



Exploring the Benefits of Inpatient Treatment for Mental and Addictive Disorders

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While addiction can hurt your mental health, mental health disorders can also drive you to addiction. You can end up addicted to either drugs or alcohol while trying to escape the symptoms of a mental health illness.

If you're struggling with both [mental and addictive disorders](#) (i.e., having a dual diagnosis or co-occurring disorder), you need long-term treatment to help you get your life back on the right track. The best addiction treatment for a dual diagnosis is inpatient rehab.

Benefits of Inpatient Treatment

Inpatient treatment for a dual diagnosis offers the following benefits:

A Structured Environment

Struggling with a co-occurring illness often means that your life loses structure. The structured environment at an inpatient treatment program can provide you with the stability that was lacking. During treatment, you'll have a scheduled time for therapy, chores as well as your own free time, and learning to live with this makes for a calmer life.

No Interference from the Outside World

A stay at a residential program takes you away from the negative environment that led to your addiction. At the rehab, you can dedicate your time to your recovery and treatment. Your mental health is bound to improve without the stressors of your daily life.

Personalized Treatment

A typical inpatient treatment program is designed to give you more personalized treatment than, say, an outpatient program. Upon admission, you'll be given an assessment to help determine your recovery needs, and this will be used as the basis for an individualized treatment plan. This allows the rehab to treat both the addiction and mental health disorders for a better outcome.

Lasting Change

The longer stay at a residential rehab gives you enough time to implement and acclimate to healthy changes in your life. Most of these programs run for longer than a month, allowing you to put what you learn into practice for a better life.

A Support Community

Finally, participating in group therapy and other group activities in inpatient treatment allows you to interact with others in the same situation. This helps you bond and draw support from others who understand what you're going through, greatly improving your mental well-being.

Get Addiction Help in Missouri

Dealing with both addictive and mental health disorders can be frustrating, and you may feel that there's no one to turn to. However, help is available at the [Grand Falls Center for Recovery](#) in Missouri. We offer a unique addiction treatment experience in a [comfortable and safe environment](#). Our commitment to improving as many lives as we can leads us to provide a range of [addiction treatment services](#), including dual diagnosis, detox, inpatient treatment, and aftercare. Our clients are our priority, and this is reflected in the high-end amenities and high-quality staff we provide. [Contact us today](#) to receive comprehensive support in your recovery journey.



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