



# **Out of the Rabbit Hole: Breaking the Cycle of Addiction: Evidence-Based Treatment for Adolescents with Co-occurring Disorders**

*PhD Deborah A. Berberich*

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Many adolescents who struggle with drug addiction also struggle with mental illness. Addiction and mental illness need to be treated simultaneously, but in reality, this is not typically done. More often than not, clinical practitioners do not address mental health concerns until a patient is in recovery, and most drug counselors are not adequately trained to deal with adolescents who suffer from mental health disorders. Therefore, too many adolescents fall through the cracks in our current system of care. This book strives to change this current practice, to increase the public understanding of addiction and mental illness, and to encourage clinicians to develop a more integrated and coordinated system of care. Overall, this book aims to help young people suffering from addiction and mental illness achieve sobriety, stability, and a newfound sense of purpose and hope.

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