

Paramount Wellness Retreat Explores the Complex Connection Between ADHD and Addiction

Research suggests people with ADHD are more likely than their peers to experiment with alcohol or other substances, particularly during adolescence.

HADDAM, CT, UNITED STATES, September 3, 2025 /EINPresswire.com/ -- Attention Deficit Hyperactivity Disorder, or ADHD, isn't just a childhood challenge. For many adults, it persists in ways that may affect daily functioning—and sometimes even increase the likelihood of substance use. [Paramount Wellness Connecticut Drug & Alcohol Rehab](#), a Connecticut-based mental health and addiction center, offers dual diagnosis programs designed to address ADHD alongside co-occurring substance use disorders.

"ADHD and addiction often appear to feed off each other," says a spokesperson for Paramount Wellness Retreat. "Someone may struggle with impulsivity or distractibility, and it can unintentionally steer them toward alcohol or drugs. Our approach is to treat both issues together, because focusing on just one often leaves the other unaddressed."

Understanding the Link

Research suggests people with ADHD are more likely than their peers to experiment with alcohol



Paramount Wellness Retreat



Paramount Wellness Connecticut Recovery Center Substance Abuse Treatment

or other substances, particularly during adolescence or young adulthood. About one in four adults in treatment for substance use also has ADHD. It's not that ADHD causes addiction directly—rather, the conditions frequently coexist, shaping behaviors and coping strategies in ways that are complex and highly individual.

Some underlying factors may include poor executive functioning, difficulties with emotional regulation, or an altered reward system in the brain. These can make avoiding risky substances harder for someone with ADHD. For example, a young adult may turn to alcohol to temporarily soothe restlessness or frustration—a short-term relief that is likely to compound over time.



Paramount's Dual Diagnosis

Approach

Paramount Wellness Retreat combines medical care with behavioral therapy in a retreat-style environment designed for focused healing:

Individualized Psychiatric Care: Evaluations of ADHD type and substance use patterns, paired with tailored medication plans that may include non-stimulant options.

Behavioral Therapies: Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) to improve self-control, coping, and organizational skills.

Integrated Support Services: Group therapy emphasizing life skills, 12-step or SMART Recovery support, mindfulness exercises, nutritional guidance, and fitness activities.

Clients are guided through treatment at a pace that suits their needs, with families involved when appropriate to strengthen support systems. The team also acknowledges that medication responses can vary, requiring careful monitoring throughout recovery.

Why Early Intervention Matters

When ADHD goes unrecognized or untreated, impulsive or risk-taking behaviors may escalate, including substance experimentation. Early, integrated care appears to improve outcomes by addressing ADHD symptoms while reducing reliance on drugs or alcohol.

“Many clients tell us they didn’t realize how much ADHD was influencing their choices,” the spokesperson adds. “Once they start getting support for both conditions, they often find a sense of control and clarity they hadn’t experienced before.”

[About Paramount Wellness Retreat](#)

Paramount Wellness Retreat is a premier mental health and addiction center in Haddam, Connecticut. The facility specializes in dual diagnosis care, offering evidence-based therapies and holistic programs to help clients manage ADHD, substance use disorders, and co-occurring mental health conditions.

Admission Office

Paramount Wellness Connecticut Drug & Alcohol Rehab

+1 (860) 590-7703

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/845697302>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.