

GETTING HELP STEP BY STEP...

Are you worried about a loved one or friend who you think or know is struggling with an addiction? What options do you have? What do you do first? For each step listed below you can find the information on the Schenectady County Treatment Resources Flyer.

- 1.) Learn as much as you can about addiction in general and the specific substance or type of addiction you are concerned about. We don't know all the answers but thanks to research we are learning more and more about addiction. Addiction is a brain disease that if untreated often gets worse over time. Depending on the type of addiction the consequences of continued use can be life threatening and often have a devastating impact on the individual and their family. The good news is help and recovery are available and possible. The more you know the better prepared you will be to speak with the person you care about and /or their family.**

- 2.) Make a plan to speak up; people in the middle of an addiction have a hard time seeing and accepting the impact of their actions. If you are ready with facts and speak calmly from concern there is a better chance the person will listen and respond positively.**

- 3.) **VERY IMPORTANT:** Be prepared that the person or their family may react with anger and denial. Understanding your role and your boundaries as parent, spouse/partner, friend, or colleague is critical. When someone has an addiction it impacts everyone around them; you maybe more affected than you realize. Sometimes family and friends have become so accustomed to responding to the addiction they are no longer clear on how they should interact and behave. Help is available either through individual counseling or support groups specifically designed to assist in this situation. Your mental and physical health is just as important as your loved ones. TAKE CARE OF YOU.**

- 4.) If the person you are concerned about is ready to consider help and they are not sure where to begin, start with determining if they have health insurance. Applying for health insurance is going to be important. If they are willing to apply, that is a good beginning. If they don't have insurance help is still available, seek treatment services that offer a sliding scale.
- 5.) Another option for getting started is to contact the 1-877-8-HOPENY (1-877-846-7369) help # for NYS OASAS or SURS (Substance Use Outreach Referral Service).
- 6.) If medical assistance and possibly detoxification is needed, start with a hospital or residentially based program. If not, you can call the outpatient programs and describe the situation and health insurance issues and the program staff will help you determine if they offer the needed services.

Treatment and recovery are a process and will have ups and downs. Keep in mind the same is true for those recovering from other chronic diseases impacted by everyday choices.

The most important role you play is to love and accept your family member or friend at the same time not allowing the addiction to control your life and health.

Schenectady County Substance Abuse Prevention Coalition

"For the prevention of substance abuse and the promotion of mental, emotional and behavioral health."

Addiction can happen to anyone, any family, at any time.

Hope and recovery can and do happen...

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