



How to Help a Loved One Find Recovery

They say that for all of the pain that addiction inflicts upon those held in its grip, the heartbreak is even worse for their loved ones. After all, the friends and families of those battling addiction have to watch it all unfold without the numbing dissociation that alcohol or drugs can provide. If you're ready to end the pain for yourself and your loved one, addiction recovery could be within your reach.

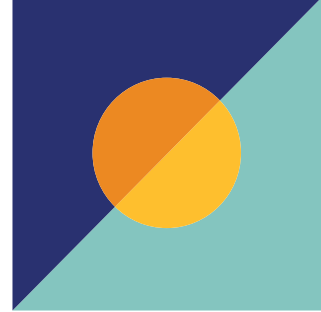
Understanding Addiction

Helping your loved one starts with understanding their plight. For those who have been lucky enough not to experience it firsthand, addiction can be truly baffling.

However, the medical community has come a long way in the research and treatment of addiction – even if our culture sometimes hasn't quite caught up. No longer do we shame and blame people struggling with substance abuse, labeling them as weak or lacking in the willpower to do what needs to be done. Drug and alcohol abuse are in the DSM (the Diagnostic and Statistical Manual of Mental Disorders), the book that doctors use to define, identify, and treat disease. Addiction is definitively a chronic brain disease that compels people to continue drinking or using even when it is negatively affecting their lives. It deserves to be treated as the dangerous disease that it is.



Like other chronic diseases such as diabetes, hypertension, or asthma, substance use disorder is caused by a mix of genetic and lifestyle factors. For that reason, it requires comprehensive treatment – and often a full lifestyle change – in order to be put into submission. Like those other diseases, substance use disorder also carries a risk of relapse. With the right tools and treatment, however, many people who once struggled with substance use disorder can go on to live full, happy lives.



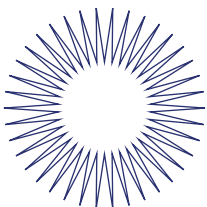
What Happens in Addiction Treatment



In addiction treatment, professionals work to identify and treat the underlying issues that have caused the addiction in the first place. Depending on the individual client, they use a variety of therapeutic modalities to do so: one-on-one counseling, group therapy, CBT (cognitive behavioral therapy), DBT (dialectical behavioral therapy), EMDR (eye movement desensitization and reprocessing), and more. Activities like equine therapy or yoga can even be helpful in rewiring neurons, healing cells, and mending the emotional wounds that lead to addiction.

In addition, addiction treatment programs educate people about their addiction, so they can understand how to keep it in check. Relapse prevention tools, stress management strategies, and other useful presentations help clients feel fully equipped to face the challenges of life without drugs and alcohol.

This kind of work can be done in residential treatment, where your loved one will undergo focused, comprehensive, and intense treatment over a period of several weeks. From there, they may step down to intensive outpatient programming (IOP) or sober living. Before leaving treatment, they will work with their addiction treatment team to prepare an aftercare plan that maps out how they'll plant the seeds of a new life.



Is it Time for Addiction Treatment?

Is it time for you to help your loved one seek addiction treatment? How can you tell? If you're already seeing the negative effects of their substance abuse on their career, relationships, body, and personality, it may be time to seek professional assistance.

The reality is, it's never too early to offer help. All too often, sadly, the help can come too late.



How to Get Started

If you're ready to start exploring addiction treatment for a loved one, you don't have to do it alone. No matter what stage you are in your deliberations, our caring admissions team can speak with you to answer any questions you may have or provide support and insight into the recovery process. That includes verifying your insurance, so you'll know how much you or your loved one will have to pay for treatment up front. They also can help you plan how to have the conversation with your loved one that might change their life.



Are you ready to help your loved one find freedom from addiction? By reading this ebook, you've already started. You've planted a new seed of hope for yourself and your family. At Sunflower Recovery, we'll help it blossom.

CALL TODAY

855-720-9831

