

TREATMENT and RECOVERY

WHAT IS TREATMENT? ~ WHAT CAN I EXPECT? ~WHO DO I CONTACT?

Treatment means active participation in the process of recovery from addiction. Drug and alcohol treatment is the therapeutic and educational process which can be the first step in alcohol or substance abuse recovery.

Treatment for alcohol and or drug abuse has been found to be **the most effective and powerful tool** to overcome this life threatening problem. Addiction Treatment may change based on how severe your symptoms may be; what type of drugs/alcohol you have used; and, if you have broken the law due to drug seeking behavior.

Addiction Treatment is a general term describing the processes of medical; psychotherapeutic interventions; education; rehabilitation; illness and relapse prevention; illness management; case management; mental health psychotherapy and peer recovery support. **All of these components** are important in treating the whole person and tailoring the “treatment” to what you or your loved one requires.

The **intent of treatment** is to enable the individual to cease using alcohol and/or mood altering substances. (This includes food, shopping, gambling, sex, etc....) Most people are steered toward treatment as the result of some psychological, legal, financial, social, and/or physical consequences their drug use has recently caused. If treatment is tailored to your individual needs; people with addiction and co-occurring mental health conditions do recover and lead full, productive lives. TREATMENT WORKS!

Effective Treatment Approaches

Fitness, Nutrition, Medication, Psychotherapy and Behavioral Health Therapy alone or in combination are possible components of an overall therapeutic process that begins with detoxification.

Detoxification is followed by treatment and relapse prevention. Easing withdrawal symptoms is important in the initiation of treatment. Relapse prevention is necessary. And sometimes, as with other chronic conditions, episodes of relapse may require a return to prior treatment components. A continuum of care that includes a customized treatment regimen, addressing all aspects of an individual's life, including medical and mental health services, and follow-up support options (e.g., community- or family-based recovery support systems) can be crucial to a person's success in achieving and maintaining an alcohol and drug-free lifestyle.

Goals of Drug Alcohol Treatment

The primary goal of treatment is achieving lasting abstinence from alcohol and or drug use and ultimately saving your life!

The secondary goals are to improve the person's quality of life and reduce physical and psychological abuse. Long term goals improve the individual's ability to function in his or her community and minimize medical and social complications. Like people with other life threatening diseases such as diabetes or heart disease, people in treatment and recovery will also need to change their behavior to adopt a more healthy and safe lifestyle.

Medication and Treatment

Medications can be used to help re-establish normal brain function; to prevent Relapse; and, diminish cravings throughout the treatment process. Currently, we have medications for opioid (heroin, morphine) and tobacco (nicotine) addiction, and are developing others for treating stimulant (cocaine, methamphetamine), alcohol and cannabis (marijuana) addiction. **Without Behavioral Health Therapy; however, many medication assisted therapies are ineffective since they only address the craving and not the underlying psychological issues.**

Behavioral Treatment

Behavioral/cognitive psycho-therapies help individuals engage in the treatment process; help explain underlying factors contributing to their addiction; and create self-awareness in self-identifying strategies intended to modify their attitudes and behaviors related to drug abuse. Once your sense of value is restored you will be more open to adopting healthy life skills and healthy choices.

Behavioral treatments enhance the effectiveness of medications and help people stay in treatment for the length of time they need to address those issues central to their illness.

FOR YOU

Nothing has a more negative impact on the entire family than untreated alcohol or drug abuse and/or other addictive behaviors.

This simple questionnaire does not diagnose alcoholism or drug addiction but it may help you or your loved one identify a problem that might exist with abuse of un-prescribed medication or alcohol.

**Please contact our Clinical Director, Cindy Satterfield, for more information.
405-273-1170 ext. 122**

ALCOHOL ABUSE or DEPENDENCY SCREENING/QUESTIONNAIRE

This test was designed to help determine whether someone might have a problem with alcohol.

Answer each question honestly. Keep track of each Yes and No answer.

1. Do you feel you are a normal drinker? ("normal" - drink as much or less than most other people)

YES or NO

2. Have you ever awakened the morning after some drinking the night before and found that you could not remember a part of the evening?

