



Enriching Lives

A.C.T. NEWSLETTER

September

National Alcohol and Drug Addiction Recovery Month –As you are well aware, alcohol and drug addiction can have serious implications for individuals, families and society. Individuals may develop psychological and/or physiological dependence on psychoactive substances. As a result, individuals crave the substance, become incapable of discontinuing usage and experience unpleasant consequences with discontinued use.

General signs and symptoms of drug addiction. Symptoms that characterize addiction include intense cravings and compulsively seeking to use the substance regardless of the potentially negative social, psychological and physical outcomes. The following list includes signs and symptoms of addiction:

- Feeling that you need the drug regularly and cannot function without it
- Making certain that you maintain a supply of the drug
- Failing repeatedly in your efforts to discontinue using the drug
- Engaging in behavior that you normally would not do to obtain the drug, such as stealing
- Feeling that you need the drug to deal with your problems
- Driving or engaging in other activities that place you and others at risk of physical harm when you are under the influence of the drug
- Repeated attempts to discontinue on your own with no success

Therapeutic services to assist in addiction recovery. Breaking a drug addiction is challenging, but not impossible. Therapeutic services are available to assist individuals struggling with addiction to support them during the recovery process. Beating addiction is possible with the use of a highly qualified mental health professional.

Coping and support. It is important to inform the individual struggling with addiction that there is help available. Along with therapy and self-help groups, there are many ways to maintain sobriety.

- **Allow time.** For most people, it takes about three months before significant improvement occurs, so do not prematurely terminate your program.
- **Promptly seek treatment for other mental health disorders.** Given that people with other mental health problems, such as depression, are more likely to become addicted to drugs; seek immediate treatment from a qualified mental health professional if you have any signs or symptoms of mental illness.
- **Avoid high-risk situations.** Stop associating with individuals that use substances and avoid places where substances are present.

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