

## **Behavioral Health Treatment Works**

Details

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Statistical examples of treatment effectiveness include success rates of 80 percent for bipolar disorder, 65 to 80 percent for major depression, 60 percent for schizophrenia and 70 percent for addictions, according to the National Advisory Mental Health Council.

While the statistics certainly speak volumes, even more powerful are individuals' success stories. For example:

- Mary\* and Carol work in a self-help center where they continually progress in their recovery as they help others who have had similar experiences. Such circumstances often include losing contact with family members and other situations indirectly related to mental illness and/or addictions.
- Joe is greatly improving not only his health, but also many other areas of his life as he continues to undergo treatment for alcoholism. He now lives in a group home where he receives treatment and support services. In addition, he was recently reunited with his teenage daughter, who shared her delight in seeing her father with newly discovered confidence to persevere through these challenging times.
- After a long history of drug abuse, Bill has been consistently employed, is going to school and is enjoying newly strengthened relationships with friends and family members.

\* Names have been changed for privacy

“With unimpeded access to services – which requires sufficient funding, adequate insurance coverage and the elimination of stigma – individuals with mental illnesses and/or addictions can recover and, as a result, they can achieve so much in their lives and contribute tremendously to our society,” said Dr. Wentz.

To contact local providers, visit [www.njamhaa.org](http://www.njamhaa.org) and click on “Need Treatment?” in the left-hand sidebar of the home page.