common symptoms of addiction and mental illness. However, there are some patterns in people that have both addiction and a mental health disorder. Addiction involves alcohol or drug abuse. This disease often wrecks your work, school, social, and family lives. You may suffer relationship, money, legal, health, and employment problems.

Many people start using drugs or alcohol because they have an underlying mental illness. On the other side of the coin, a mental health disorder can develop after addiction sets in. It's not important which came first, the addiction or mental illness. Instead, it's important to treat both problems at once with [depression and anxiety treatment](#) for lasting, healthy recovery.

MENTAL HEALTH PROBLEMS INCREASE IN TREATMENT

Clients with mental illness often self-medicate using drugs or alcohol. When those substances are no longer present, their symptoms of mental illness become more visible. As an example, anxiety makes individuals jumpy and stressed. Depression

causes people to sleep too much, retreat to their own space, become emotional, and avoid others. We offer the following programs at Crestview to treat both addiction and mental illness:

- Residential Treatment Program
- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)

The sad reality is that self-medication with drugs and alcohol doesn't adequately address these problems. Instead, they block the development of healthy coping skills and make problems worse. Often, individuals with dual diagnoses also stop having healthy relationships and feel less comfortable in who they are as people. In addition, when people know they have a mental illness before substance abuse, drinking, or taking drugs interferes with medications, their doctor actually

SUBOXONE-ASSISTED ADDICTION TREATMENT IN PORTLAND

Most conventional treatments of addiction begin with detox. During this phase, patients are gradually tapered off drugs or alcohol while under physicians' direct care. Alcohol and opioid detox may take longer than expected. Opiate dependence (e.g., fentanyl, heroin, Percocet, etc.) can be incredibly difficult and may require

medication-assisted treatment. As part of this treatment option, a less debilitating opioid-like Suboxone can be used as well. The new drug fulfills the person's craving for opiates but does not generate the same high, crash, and self-destructive actions. Suboxone is habit-forming, but its side-effects are less severe than other opioids.

TREATMENT FAILS TO HELP WHEN ONLY ONE PROBLEM IS TREATED

If you only treat your addiction or the mental illness, you'll keep relapsing in both addiction and symptoms of your co-occurring condition. One illness fuels the other. A drug-free person with depression eventually returns to the drug that made them feel more alive and vibrant. Drinking again takes the anxious individual back into a cycle of anxiety.

Some [substance abuse treatment programs](#) discourage any medication use, even for mental illness. Others treat only the disease of addiction. So if you have co-occurring conditions, a dual diagnosis program can help you avoid relapse and return to a functional state of mind.

INTEGRATED TREATMENT

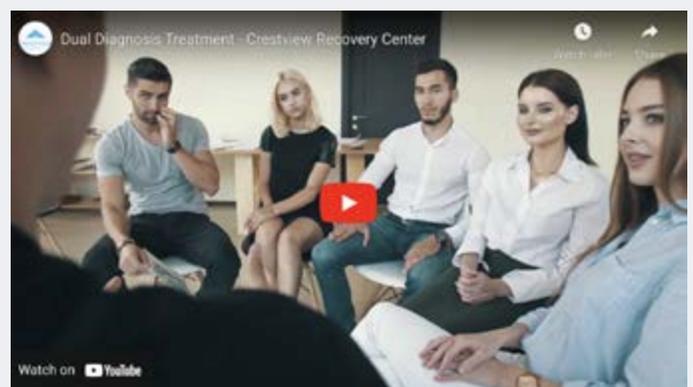
The best thing you can do to end your active addiction is to get the integrated treatment you need. A dual diagnosis program provides treatment for both your addiction

and your mental illness at the same time. You learn coping skills for both disorders, and therapies help you work through each condition's symptoms and causes.

It's important to seek a quality rehab for your dual diagnosis treatment. The road to recovery is tough. You need support, guidance, education, and counseling every step of the way through your [drug and alcohol addiction treatment](#) journey.

Crestview Recovery in Portland, Oregon, provides dual diagnosis treatment for alcohol and drug addiction. Dual diagnosis clients benefit from masters-level therapists leading therapies that include:

- Individual Therapy
- Group Therapy
- Holistic Therapy
- Coping Skills Development
- Extended Care Addiction Treatment
- Aftercare



Click image for link to video.

