Depression and Drug Addiction A Destructive Combo States The Recovery Place: Chicken or Egg?

Philosophical ponderings on “which came first” are more than just about poultry. In the arena of substance abuse, knowing whether the drug addiction came first, or if depression was the forerunner of drug and alcohol addiction, just isn’t clear cut. What is clear, explains The Recovery Place, is the absolute reality that no matter which came first, depression and drug addiction both lead to destruction of an individual and require specialized intervention and treatment.

Fort Lauderdale, FL (PRWEB) April 7, 2011 -- Research shows that depression is strongly linked to alcoholism and drug addiction. In fact, 53% of people who abuse drugs and 37% of those who have an alcohol problem also suffer of at least one mental health issue. These co-occurring mental health disorders include not only depression, but bipolar, post-traumatic stress disorder (PTSD), anxiety and schizophrenia (HealthyPlace).

Symptoms of depression include persistent symptoms such as feelings of hopelessness, crying easily, lack of energy, sleeping too much or too little, inability to work and pulling away from social situations and interactions (WebMD).

Missing work can lead to the stress of financial concerns. Feeling unable to summon the energy or interest to interact with friends or family exacerbates isolation and loneliness. This emotional pain and stress often leads to alcohol and drug problems. People attempt to “self-medicate” in order to control what they are feeling.

Depression may be caused by many factors such as severe life stressors, chronic illness, genetic disposition or substance abuse. And here is where the chicken and the egg come in: did the use of drugs or alcohol lead to the depression, or was it the other way around? Honestly, it doesn’t matter.

What is important is that those with depression receive professional help before they try to manage their symptoms with alcohol or drugs. And those who are already fighting a drug and alcohol addiction, and who have an associated disorder such as depression, need extremely focused and specialized treatment. Just treating the addiction, or just treating the depression, is doomed from the get go.

**Dual-diagnosis** is the treatment of an addiction that is present along with a mental health issue. Integrated dual-diagnosis care at successful treatment centers like The Recovery Place provide an individualized care plan that helps the addiction while dealing with the depression or other mental health problem. Simultaneous treatment is the key.

“Our program is a true dual-diagnosis program, “states John Cates, CEO of the Recovery Place. “By that I mean we have medical and psychiatric staff here on site 24 hours a day, seven days a week.” Clients are given care for the painful emotional and the physical symptoms associated with a dual diagnosis, and help them begin more intensive rehab and recovery.

Educational [videos](#) by The Recovery Place on dual-diagnosis problems give an insider’s view on what it is like to have depression or other mental health issues along with a drug or alcohol addiction. These are success stories that will help provide hope to those battling the same harsh reality.
About The Recovery Place:

The Recovery Place drug rehab and alcohol treatment center's dual-diagnosis program is a specialized treatment track available to those with drug or alcohol addiction combined with a mental health problem. Comprehensive, flexible and client-centered care helps meet the complicated and multi-layered needs of those with a dual-diagnosis.

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