

# What are Common Co-Occurring Disorders?

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Choosing to seek help to overcome addiction or a mental health condition is the first step toward improving your overall health and wellness. For treatment to be the most successful, choosing a treatment program where the therapeutic models address your specific treatment needs is crucial. For many, choosing mental health or addiction treatment only addresses part of the problem. Data from the most recent National Survey on Drug Use and Health conducted in 2019 indicate nearly half of those enrolled in a rehab program also have a mental health condition. When your symptoms arise from both conditions, it is called a co-occurring disorder.

## What is a Co-Occurring Disorder?

When you have a co-occurring disorder, it means you simultaneously struggle with the symptoms of a mental health condition and a drug or alcohol use disorder. There are several reasons why someone may need to seek help at a treatment center specializing in co-occurring disorder treatment to manage their symptoms successfully. Several factors can contribute to developing a co-occurring disorder. Common examples include certain mental health diagnoses and genetic risk factors. Other contributing causes to co-occurring disorder development include environmental influences, trauma history, high levels of stress, and a family history of mental health diagnoses, substance use disorders, or co-occurring conditions.

Another common reason people develop co-occurring disorders is using substances to self-medicate mental health (or physical health) symptoms. While using drugs or alcohol may offer short-term relief, it is not a long-term solution to ongoing symptoms of mental illness. Using substances to manage symptoms often worsens mental health challenges or develops a substance use disorder. Grand Falls Recovery is here to provide **addiction treatment in Missouri** to anyone in need.

## What are Common Co-Occurring Disorders?

Co-occurring disorders are a challenge faced by millions of Americans who seek support to overcome their symptoms. Many mental health diagnoses co-occur with substance use disorder. Statistics from the U.S. Department of Health and Human Services suggest that more than **25% of adults living with a severe mental health condition** also meet the criteria for a co-occurring diagnosis. Although substance use disorder and a mental health diagnosis are considered a co-occurring disorder, some combinations are statistically more common than others.

**Attention-Deficit/Hyperactivity Disorder (ADHD):** People of all ages with an attention-deficit hyperactivity disorder diagnosis are at an increased risk of developing a co-occurring disorder. Recent studies show as many as 50% of adults with ADHD have a co-occurring disorder.

**Personality Disorders:** approximately one-quarter of people who seek treatment for a personality disorder also struggle with addiction. This number is slightly higher for those diagnosed with a borderline personality disorder at 38%.

**Mood Disorders:** recent research indicates up to 32% of patients diagnosed with a mood disorder like bipolar disorder or depression meet the diagnostic criteria for a substance use disorder.

**Post-Traumatic Stress Disorder (PTSD):** PTSD and substance use disorders frequently co-occur. Data from several studies suggest the rate of co-occurrence may be as high as 50%.

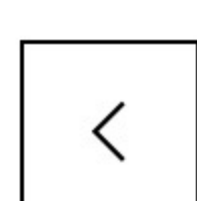
**Anxiety Disorders:** data from the Anxiety and Depression Association of America suggests as many as 20% of people diagnosed with anxiety also have a co-occurring disorder.

**Depression (major depressive disorder, clinical depression):** Study data released by the National Institute on Alcohol Abuse and Alcoholism suggests as many as 17% of those diagnosed with recurring major depression also have an alcohol use disorder.

**Eating Disorders:** Based on statistics from the National Center for Addiction and Substance Use, up to 50% of people diagnosed with eating disorders abuse illicit drugs. This represents a prevalence more than five times that of the general population.

## How to Find Co-Occurring Disorder Treatment in Missouri

Overcoming a co-occurring disorder requires choosing a treatment program with staff trained in the unique needs of this type of treatment. The most effective co-occurring disorder programs are those that utilize integrated treatment based on evidence-based practices to address both mental health and addiction treatment needs. Treating co-occurring addiction disorders requires careful planning and a treatment team that works directly with you to develop a treatment plan that addresses both conditions comprehensively and effectively. Because co-occurring disorders and substance abuse frequently evolve out of or build upon each other, your treatment plan must address the root causes of all conditions to be effective. At Grand Falls Recovery, our skilled and compassionate treatment team understands co-occurring disorder treatment. We are here to help you put the challenges of addiction and mental health symptoms in the past. **Contact us today** for more information about **Missouri dual diagnosis treatment programs**.



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