"I can't speak highly enough about Crestview. I am helping my brother navigate his road to recovery from a horrible addiction to alcoholism. He has been in and out of various levels of treatment facilities for about five years but what makes Crestview so special is that his 'care team' truly cares about him and communicates with me when I have concerns or questions. It is quite rare to have the unending support of educated and compassionate people that I can talk to and troubleshoot issues with. They communicate better than any facility that my brother has been to over the last five years and they do so with incredible empathy. They have become my second family. I thank them from the bottom of my heart. I recommend Crestview Recovery for struggling addicts that want to feel that their lives truly matter because they do!"

Tina

What is Depression?

Depression is a medical condition causing a person to experience extreme sadness or loss of interest in previously enjoyed activities. Depression affects an individual's day-to-day functioning. Most people with depression benefit from treatment involving a combination of psychotherapy and medication at a [depression treatment program](#).

Risk Factors For Depression

Depression can result from many potential causes. Common risk factors that play a role in the illness include genetics, trauma, family history of depression, isolation, and other health problems.

Diagnostic Criteria For Depression

Diagnosing depression starts with assessing the patient's mood, behavior, goals, and medical history. A person with diagnosed depression will exhibit five or more symptoms listed in the DSM for at least two weeks, with one of the signs being a sad mood or loss of pleasure. Symptoms of depression may include the following:

- Sadness
- Loss of enjoyment in favored activities
- Decreased sex drive
- Altered sleep patterns
- Low self-esteem
- Lethargy
- Difficulty focusing
- Suicidal ideations or preoccupation with death
- Physical ailments

MOOD DISORDERS & ADDICTION

Understanding Depression And Bipolar Disorder

Mood disorders are defined by an extended disturbance in mood, usually accompanied by other signs and symptoms. Two of the most common mood disorders we see at Crestview are depression and bipolar disorder.

Bipolar Disorder

Bipolar is a mood disorder characterized by manic or hypomanic episodes, which may alternate with bouts of depression. A manic episode is an emotional state characterized by elevated activity, language, and optimism. Hypomania is typically described as a mood or energy state that is elevated somewhat above the normal range. Each episode typically lasts anywhere from hours or days to months at a time. Bipolar disorder can cause significant disruptions in a person's life functioning; however, the illness can often be controlled with the right [bipolar disorder treatment](#).

Common Risk Factors For Bipolar Disorder

The most common risk factors for bipolar disorder include genetics, trauma, isolation, chemical dependency, and high stress.

What Are the Diagnostic Criteria For Bipolar Disorder?

To be diagnosed with bipolar disorder, the patient must fit specific criteria defined by the DSM. There are three types of bipolar disorder listed in the DSM:

BIPOLAR I

Bipolar I is characterized by at least one manic or mixed episode.

BIPOLAR II

Bipolar II involves a state of hypomania (less extreme than a full manic episode) with fluctuating states of depression.

CYCLOTHYMIA

Cyclothymia is characterized by rhythms of mild depression and hypomania. Some general symptoms of bipolar disorder include:

• Manic Phase:

- Euphoria and increased energy
- Insomnia
- Impulsivity
- Sudden overconfidence
- Racing thoughts and rapid speech
- Increased spending
- Increased sex drive
- Depressive Phase:

