

- Writing down how the medication makes you feel. This will help you both make better choices about your treatment.

If you're ever unhappy with your treatment plan or if you feel you're not seeing results, call us. We can help find you a new provider to work with if needed.

Drug abuse and addiction education and advocacy resources

National Institute on Drug Abuse from
National Institutes of Health
www.nida.nih.gov
E-mail information@nida.nih.gov
301-443-1124 or 301-443-8771

U.S. Department of Health and Human Services
Substance Abuse and Mental Health Services
Administration (SAMHSA)
www.mentalhealth.samhsa.gov

Substance Abuse
www.alcoholics-anonymous.org

Contact us

We are available 24 hours a day, 7 days a week.

Please call us: 866-896-5053

www.cenpatico.com



SubstanceAbuse-Massachusetts-4/2011

What is substance abuse and addiction?



What is substance abuse and addiction?

Substance abuse is using drugs or alcohol even though doing so causes problems in your life. Addiction is a physical or mental dependence on drugs or alcohol. This can mean when you stop using drugs or alcohol you get sick. It can mean that you cannot stop thinking about them.

**OVER 22 MILLION PEOPLE ABUSE
DRUGS AND ALCOHOL***

It's bad for your health

Substance abuse affects you and those around you. Substance abuse problems can lead to poor health, violence and arrest. It can also lead to injury to others or even suicide. Studies show people with a substance addiction may also suffer from other

mental health problems like depression. A person with a substance abuse problem is not a bad person. They may need help from an expert. Without help problems can get worse.

Signs of a possible problem:

- Drinking in risky situations (driving, swimming, etc.)
- Continued use of alcohol or drugs despite personal or social problems
- Obligations at work, home or school are neglected due to drinking or drug use
- Legal problems related to drinking or drug use such as: domestic violence, assault or DUI

Getting help

See your doctor or call us. We can help you.

Who is Cenpatico?

We manage behavioral health benefits for vulnerable populations. We help people get support for their substance abuse and addiction problems. We can help you get what you need to make smart choices for your health and wellness.

Some ways we help:

- Find providers in your area
- Make referrals
- Help you make appointments
- Help you find transportation

Who can provide substance abuse services to me?

- Your Doctor: They can treat you or refer you to an expert.
- Nurse Practitioners: They can be experts in substance abuse and addiction, and can give medicine in most states.
- Therapists: They are trained in therapy and mental health issues. They can't give medicine. Some types are Psychologists and Licensed

Professional Counselors (LPC). Other types are Licensed Clinical Social Workers (LCSW) and Licensed Marriage and Family Therapists (LMFT).

- Support Groups: People who suffer from the same illness as you who support you in the recovery process such as Alcoholics Anonymous.

First appointment: what to expect

Your provider will want to get to know you. They will want to know the problems you want to work on. They may ask about your family background. They want to help you find strengths and skills that will help you recover.

Providers are bound by strict rules to keep your data private. What you tell your provider helps them create the right treatment plan for you.

Your role in treatment

A treatment program is made by you and your provider and may include:

- Group and personal therapy
- Family therapy
- Peer support groups
- Residential or day programs
- In some cases, medicine

Take the first step

- Talk to friends, family, and peers.
- Don't be afraid to ask for help.
- Avoid people or places that make you feel the urge to use drugs or alcohol.

Feeling better

The key person in recovery is YOU. You and your provider should make a treatment plan based on your goals for your health.

Help your provider by:

- Talking about your feelings and progress. Tell them as much as you can.