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## [Hillside: Residential Addiction Rehabilitation in East PA](#)

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East Stroudsburg, Pennsylvania

January 23, 2014

[Health News](#)

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[PRLEAP.COM](#)

) Hillside, a drug and alcohol treatment center in Eastern Pennsylvania, published an infographic that illustrates some of the challenges faced by those with a co-occurrence of drug abuse and mental health issues. The goal of the infographic is to educate web users on the importance of addressing a dual diagnosis while in a residential drug treatment program. When a person develops a substance abuse disorder, the chances are high that a mental disorder is present as well. For people who abuse alcohol, 37% also have a mental disorder. The rate is even higher for drug addiction at 53%. Conversely, of all mental illness diagnoses, 29% abuse either alcohol or drugs. While either diagnosis can contribute to the development of the other, drug issues and mental disorders can both complicate and worsen the other.

However, despite the presence of a mental disorder, individuals who are treated for drug abuse are seldom treated for their mental disorder, too. This is significant because people with a dual-diagnosis are more likely to have violent tendencies, medication noncompliance, and slower responses to addiction treatment. While about 40% of individuals with dual diagnosis receive treatment for one condition or the other, just 7.4% receive treatment for both. Without treatment taking into account and actively addressing both sides of the issue, there is a greater chance of program failure and/or relapse.

Dual diagnosis treatment centers should have special programs and services in place to

## Hillside Releases Infographic on Dual-Diagnosis Rates for Drug Abuse Mental Disorders

Written by Australian Business

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integrate mental health and drug recovery care for individuals with co-occurring disorders. Some of the negative influences of co-occurring disorders, such as reduced attention span, low motivation, and a fear of socialization, can impair a client's success within rehabilitation programs, but services tailored for dual diagnosis treatment can anticipate, identify and address these issues. Medication can prove highly effective only when the client's underlying psychiatric disorders are taken into account. Counselors can also better address the unique relapse triggers that can accompany dual diagnosis.

To learn more about dual-diagnosis for drug and mental issues, see the full infographic: <http://www.recoverathillside.com/infographic-dual-diagnosis-rates-mental-drug-abuse-disorders>

Hillside is a holistic drug and alcohol treatment center in East Stroudsburg, Pennsylvania. In addition to programs for residential detox and inpatient drug and alcohol rehabilitation, services to support family involvement in recovery, exercise therapy, and dual-diagnosis treatments are incorporated into a client's treatment depending on the individual's needs. For more information about enrolling in a detox or inpatient drug rehabilitation program in Eastern Pennsylvania, contact an admissions counselor at Hillside: <http://www.recoverathillside.com/>