• Sadness

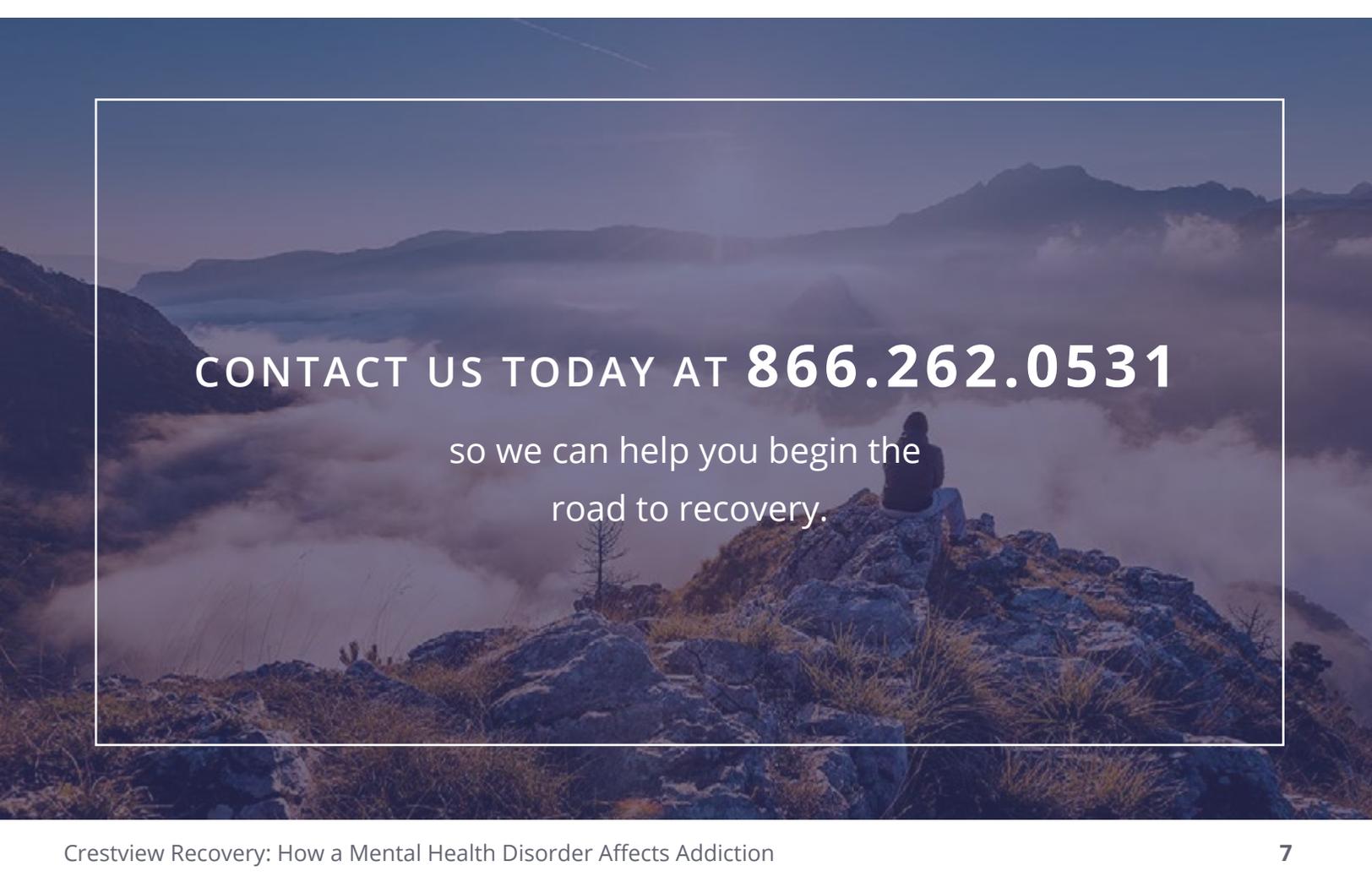
- Loss of interest
- Low self-esteem
- Slowed speech and difficulty concentrating
- Lethargy
- Suicidal ideation and preoccupation with death or dying



MOOD DISORDERS & ADDICTION

Dual diagnosis indicates the presence of a chemical dependency in addition to another psychiatric illness, often a mood disorder. It can be challenging to determine which disorder began first; however, both pose a risk to the other. In other words, a mood disorder could lead a person to self-medicate or use a psychoactive substance as a means of temporarily alleviating physical or emotional distress. Similarly, a person's abuse of alcohol or other drugs could trigger the onset of a mental health disorder. Both disorders must be treated simultaneously in order for treatment to be effective.

Adults from all over the Pacific Northwest turn to Crestview Recovery for a strong recovery. You can take your life back from chemical dependency and mental illness at Crestview. Call [Crestview Recovery](https://www.crestviewrecovery.com) at [\(866\) 262-0531](tel:8662620531) to start today.



CONTACT US TODAY AT **866.262.0531**

so we can help you begin the
road to recovery.