

A Season for Healing

Tips for
Navigating
Addiction
Treatment
During the
Holidays



The holidays can be stressful enough without having a loved one who is struggling with substance abuse. Likewise, navigating the treatment process can feel immensely daunting without having the pressure of the holidays hanging over you. Unfortunately, substance abuse is not a disease of convenience. It's a progressive, terminal illness that affects not only the person struggling; but also, their family, friends and loved ones. There is no greater example of this than when everyone gets together during the festive season. What may be "the most wonderful time of the year" for some, is often a period of intense stress and triggers for others who in-turn lean even heavier into drugs and alcohol to cope.

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TIP 1



Don't Wait Until the Holidays are Over to Get Treatment!

When a loved one is facing drug or alcohol addiction, it can be tempting to think, "let's get through the holidays and then we can look into treatment." Whether it's not wanting to explain someone's absence to extended family, or not wanting to miss special moments with your loved one, thinking that they can just keep it together until the new year usually doesn't pan out. According to the CDC, drinking and drug abuse statistics spike around this time of year — as do drug- and alcohol-related deaths. Maybe it's the pressure to adhere to family expectations or the loss of structure that comes with time away from work or school, but people already struggling with addiction have a tendency to spiral even more out of control during this time. Waiting too long to get help could become a decision you can never take back.





TIP 2



Pick Up the Phone

Although many companies shut down or have limited hours during the holiday season, Sunflower Recovery Center knows that addiction doesn't take a day off. We maintain normal working hours during the holiday season, so we will be available to help whenever you are ready. Whether it's Thanksgiving Day or the weeks leading up to Christmas, our admissions team will be available when the moment arrives.

Plus, picking up the phone doesn't have to be a commitment to admit. We're here to help answer your questions and give you the information you need to make the right decision for your family — even if it isn't to come to Sunflower. Reaching out can be as easy as calling our intake department or submitting a chat on our website. With a 30-minute phone call, we can begin crafting a specialized treatment program for your loved one and start the process to get them admitted.

Time is of the essence when it comes to the willingness to enter treatment. This is why we strive to be swift in getting the admissions process finished. Once scheduled, your loved one will receive a packing list and our staff will be available via the phone to answer any last minute questions or calm any nerves that may come up. If your loved one hasn't agreed to attend treatment yet, we can work with you to prepare for the conversation or even refer you to professional interventionists if appropriate. Our guides are ready to walk beside you every step of the way, no matter where you are on your journey.





TIP 3



Let New Life Bloom — In Yourself

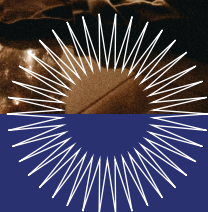


Once your loved one is admitted, it's time to exhale all that tension you've been carrying around. You can rest easy knowing that your family member is safe in the hands of our Master's-level clinicians. Within 24 hours of being admitted our clinical staff will be reaching out to introduce themselves. After that, you will get weekly updates about their progress. In addition, if you'd like to come visit, every Wednesday is Family Night.

At Sunflower Recovery Center we provide complete wrap-around care. This means that on top of providing residential treatment services, we will create an aftercare plan to ease their transition back into the "real world." Our goal is long-term recovery and part of that plan is putting in place support structures and accountability post treatment.

All of that allows you to focus on doing what you've needed to do all along: take care of yourself and remember why your loved one is so important to you. Addiction is a family disease and the entire family deserves healing. So, we offer a robust family program and can refer you to additional resources to help you heal from the experience of watching a loved one struggle with addiction.

This holiday season, give your loved one the greatest gift. Let new life bloom for them and for your family with residential addiction treatment at Sunflower Recovery.



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