The term Dual Diagnosis is used when someone has both a diagnosed mental health disorder and a substance use disorder at the same time.

Substance Use Self-Quiz: do you now....or have you ever....

- Taken substances in larger amounts or over a longer time period than you intended?
- Tried to cut down or stop without success?
- Spent a lot of time using or trying to obtain substances?
- Have cravings or feel the need to use first thing in the morning?
- Give up or neglect important activities or roles in your life due to substance use?
- Have people complain about your use?
- Continue to use despite knowing that it is causing you problems?

If you checked one or more of these, you may have a level of use that is defined as a disorder.

According to the National Association of Mental Illness (NAMI) 37% of individuals with alcoholism and 53% of individuals with drug addictions have at least one serious mental illness.

VBHC’s Outpatient Psychotherapy Services (OPS) has treaters who are dually licensed to treat BOTH mental health and substance use disorders.

Our psychotherapy service works closely with the Valeo Recovery Center and the Integrated Dual-Diagnosis program to provide a comprehensive approach to meet both mental health and substance use recovery needs.

“Nothing about addiction is easy; it’s a devastating disease. I can make it worse... or, I can face it head on- eyes open- and make it NOT worse. This is what I can control.”