



SUMMIT ESTATE

Dual Diagnosis Treatment Program

Call Summit Estate today to get started
on your recovery!

800.701.6997



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What is Dual Diagnosis?

When an individual who is suffering from a [drug or alcohol addiction](#) also has a mental health problem, such as depression or anxiety, it is referred to as a “dual diagnosis” or a “co-occurring disorder.” Because of difficulties presented to providers who do not have experience with dual diagnoses, this disorder should be identified specifically by an experienced dual diagnosis treatment center. There are many reasons for this. For instance, there are a large number of combinations of substance abuse and psychiatric disorders that may constitute the co-occurring disorder. For instance, it may be a combination of alcohol addiction coupled with depression, heroin addiction coupled with anxiety, or pain medication coupled with PTSD. Additionally, one disorder may not be as severe as another. Finally, many of the symptoms of psychiatric disorders are easily masked by the symptoms of the addiction. In such cases, a dual diagnosis treatment program in California is necessary.

Summit Estate specializes in the treatment of individuals suffering from a dual diagnosis. Our luxurious, beautiful setting in the Santa Cruz Mountains, as well as personalized treatment planning, can provide an ideal dual diagnosis treatment program in California. Whether in our exclusive [residential](#) or [outpatient treatment](#) facility, each individual receives holistic treatment to care for the mind, body, and spirit. Our compassionate and caring staff make certain everybody who enters our doors has the best chance possible to overcome those things keeping them from living a healthy and happy life. To learn about our dual diagnosis treatment options, please reach out to Summit Estate Recovery Center today by calling 800.701.6997.



Click to watch video

Which Comes First: Addiction or Mental Health Conditions?

Unfortunately, there is no definitive answer to the question of which came

first, the addiction or the mental health condition. The answer varies from person to person. For some people, they begin drinking or using drugs to cope with mental health conditions. In some cases, this is an attempt to self-medicate, while in other cases, their doctor prescribed the medication to them. However, as they continued using the medication or alcohol, they began to develop a tolerance to it. As a result, they needed more of the substance to get the same result. Once they developed a tolerance, their use quickly spiraled into an addiction.

Alternatively, a person may have started drinking or using drugs recreationally. However, as their use increased, they began to develop a mental health condition. For instance, if a person abuses alcohol, it is common for them to develop anxiety and depression. Unfortunately, the more they use the substance, the worse their condition gets. However, they may believe that

they need the substance to cope with their mental health condition.

Whether you started drinking or abusing drugs first or you began using to relieve mental health symptoms, dual diagnosis treatment is critical for your long term recovery.

Why Is Dual Diagnosis Treatment Necessary For Long-Term Recovery?

Unlike other treatment programs, a dual diagnosis treatment program offers simultaneous treatment of both conditions. On the whole, you may not understand why this is necessary. However, consider this situation: you've been using drugs to manage your anxiety,

"I came in with a drug problem and hopeless feelings about myself and my life. By turning my life over to the Staff and program at Summit, as hard as it was and as much as I fought it, I was given the greatest gifts of all back. My relationship with my parents has never been stronger. I have a long list of healthy responsibilities again, such as school and work. I have everything ahead of me that I always dreamed about, but never thought possible. I have never been more proud to be me or more confident about where my life is going because of all the things I learned and experienced at Summit Estate. I could never thank everyone at Summit Estate enough for seeing the potential in me and for having hope for me when I saw no point in life anymore."

-G.S.

and you've decided to put your addiction in the past. You go through the detox process and are able to overcome the withdrawal symptoms. However, you now face an unexpected situation: your anxiety symptoms have come back uninhibited by the drugs. Without the skills you'd learn in a dual diagnosis treatment program, you don't know how to manage these symptoms. Sadly, this leads you to relapse.

Alternatively, you may have decided to just get treatment for your mental health condition. You now have the tools to manage your anxiety. However, as you continue to abuse drugs, you notice that your anxiety symptoms get worse, and your coping mechanisms are having less of an impact. Conversely, you know how to manage your anxiety, but you've noticed you're also struggling with depression.

Dual diagnosis treatment addresses these challenges before you face them. With the help of dual diagnosis treatment, you'll learn to manage both your addiction and your mental health condition. For instance, a few of the skills that dual diagnosis treatment can teach may include:

- The ability to identify the cause of your addiction and mental health condition
- Being able to understand the relationship between your mental health condition and your addiction, as well as how to overcome the obstacles that each present to long-term recovery
- How to cope with distress and mental health symptoms without relapsing into drug and alcohol use
- The ability to participate in therapeutic treatments that address your unique challenges

- How to access appropriate, evidence-based treatments that will support your sobriety while simultaneously addressing your mental health symptoms

Dual Diagnosis Treatment Methods

Dual diagnosis treatment gives you the highest possible chance for recovery. We address both conditions concurrently to give you the tools you need to manage your mental health condition in the future while also controlling your triggers and cravings for substance abuse. We use a wide range of therapy options to help you achieve this goal. Some options will be evidence-based. In other words, experts in addiction treatment have studied these options extensively, so we know they work. Other options may be holistic, meaning that we address the harm addiction has done to your mind, body, and soul. Your therapy options may include:

- [Cognitive-behavioral therapy](#)
- [Dialectical behavior therapy](#)
- [Group therapy](#)
- [Individual therapy](#)
- Yoga therapy

Furthermore, we realize that every person faces unique challenges when they're battling addiction. As a result, they require treatment that can help them overcome those unique challenges.

In order to achieve this goal, we offer individualized treatment options. In other words, we tailor your treatment to your unique needs, so you get the care that will help you recover from addiction.

Integrated Treatment For Co-occurring Disorders

A dual diagnosis treatment program in California is quite different from substance abuse treatment alone. Both disorders are treated at the same time, known as “integrated treatment” for co-occurring disorders.

Without an integrated treatment plan, individuals may experience problems during and after treatment, most typically:

- Failure to integrate with peers during treatment
- High likelihood of leaving treatment early
- Quick relapse after treatment

[Integrated holistic treatment](#) for co-occurring disorders is typically longer, goes through more crises, and progresses in a more gradual way. The individual being treated is also going to undergo more severe and more regular medical, emotional, and social problems as they progress. These problems are best managed by a dual diagnosis treatment program in California, like Summit Estate Recovery Center.

Call Us Today To Get Started On Your Recovery!

Are you ready to escape the chains of addiction and mental illness? Then it's time to reach out to Summit Estate Recovery Center. We offer extensive treatment options for dual diagnosis, mental health, and addiction. We offer a wide array of mental health treatment options, including:

- Depression treatment
- Anxiety treatment
- PTSD treatment
- Bipolar disorder treatment

You don't have to live with an addiction and mental health condition anymore. With the help of our dual diagnosis treatment program, you can move into the future with confidence as you learn how to manage both conditions. To learn more about options for your treatment, contact Summit Estate Recovery Center today at **800.701.6997** or use our convenient [online form](#).