

National Recovery Month Highlights Need for Addiction and Mental Health Treatment

During National Recovery Month, treatment experts explain why treating both matters and why many people still are not getting help.

SOUTH BEND, IN, UNITED STATES, September 1, 2026 /EINPresswire.com/ -- For many people struggling with drugs or alcohol, addiction is only part of the problem. Depression, anxiety, trauma or another mental health condition may occur at the same time, and treating one without the other can make recovery more difficult.



Indiana Center for Recovery Staff

This National Recovery Month, [Indiana Center for Recovery Alcohol & Drug Rehab Center](#) is raising awareness of the overlap between [mental health conditions](#) and substance use disorders and the number of people who still do not receive care.

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Dr. Michael Kane, Chief Medical Officer at Indiana Center for Recovery

About 428,000 adults in Indiana had both a mental illness and [a substance use disorder](#) in the past year, according to the Substance Abuse and Mental Health Services Administration (SAMHSA). Mental health conditions and substance use disorder can affect each other. Some people may “self-medicate” with drugs or alcohol to cope with mental health symptoms. Others who struggle with substance use may develop or exacerbate mental health

conditions.

“People with untreated mental illness have an increased chance of developing a substance use disorder. The reverse is also true. Substance use rarely exists in isolation,” said Dr. Michael Kane, chief medical officer of Indiana Center for Recovery. “If we address only the substance use and ignore the mental health symptoms, an important part of that person's health may go

untreated.”

Treatment providers are focusing on integrated care that addresses mental health and substance use disorders together rather than separately.

“Recovery is about more than stopping the use of drugs or alcohol,” said Melissa Boyll, clinical director of Indiana Center for Recovery South Bend. “It means understanding what may be contributing to the substance use, addressing mental health challenges and helping people develop healthier ways to cope. Treating the whole person can give someone a stronger foundation for long-term recovery.”

But getting the right treatment is only possible if people can access it. According to Mental Health America, one in four Indiana adults, approximately 135,000 adults, with a mental illness did not receive treatment. The gap is even larger for addiction treatment. About four out of five adults in Indiana who needed substance use treatment did not receive care, according to SAMHSA.

For families, those gaps can mean watching someone they love struggle without knowing where to turn. National SAMHSA data show barriers to treatment include stigma, cost, transportation, family responsibilities, fear of job-related consequences or simply not knowing how or where to begin.

Indiana Center for Recovery works with patients and families to navigate the admissions process, insurance coverage, time off work and other practical concerns that can make entering treatment feel overwhelming.

National Recovery Month is a time to celebrate people who are rebuilding their lives and an opportunity to recognize what makes recovery possible. Expanding access to care that addresses



Treating Patients with Evidenced-Based Care



Group Session at Indiana Center for Recovery

both substance use disorders and mental health conditions can help more Hoosiers receive the comprehensive support they need to begin and sustain recovery.

About Indiana Center for Recovery

Indiana Center for Recovery is the most advanced addiction and mental health care provider in the Midwest, offering psychiatric hospitalization, residential rehab, drug and alcohol detox, and outpatient therapies. The 10 locations most commonly treat substance use disorders, trauma-related conditions, mood and anxiety issues, and co-occurring diagnoses for adolescents and adults.

Indiana Center for Recovery's South Bend area facility is located at 215 W. 4th St., Mishawaka, Indiana 46544.

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