

Substance Use Information

How Do I Know If I have a Problem?

Alcohol and drug use affect many people. Some people see that drinking alcohol or using drugs is hurting them, but there are a lot of other people who do not even know they have a problem. They ignore the warning signs, even when their friends and family tell them that they have a problem.

Know if there is a problem:

- Are drugs or alcohol affecting your work or health?
- Do you feel like you need alcohol or drugs to get through the day?
- Are your friends or family members telling you there's a problem?
- Have you tried to cut back, but could not?
- Has your alcohol or drug use gotten you into trouble with the law?

Want to learn more? Talk to a specialist for an assessment. To schedule an assessment, call your Local Management Entity-Managed Care Organization (LME-MCO) at the number located at the end of this document.

[Adapted from SAMHSA, "Faces of Change: Do I have a problem with alcohol or drugs" HHS Publication No. (SMA) 14-4174. First printed 2005 Revised 2006, 2014]

What Is Addiction?

When someone cannot stop taking alcohol or other drugs even if he or she wants to, it's called addiction. The urge is too strong to control, even if you know alcohol or drugs is causing harm.

When people start drinking alcohol or taking drugs, they do not plan on getting addicted. They like how it makes them feel. They believe they can control how much and how often they drink, or take the drug. However, alcohol and drugs change the brain. People start taking drugs or alcohol just to feel normal. That is addiction, and it can quickly take over a person's life.

Addiction is a Brain Disease

- Alcohol and drugs change how the brain works.
- These brain changes can last for a long time.
- They can cause problems like mood swings, memory loss, even trouble thinking and making decisions.

Addiction is a disease, just like diabetes or cancer. Addiction is not simply a weakness. People from all backgrounds, rich or poor, can have an addiction. Addiction can happen at any age.

[Adapted from <http://www.easyread.drugabuse.gov/what-is-addiction.php>]

Treatment - What Is It?

Who Provides Treatment?

Many different kinds of professionals provide treatment for substance use disorders. In most treatment programs, providers are specially trained individuals who are certified or licensed as substance abuse treatment counselors.

Most treatment programs assign individuals to a treatment team of professionals. Depending on the type of treatment, teams can be made up of social workers, peer support specialists, counselors, doctors, nurses, psychologists, psychiatrists or other professionals.

What Will Happen First?

Everyone entering treatment receives a clinical assessment. A complete assessment of an individual is needed to help treatment professionals offer the type of treatment that best suits him or her. The counselor will begin by gathering information about the person, asking many questions about things such as:

- Kinds, amount and length of time of substance or alcohol use
- Effects of drug or alcohol use on the person's life
- Medical history and current medications (including pain medications)
- Family and social issues and needs
- Previous treatment experiences or attempts to quit

What Types of Treatment Programs Are Available?

Several types of treatment programs are available:

- Outpatient and intensive and comprehensive outpatient programs
- Opioid treatment programs (includes medication assisted treatment with methadone, buprenorphine and others)
- Residential programs
- Inpatient treatment, including detoxification services
- Perinatal, Maternal and CASAWORKS for Families are treatment programs for pregnant women and women with children. For more information about these programs, call the Perinatal Substance Use Specialist at 1800-FOR-BABY

[Adapted from Center for Substance Abuse Treatment. *What Is Substance Abuse Treatment? A Booklet for Families*. DHHS Publication No. (SMA) 08-4126. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004, reprinted 2008.]

How Do I Get Help?

The Local Management Entity-Managed Care Organization (LME-MCO) is where you go to find information on receiving mental health, developmental disability or substance use disorder treatment in your county. If you have had a positive toxicology screening, ask for a provider that is accepting Medicaid or is a Substance Abuse Prevention & Treatment Block Grant provider. The LME-MCO will also help you with complaints about your services. They are available to answer calls 24 hours a day.

The LME-MCO for your county is: _____ at 1-800-__ __ - ____
(Insert name of LME-MCO)