YES or NO

3. Does any near relative or close friend ever worry or complain about your drinking?

YES or NO

4. Can you stop drinking without difficulty after one or two drinks?

YES or NO

5. Do you ever feel guilty about your drinking?

YES or NO

6. Have you ever attended a meeting of Alcoholics Anonymous (AA)?

YES or NO

7. Have you ever gotten into physical fights when drinking?

YES or NO

8. Has drinking ever created problems between you and a near relative or lose friend ?

YES or NO

9. Has any family member or close friend gone to anyone for help about your drinking?
YES or NO

10. Have you ever lost friends because of your drinking?
YES or NO

11. Have you ever gotten into trouble at work because of drinking?
YES or NO

12. Have you ever lost a job because of drinking?
YES or NO

13. Have you ever neglected your obligations, your family, or your work for two or more days in a row because you were drinking?
YES or NO

14. Do you drink before noon fairly often?
YES or NO

15. Have you ever been told you have liver trouble such as cirrhosis?
YES or NO

16. After heavy drinking have you ever had delirium tremens (D.T.'s), severe shaking, visual or auditory (hearing) hallucinations?
YES or NO

17. Have you ever gone to anyone for help about your drinking?
YES or NO

18. Have you ever been hospitalized because of drinking?
YES or NO

19. Has your drinking ever resulted in your being hospitalized in a psychiatric ward?
YES or NO

20. Have you ever gone to any doctor, social worker, clergyman or mental health clinic for help with any emotional problem in which drinking was part of the problem?
YES or NO

21. Have you been arrested more than once for driving under the influence of alcohol?
YES or NO

22. Have you ever been arrested, even for a few hours because of other behavior while drinking? (If Yes, how many times _____)
YES or NO

SCORING

Please score one point if you answered the following:

1. No
2. Yes
3. Yes
4. No
5. Yes
6. Yes
- 7 through 22: Yes

Add up the scores and compare to the following score card:

0 - 2
No apparent problem

3 - 5
Early or mid-level problem drinking

6 or more
Problem drinking

WHAT DO I DO IF I THINK I MIGHT HAVE A PROBLEM WITH ALCOHOL?

Any individual active in the illness of alcoholism and or drug addiction cannot help but be a negative influence on everything and everyone in his/her world. Untreated Alcohol and/or drug addiction has immeasurable, devastating negative consequences on the entire family unit. When the priority is focused entirely on “getting the drug” or on “using the drug” it is easy to see how everything else is pushed down the list.

What if I try and talk with my loved one about my concerns and they get upset, angry and/or defensive?

Regardless of who is struggling with addiction in the family, many of the following traits take place:

- * Negative consequences begin to impact everything in life
- * Negativity, defensiveness, denial there is a problem
- * Deceit, manipulation, an increasing web of complicated stories and excuses

Remember, deceit and denial is motivated from self preservation, not malice or cruelty.

An individual with addiction has misplaced his or her priorities, beliefs, values, hopes and dreams and has forgotten and/or neglected yours.

Some noticeable changes that take place become more and more difficult to deny and/or hide:

- The job, if he/she still has one is in jeopardy
- His/her health
- His/her transportation
- His/her spirituality
- His/her beliefs and values
- His/her bank account
- His/her mood and mental health
- His/her relationships, parenting, friendships
- Everyone in the family beginning to participate in unhealthy behavior patterns.
- For addiction to continue, life changes for everyone and co-dependency, bitterness, resentment, and desperate efforts to control come into play

Does addiction impact our children directly?

Drug abuse among young people is worse than it has ever been. Underage drinking, smoking marijuana and using un-prescribed medication have reached epidemic proportions.

Addiction in the home impacts our children's behavior patterns; their ability to rely on consistency and safety with their caregiver; and, damages the assurance that they will experience a safe and nurtured childhood.

Many children take on the role of the adult in a home with active addiction. They cook the meals, clean the house, get the other children ready for school, etc... They are not able to experience their childhood. Their role changes to the "Parent" role. This creates an unfair burden on a child and expects them to handle themselves like an adult should.

This role change has long term consequences.

Research has shown that children are most likely to use alcohol and/or drugs if their parents do.

In fact, Oklahoma data has shown that **children first experiment in their own home or in their friend's home** with alcohol purchased by a parent or caregiver. Talk with our Prevention Division for more information.

If you suspect a member of your family may have a problem with addiction; here are some action steps to consider:

1) Plan and conduct an Intervention

Interventions do work and they can work wonders. Yes, we are big believers in the power of taking this proven effective step towards facing and addressing the problem, squarely and honestly.

2) Start going to Alanon and accessing the support of others

Alanon is a support group for people in relationships with addicts or alcoholics. Let other people who have been through similar issues and circumstances help you.

3) Talk to a Professional Therapist

Contact Gateway at 405-273-1170 for more information.