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FOR IMMEDIATE RELEASE

CASA PALMERA HELPS VETERANS BATTLE DUAL-DIAGNOSIS
Mental disorders and substance abuse affect veterans

DEL MAR, CA (Nov. 10, 2012) – As the wars in Iraq and Afghanistan come to an end, and as U.S. troops start to return home, Casa Palmera Treatment Center in Del Mar, Calif., knows that the battle for many veterans is just beginning.

Each November, the nation celebrates Veterans Day to honor veterans for their service and their sacrifice. But too often we fail to recognize that many veterans struggle with mental-health and substance-abuse issues long after their active duty has ended.

According to the U.S. Dept. of Veterans Affairs' Mental Illness Research, Education and Clinical Centers, dual-diagnosis affects nearly half of all Veterans Affairs psychiatric inpatients. Dual-diagnosis means an individual suffers from both a mental disorder, such as post-traumatic stress disorder (PTSD), bipolar disorder, depression or anxiety disorders as well as a substance-abuse problem, including alcoholism and chemical dependency. Other terms for dual-diagnosis include co-occurring disorders and concurrent disorders.

Casa Palmera Treatment Center, a holistic-based residential behavioral health treatment facility, specializes in the treatment of dual-diagnosis cases. Casa Palmera's expert counselors recognize that dual-diagnosis may include a wide variety of problems such as trauma, chemical dependency and eating disorders. Each of these disorders affects a person mentally, physically, spiritually and socially.

Because veterans often are exposed to traumatic and life-threatening situations, experts estimate that PTSD affects about 11 percent to 20 percent of veterans of the Iraq and Afghanistan wars; about 10 percent of Gulf War veterans; and as many as 30 percent of Vietnam War veterans, according to the U.S. Dept. of Veterans Affairs.

About half of all people who have severe mental disorders are also affected by substance abuse, while 37 percent of alcohol abusers and 53 percent of drug abusers also have at least one serious mental illness, according to reports published in the *Journal of the American Medical Association*.

Casa Palmera Treatment Center specializes in the treatment of dual-diagnosis cases. Casa Palmera also provides tailored treatment programs for alcoholism; drug abuse, including cocaine and heroine addiction; eating disorders such as anorexia, bulimia,

and binge eating; and trauma treatment for depression, mood disorders and post-traumatic stress disorder.

Casa Palmera, which is accredited by the Joint Commission, offers a unique approach to recovery that draws from the best of modern science as well as ancient healing techniques. Casa Palmera's diverse treatment plans include individual and group therapy, psycho-educational interactive groups and a wide variety of holistic treatments such as yoga, acupuncture, art therapy, meditation and massage.

About Casa Palmera

Casa Palmera in Del Mar, Calif., is a residential behavioral health treatment facility that incorporates the language of recovery, philosophy and psychology, and integrates fitness, wholesome eating, stress management and spiritual reflection into its unique program. Casa Palmera specializes in the treatment of dual-diagnosis cases, alcoholism, drug addiction, eating disorders, trauma and mood disorders.

For more information, visit www.casapalmera.com.

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