



MENTAL HEALTH TREATMENT PROGRAM

Find addiction treatment help
today at **Gaudenzia!**

833.647.0719

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Many men and women struggle not only with drug and alcohol addiction but also with their mental health. If you have struggled with depression, intense anxiety, or other mental health conditions, you may find it hard to get the care you need.

At **Gaudenzia**, we offer a comprehensive mental health treatment program designed to provide you with exceptional access to the best type of care for your needs. There's no need to wait any longer. Allow our professionals to guide you today.

The National Institute on Mental Health makes it clear: mental illness and drug addiction go hand-in-hand. In 2014, 20.2 million U.S. adults suffered from substance use disorder. Of them, 7.9 million also had a mental illness of some type. If you need mental health treatment, our team can help. Contact Gaudenzia today at **833.647.0719** for more information.



What Can a Mental Health Treatment Program Do for You?

At Gaudenzia, we offer a comprehensive treatment program to help you reclaim your health and gain the stability you desire. If you are suffering from co-occurring disorders, you may know just how hard it is to live with what's happening with you.

You may use alcohol or drugs to help you to manage the intense mental health problems you've been experiencing. That may include conditions like bipolar disorder, depression, or anxiety. On the other hand, you may have never had mental health problems, but they seem to be occurring now that you are using drugs and alcohol. It is not always easy to understand, which comes first. Yet, both need to be treated at the same time to ensure you get the level of care you need. Our mental health treatment program can do that for you.

What Are Co-Occurring Disorders?

The term "co-occurring disorders" describes individuals who have both mental health problems, such as depression, anxiety, or post-traumatic stress disorder, along with addiction to drugs or alcohol. This treatment option is called dual diagnosis treatment.

The Importance of Treating Co-Occurring Disorders at the Same Time

One of the key benefits of enrolling in our mental health treatment programs and **addiction treatment programs** is that we can address your mental health conditions and addictions at the same time. Because we offer a comprehensive assortment of therapies and treatments, we can customize a plan to address your unique needs. We also will work very closely with you to ensure your goals are met head-on.

The best treatment option for those with mental health disorders is one that helps to give you strength, education, stability, and a way forward. We can offer that to you today.

What Happens During Co-Occurring Disorder Treatment?

Gaudenzia offers a complete mental health treatment program. If you are using drugs or alcohol and facing depression or anxiety, our team can offer a treatment program designed to meet your unique needs. There are many aspects to this treatment.

One of the first things that our team does is to provide you with a full assessment. During this time, we want to understand your health needs as well as what types of mental health concerns may be present. It's important to open up to us so we can provide you with a wide range of services. Everything you tell us is private, and you will never be judged.

From there, our team will create a custom treatment plan to meet your individual goals. This is always specific to your health needs. Our mental health treatment center in Pennsylvania can offer the care that's right for you, including programs such as the following.

Drug and Alcohol Detox

One of the biggest parts of your treatment may include **detox treatment programs**. Drug and alcohol detox is designed to provide individuals with a way to break the dependency on the drug. You may benefit from this program if you are struggling with addiction. That means you are using drugs, and you cannot stop using them. We may also recommend this type of care if you are struggling with overdose risks or have used drugs or alcohol for a long time.

One of the key things to know about our detox

services is that we will work with you right away on your mental health needs during detox. For those who use drugs or alcohol as a way to deal with past trauma or depression, our team will be there with you to manage these needs as they happen.

Residential Treatment Programs

Our mental health treatment center is also designed to provide **residential housing options** and treatment for our clients. That means you will work with our team to develop strategies to manage both your addiction as well as mental health needs. This is a time to learn about your health. Here, you will spend time in our facility working on yourself. We serve patients from the Delaware, Maryland, Pennsylvania, and DC areas. It is a drug-free, holistic, and medical-based program designed to meet your needs.

During residential treatment, we'll work with you through a number of mental health therapies. The type of therapies right for your situation may range widely based on what your specific needs are. We want to ensure you feel right at home while also pushing yourself to achieve your goals. Some of our mental health therapies include:

- **Cognitive-behavioral therapy**
- **Dialectical behavior therapy**
- **EMDR therapy**
- **Individual therapy programs**
- **Group therapy programs**

During these mental health therapies, you will learn how to control your thought patterns. You will learn how to make better decisions for your future. You also gain a sense of control and stability. Often, if you need to take medications

to manage mental health, we'll incorporate those into your treatment while educating you about your options and goals. Everything you do here is to achieve your best health outcome.

Outpatient Treatment Programs

Gaudenzia also offers **outpatient treatment programs** to meet your needs. These are less common for those who are battling addiction, but they can work well for some people with mental health disorders. Our mental health therapies are designed to provide you with a way forward, as you learn how to manage your health needs and control addiction while living at home.

Our intensive outpatient program is one of the best ways for many of our clients to achieve this. The number of hours you spend with us and the number of days per week you come in for care depends significantly on the amount of care you need.

We Offer Co-Occurring Referrals from Justice System Support

Our mental health center can provide you with the help you need if you've been referred for mental health treatment through the justice system. We work closely with you to understand what your health needs are. We provide a full assessment and create a plan to address your needs. Every step of the way, you are empowered to work with us towards achieving your best outcome.

If you need treatment for co-occurring treatment or drug and alcohol addiction, we can help you. Reach out to us today to learn more about how we can work with you to ensure you meet the

requirements set by the justice system. At the same time, we want to ensure your health and mental wellbeing needs are met while you receive this care.



Comprehensive Treatment for Most Types of Needs

When you enroll in our mental health treatment program, for any of our treatment options, you will get the very best service available. We care about your outcome. At our mental health treatment center, we offer **recovery support services** including:

- Depression treatment services
- Bipolar disorder treatment services
- Anxiety disorder treatment
- Post-traumatic stress disorder treatment
- Alcohol addiction treatment
- Heroin addiction treatment
- Meth addiction treatment
- Fentanyl addiction treatment

Even if you are unsure if our mental health treatment center can help you, we encourage you to reach out to us today to learn more.

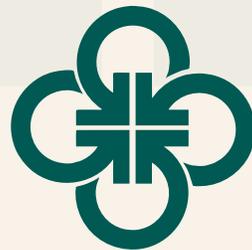
Why Should You Get Help from a Mental Health Treatment Program?

Are you using drugs and alcohol to get through the day? Do you find it hard to deal with your anxiety and stress? You may have unresolved trauma in your past that is putting you at risk of struggling with your future. Most importantly, you may be unable to juggle everything when you are dealing with drug and alcohol addiction. Our mental health therapies make it easier for you to live the life you desire by giving you back the tools and resources you need to heal.

When you are ready to learn about the wide range of treatment options we can offer to you, including women's treatment programs, and support for criminal justice system requirements, reach out to Gaudenzia. We are here to make sure you have the tools and resources you need to heal.

Call Gaudenzia for Immediate Help

Our mental health treatment centers serving Pennsylvania, Delaware, Maryland, and the DC area provide the mental health treatment program you need. You've struggled long enough. Reach out to a team like those compassionate counselors at Gaudenzia with the ability to help you achieve your best outcome. **You can get help today.** Call **833.647.0719** to learn more about our treatment options.



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