

# Substance Abuse



*Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs.*

## Are You Addicted?

Family history factors that influence a child's early development have been shown to be related to an increased risk of drug abuse, such as:

- chaotic home environment
- ineffective parenting
- lack of nurturing and parental attachment
- parental drug use or addiction.

- Do you think about drugs a lot?
- Did you ever try to stop or cut down on your drug usage but couldn't?
- Have you ever thought you couldn't fit in or have a good time without the use of drugs?
- Do you ever use drugs because you are upset or angry at other people?
- Have you ever used a drug without knowing what it was or what it would do to you?
- Have you ever taken one drug to get over the effects of another?
- Have you ever made mistakes at a job or at school because you were using drugs?
- Does the thought of running out of drugs really scare you?
- Have you ever stolen drugs or stolen to pay for drugs?
- Have you ever been arrested or in the hospital because of your drug use?
- Have you ever overdosed on drugs?
- Has using drugs hurt your relationships with other people?

If the answer to some or all of these questions is **yes**, you might have an addiction

**Get Help Now**

Asking for help is the first important step. Visiting your doctor for a possible referral to treatment is one way to do it.

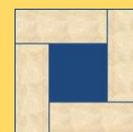
The treatment system for substance abuse is comprised of multiple service components, including the following:

- Individual and group therapy
- Inpatient and residential treatment
- Intensive outpatient treatment
- Partial hospital programs
- Case or care management
- Medication
- Recovery support services
- 12-Step fellowship
- Peer supports

Behavioral treatment helps patients engage in the treatment process, change their attitudes and behaviors related to drug abuse, and increase healthy life skills. These treatments can also enhance the effectiveness of medications and help people stay in treatment longer.

Call for a free consult.

**919.753.6238**



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