

Behavioral Health

Alcohol and substance use dependence and addiction

Millions of Americans have difficulty controlling their use of alcohol or drugs even when it affects their lives in negative ways. This is a medical condition called substance use disorder (SUD). The good news is that there is treatment for SUD.

Do I have a problem with alcohol or drugs?

Ask yourself these questions:

- Has drinking or drug use affected your job, relationships or health? Or has it led to issues with the law?
- Are your friends or family concerned about your drinking or drug use?
- Have you felt nauseous, shaky, sweaty or anxious when you try to stop drinking or drug use?
- If you are pregnant: Do you still drink or use drugs?

If you said "yes" to any of these questions, call your health care provider. They can help you decide if your drinking or drug use is a concern. They can also suggest the best course of action. Accepting that you need help may not be easy. But the effects of alcohol and drug use can lead to addiction or dependence. They can make feelings of depression and anxiety worse. They can also cause physical symptoms. Keep in mind that even moderate use when you are pregnant can harm your fetus. The sooner you get help, the sooner you can start to feel better!



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To learn more about how to find care, call the number on the back of your card. Or call Member Services:

- In Massachusetts
888-257-1985 (TTY: 711)
- In Rhode Island
866-738-4116 (TTY: 711)

Not sure where to start?
Click or visit the webpages below.

[Tufts Health Together](#)

[Tufts Health RITogether](#)

[Tufts Health Direct](#)



Treatment for SUD

A behavioral health (BH) provider can assess your condition. They can also advise you of your options, such as:

- **Inpatient treatment:** This is mainly used to help patients detox from alcohol or drugs safely in a medical setting.
- **Residential treatment:** This option is for those who need 24-hour care. These programs offer intensive individual and group counseling to help people stay alcohol and drug free. Patients learn new behaviors and coping skills as they prepare to go home.
- **Medication assisted treatment:** Addictive substances can change the way the brain works. The use of medications, can help with this. Medication also may be used to ease cravings and other symptoms that people may have as they recover. Using medicine this way is not trading one addiction for a new one. It's a safe and proven way to help people recover.
- **Medication for related issues:** People with SUD often also have anxiety, depression and other emotional symptoms. Medications can help with these issues.
- **Partial hospital and intensive outpatient programs:** These are community-based day or evening programs that provide counseling. They meet several times a week. Patients learn skills to help them with their recovery. During these programs, most people can live at home.
- **Outpatient individual, family and/or group counseling:** These are ongoing treatment sessions. They support people who are in recovery or seeking recovery. People are able to get support while they engage in their daily lives.



- **Recovery support services:** Support groups and other programs offer ongoing help. They are not formal treatment. But they can play a major role in one's recovery.
- **Case management programs:** Your health plan, therapist, BH provider and/or primary care provider may be able to refer you to other options, resources and supports.

To learn more about how to find care, go to **TuftsHealthPlan.com**. Or call the Member Services number on your Tufts Health Plan member ID card.



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Helpful Resources

About Alcoholism/SUD alcoholism.about.com

This website has information about alcohol and drug use in teens, college students, and adults. It also lists community resources and offers self-screening quizzes.

Alcoholics Anonymous (AA) World Service Office [212-870-3400 | aa.org](http://aa.org)

The original 12-step self-help program.
There are free meetings in many areas.

Smart Recovery [440-951-5357 | smartrecovery.org](http://smartrecovery.org)

A program for those who choose to stop or are thinking about stopping any addictive behaviors (substances or activities).
This program helps people:

- Change the way they think
- Gain more control over their feelings and actions
- Work on their quality of life

Narcotics Anonymous (NA) [818-773-9999 | na.org](http://na.org)

A self-help group based on the AA model.
NA focuses on problem use of drugs.

Al-Anon Family Groups [888-425-2666 | al-anon.org](http://al-anon.org)

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

Nar-Anon Family Groups [800-477-6291 | nar-anon.org](http://nar-anon.org)

A 12-step program for family members and friends of addicts.

Adult Children of Alcoholics [310-534-1815 | adultchildren.org](http://adultchildren.org)

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

National Helpline for Mental Health, Drug, Alcohol Issues | Substance Abuse and Mental Health Services Administration (SAMHSA) [800-662-4357 | samhsa.gov](http://samhsa.gov)

A website that offers free materials in English and Spanish.

988 Suicide & Crisis Lifeline

If you or someone you know is struggling or in crisis, help is available.

- Call or text: 988
- 988lifeline.org

You can talk with a crisis counselor any time of day or night at no cost to you.



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