

What to Do if You Know Someone with an Alcohol or Substance Use Disorder.

Many people are affected by the drinking or drug use of a family member or friend. Alcohol and substance use disorders affect every family member. It is important to remember that you cannot control someone else's behavior. You might suggest ways they can get help but one of the most frustrating factors in dealing with alcohol or substance use disorders is that they are often accompanied by "denial."

There may be little you can do to help the friend or family member until he or she is ready to get help, but you can stop letting someone else's problem control your life. It is important to make choices that are good for your own physical and emotional health. Individual counseling for yourself may help you to deal with the daily stressors. Al Anon Groups may also be a helpful peer support. Living a healthy lifestyle with healthy eating, exercise, relaxation techniques and other wellness activities can help to reduce your stress.

Helpful Resources

About Alcoholism/Substance Use Disorder alcoholism.about.com

A comprehensive web site that includes information about alcohol and drug abuse in teens, college students, and adults; community resources; and self-screening quizzes.

Alcoholics Anonymous/World Service Office (AA) 212.870.3400 | aa.org

The original 12-step self-help program, with free meetings in nearly every community.

Smart Recovery 866.951.5357 | smartrecovery.org

A recovery program for individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions and actions, and to work toward long-term satisfaction and quality of life.

Narcotics Anonymous (NA) 818.773.9999 | na.org

A self-help group based on the AA model, NA focuses on other drug problems.

Al-Anon/Alateen Family Groups 888.425.2666 | al-anon.alateen.org

A 12-step program designed for those who have been affected by someone else's alcohol or drug problem based on the AA model.

Nar-Anon Family Groups 800.477.6291 | nar-anon.org

A 12-step program designed to help relatives and friends of addicts recover from the effects of living with an addicted relative or friend.

Adult Children of Alcoholics 310.534.1815 | adultchildren.org

A self-help group for those who grew up in families with alcoholism.

Rational Recovery 530.621.2667 or 530.621.4374 | rational.org

A self-empowerment alternative to AA's spiritual 12-step support groups.

National Clearinghouse for Alcohol and Drug Information 800.662.4357 | samhsa.gov or health.org

A federal government service operated by the Center for Substance Abuse Prevention for additional information and free literature in English and Spanish.

Sources: National Institute on Alcohol Abuse and Alcoholism, The National Clearinghouse for Alcohol and Drug Information (SAMHSA)

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BEHAVIORAL HEALTH

Alcohol and Substance Abuse



For more information and referrals for treatment go to tuftshealthplan.com or call the Behavioral Health Department at **800.208.956**.

How Do I know if I Have a Problem?

- + Have you encountered drinking- or drug-related problems with your job, relationships, health, or the law?
- + Have friends or family been concerned about your drinking or drug use?
- + Have you experienced nausea, sweating, shakiness, or anxiety when trying to stop your drinking or drug use?
- + Are you pregnant and continuing to drink or use drugs? Even moderate use during pregnancy can be harmful to your fetus.

If you answered “yes” to any of these questions, it is important that you see your doctor or other health care provider so he or she can help you determine whether you have a drinking or drug problem and, if so, recommend the best course of action. Accepting the fact that help is needed for an alcohol or drug problem may not be easy. However, the effects of alcohol and drug abuse can lead to addiction and can also worsen feelings of depression and anxiety. Keep in mind that the sooner you get help, the better your chances for a successful recovery.

TREATMENT FOR ALCOHOL AND SUBSTANCE USE DISORDERS

Different types of treatments and services are effective in helping people recover from alcohol and substance use disorders. An evaluation needs to be done by a behavioral health specialist to recommend which level of care listed below would be most appropriate for you.

- + **Inpatient Treatment:** Primarily used to safely manage withdrawal symptoms in a medical setting while detoxing from alcohol and/ or drugs
- + **Residential Treatment:** May be used to help someone who is in need of 24 hour supervision. Provides intensive individual and group counseling to support continued abstinence from alcohol and other substances while learning new behaviors and coping strategies in preparation for returning home.
- + **Medication assisted treatment:** Addictive substances can change the way the brain works and the use of proper medications such as methadone, suboxone or vivitrol can help with this. Medication may be used to reduce cravings and other symptoms that may be experienced during recovery from alcohol and substance use. Medication used for this purpose is not simply “replacing one addiction for another.” It is recognized medical care.
- + **Medication:** Anxiety and depression may accompany alcohol and substance use disorders. There are psychiatric medications that can help with this.
- + **Partial Hospital and Intensive Outpatient Programs:** These are community based day or evening treatment programs that provide counseling and meet multiple times a week to help people continue to learn important skills to sustain their recovery. While attending these programs most participants are able to live at home and maintain their daily responsibilities.
- + **Outpatient Individual, Family and/ or Group Counseling:** These are ongoing regular treatment sessions that provide support and assistance to people who are maintaining their recovery, functioning in their community and managing their daily life activities.
- + **Recovery Support Services:** Mutual support groups including Alcoholics Anonymous, Narcotics Anonymous, Smart Recovery, AI-Anon and other programs provide ongoing peer support. They are not considered formal treatment but can play an important role in one’s recovery
- + **Case Management Programs:** Your therapist or healthcare provider may be able to refer you to other organizations such as your health plan, a social service agency or medical group that can provide you with additional assistance to identify other community supports and resources.



For more information and/or referrals for treatment, go to tuftshealthplan.com or call Member Services at the number on your Tufts Health Plan member ID card. Your Primary Care Physician can also be a helpful resource.