Grace Point Treatment Center Publishes New Dual Diagnosis Resource as 2026 Data Highlight Co-Occurring Care Gap

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FORT LAUDERDALE, FL - September 15, 2026 -
Grace Point Treatment Center has published a new educational resource examining why substance use disorders and mental health conditions often need to be assessed and treated together. The article, ?Mental Health and Addiction: Why Dual Diagnosis Treatment Matters in Pompano Beach,? explains how depression, anxiety, post-traumatic stress disorder, bipolar disorder, and other psychiatric conditions can interact with alcohol or drug use and influence treatment planning.

The publication follows the July 2026 release of the latest National Survey on Drug Use and Health from the Substance Abuse and Mental Health Services Administration. SAMHSA?s 2025 data estimates that 18.45 million U.S. adults experienced both a substance use disorder and a mental illness during the year. Approximately 7.8 million adults experienced both a substance use disorder and a serious mental illness.

The treatment gap remains significant. SAMHSA reported that 28.7 percent of adults with both a serious

mental illness and substance use disorder received neither mental health treatment nor substance use treatment in 2025. The newly released federal data give Grace Point?s resource timely context by showing that co-occurring conditions continue to affect millions of adults, while a substantial share receive no care for either condition.

SAMHSA defines co-occurring disorders as the presence of a substance use disorder and one or more mental health disorders in the same patient. The agency recommends integrated screening and treatment because psychiatric symptoms and substance use can affect one another and complicate recovery when addressed separately.

Grace Point?s new resource translates that clinical framework into information for patients and families. It explains that dual diagnosis treatment begins with assessment of both substance use and psychiatric symptoms rather than assuming that one condition is merely a consequence of the other. Treatment may then incorporate psychotherapy, psychiatric evaluation, medication management, relapse-prevention planning and substance use counseling according to the patient?s diagnosis and level of care.

The issue also has a local public-health context. Florida Department of Health data shows that Broward County emergency medical services responded to 4,179 suspected drug overdoses during 2025, including 1,134 suspected opioid-involved overdoses. Naloxone was administered in 1,511 overdose incidents during the year. Those figures do not indicate how many patients also had mental health conditions, but they demonstrate the continuing regional burden associated with substance-related medical emergencies.

For people evaluating an addiction treatment center in Fort Lauderdale, the distinction between addiction-only services and care that also addresses psychiatric symptoms can be clinically important. Depression, anxiety, trauma-related conditions, and mood disorders may affect substance use patterns, treatment participation, and relapse risk. A comprehensive assessment can help determine whether both conditions require coordinated treatment and what intensity of care is appropriate.

Independent accreditation records provide an objective reference point for Grace Point Treatment Center?s available services. The Joint Commission currently lists Grace Point Treatment Center as an accredited Behavioral Health Care and Human Services organization and independently identifies partial hospitalization, intensive outpatient services, and outpatient therapy among its substance use disorder levels of care. The Joint Commission states that accredited organizations undergo comprehensive reviews at least every 3 years to ensure compliance with national standards for treatment, safety, staffing, leadership, and organizational quality.

Grace Point?s published treatment information describes PHP as its most intensive outpatient program, with structured clinical programming five to six days per week. Its intensive outpatient program generally provides

treatment three to five days per week, while standard outpatient services offer a lower level of ongoing clinical support. The provider also describes stabilization programming for patients transitioning from detoxification and states that medical detox is coordinated through outside providers rather than delivered onsite.

That distinction helps clarify the options available to people researching drug addiction treatment Fort Lauderdale services. Patients experiencing significant withdrawal or medical instability may need supervised detoxification before entering outpatient care. Patients who are medically stable but require substantial daily therapeutic support may be appropriate for PHP, while those with greater stability may transition to IOP or conventional outpatient treatment.

The same clinical considerations apply when comparing alcohol addiction treatment Fort Lauderdale programs. Alcohol withdrawal can present medical risks for some patients, while co-occurring anxiety, depression, trauma or other psychiatric conditions may require continued attention after physical stabilization. Treatment planning therefore depends on more than the substance involved and can include psychiatric symptoms, medical history, previous treatment and the safety of the patient?s recovery environment.

For people researching substance abuse treatment Fort Lauderdale, the new resource also explains why dual diagnosis care is not a separate concern limited to a small subgroup of patients. The most recent SAMHSA data estimates that approximately 7 percent of all U.S. adults experienced both any mental illness and a substance use disorder during 2025. Among adults ages 18 to 25, the proportion was 11.1 percent.

Broward County?s own behavioral health system also recognizes co-occurring needs. County documents describe substance use and dual diagnosis services as requiring providers to offer or coordinate integrated mental health and substance use treatment, including assessment, counseling, family and group therapy, day treatment and residential options when appropriate.

Grace Point?s resource arrives as those national and regional data points continue to reinforce the relationship between addiction and mental health. Rather than presenting dual diagnosis as a marketing category, the article frames it as a clinical issue requiring careful assessment, coordinated care and treatment intensity matched to patient need.

For patients and families comparing behavioral health services, the practical considerations include whether a provider evaluates co-occurring conditions, which levels of care are independently verified, whether medical detoxification is available onsite or coordinated elsewhere, and how treatment intensity changes as stability improves.

By publishing the new resource, Grace Point Treatment Center is adding patient-focused information to the current 2026 discussion, shaped by newly released SAMHSA data, ongoing overdose-related emergency responses in Broward County, and greater attention to integrated behavioral health care. The article provides a clearer framework for understanding why mental health and substance use disorders may need to be treated together and how appropriate placement can support a more coordinated treatment plan.

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Grace Point Treatment Center

Addiction treatment center in Fort Lauderdale, F. Trauma-informed care for alcohol and & drug dependence. Detox, PHP, IOP, and individualized therapy in a supportive, evidence-based coastal setting focused on long-term recovery and healing.

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