

References for Self-help Meetings

Methadone Anonymous
www.methadonesupport.org

All Addictions Anonymous
www.alladdictionsanonymous.com

12 Steps
www.12step.org

Narcotics Anonymous (NA)
www.na.org

Women for Sobriety (WFS)
www.womenforsobriety.org

Alcoholics Anonymous
www.aa.org

Inpatient Treatment

Inpatient means that patients check into a drug/alcohol rehab or drug rehab facility with the intention of living on the grounds. Inpatient treatment includes three primary levels of care: detox (short-term), residential (28-day), and halfway house (long-term). These facilities are not limited to hospitals; instead it is preferred that inpatient situations be less restrictive than a hospital, though supervision and structure are still important. These programs often offer supervised detoxification that involves medication in a hospital setting, or provide social detoxification (with no medication) in a non-hospital setting.

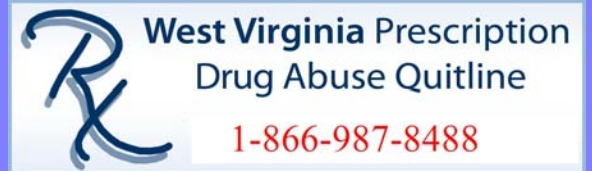
Outpatient Treatment

The purpose of an outpatient program is long-term abstinence from drugs and alcohol. These programs are intended for clients who do not require a more controlled setting to stay drug free and who are not in severe withdrawal. Most programs involve individualized treatment planning, psycho-educational and process groups several times per week, and individual counseling. Appropriate referrals are made to community-based self help groups, job agencies, and additional services, giving the individual a chance to operate in the real world environment while still benefiting from a peer- oriented, therapeutic program. The length of the program for each participant is assessed by clinical staff to ensure the participant is provided a full opportunity to recover.



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Treatment How to Choose

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Types of Treatment Programs

Established types of treatment methods include: the 12-step method, relapse prevention, psychotherapy, individual or group drug counseling, motivational therapy, behavioral therapy, family therapy, and support groups, as well as inpatient and outpatient programs. With so many methods available, making a decision can be hard. Sadly, many people go from rehab to rehab looking for the one that is right for them.

It is useful to have a basic understanding of the different types of programs available.

Drug Rehab

Many people feel that going to a drug rehab center is admitting you have failed. This is not true. By admitting yourself to a treatment center, you are simply being honest with yourself and already one step closer to becoming a stronger, healthier person.

Ask a family member or friend to go with you. It will be a difficult journey; you may be put on a waiting list, and the process requires long term commitment. This is only the beginning and there are more hurdles ahead, but remember that this is the first step in saving your life. It does get easier.

Addiction Treatment

Addiction treatment is key in recovering and preventing relapse. It involves programs such as behavioral and group therapy, self-help groups, detox, or counseling. We can tell you all the reasons in the world to stop using, but you have to find your own personal reasons to keep you motivated.

Addiction treatment offers counseling to help you figure out what started your addiction and how to stop using. Then it is up to you to continue a healthy lifestyle.

Addiction Counseling

Addiction counseling (individual and/or group) and other behavioral therapies are vital steps of successful treatment. In therapy, patients address issues of motive, develop tools for achieving abstinence, replace drug-using behavior with positive & satisfying non-drug using activities, learn ways to prevent relapse, and increase problem-solving abilities. Addiction counseling also assists with relationship issues and the individual's ability to live as part of a healthy family and community. The sooner you seek help, the greater your chances for a long-term recovery. If you're hesitant in the beginning to talk to a doctor, help lines may be a good place to start to learn about treatment and receive telephone education.

Self-help Meetings

Meetings can balance and expand the benefits of professional drug addiction treatment. Such meetings include Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and Cocaine Anonymous (CA) which are based on the 12-step model. There are also other groups that provide meetings using other models. It is suggested that patients take part in meetings during and after treatment. Most meetings are free, self-directed, and self-supporting. Information regarding day, time, and locations of meetings held by 12-Step organizations can be found by calling a central group telephone number in the yellow pages under "Alcoholism" and "Drug Abuse and Addiction" or by visiting the websites listed in this pamphlet.

Meetings are held multiple times a week, often at the same place and at a convenient time. The agendas focus on members sharing their experiences, strength, and hope in terms of recovery from drug addiction and alcoholism. This provides an important support network and allows members to feel a sense of community, realizing that they are not alone.

Toll-free: 1-866-987-8488
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