

How to know when there is a problem?

1. Have you ever felt you should cut down on your drinking or drug use?
2. Have people annoyed you by criticizing or complaining about your drinking or drug use?
3. Have you ever felt bad or guilty about your drinking or drug use?
4. Have you ever had a drink or drug in the morning (eye opener) to steady your nerves or to get rid of a hangover?
5. Do you use any drugs other than those prescribed by a physician?
6. Has a physician ever told you to cut down or quit using alcohol or drugs?
7. Has your drinking/drug use caused family problems?
8. When drinking/using drugs, have you ever had a memory loss (blackout)?

If you answered "Yes" to two or more of the questions, you may have an alcohol or drug problem. Please discuss the results with your healthcare provider.

Contact the mental health/ substance abuse access line for a referral to a provider. The phone number is found on your health insurance card.

Learn how to make healthy choices about alcohol and drug use. Information is found on the following Web Sites:

liveandworkwell.com

◆ <http://prevention.liveandworkwell.com>

National Institute on Drug Abuse

◆ <http://www.nida.nih.gov>

Information in this brochure is based on:

- ◆ American Psychiatric Association, Treatment of Patients With Substance Use Disorders, Second Edition.
- ◆ National Committee for Quality Assurance, HEDIS® 2018 Technical Specifications.
- ◆ National Institutes on Alcohol Abuse and Alcoholism, *Rethinking Drinking: Alcohol and Your Health*, NIH Publication No. 10-3770, April 2010, Revised May 2016.

The text in this brochure is not meant to provide medical advice, other health services, replace professional advice or imply coverage of specific clinical services or products. The information is for educational purposes only. Consult your healthcare provider concerning your specific health needs. Check with your health plan regarding your coverage.

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The Road to Recovery

Signs and symptoms?

Behavior is an important clue to a possible problem with alcohol or drugs. Common signs include:

- ◆ Not enjoying parties or social events without using alcohol or drugs
- ◆ Making excuses for alcohol or drug use
- ◆ Doing almost anything to get alcohol or drugs
- ◆ Having financial, legal, medical, family, and/or work problems



What causes alcohol & drug addiction? It is not clear why some people develop alcohol and drug addiction and others do not. Experts know that the risk of addiction can be passed down in families. Addiction is a medical condition that can have negative effects on your emotions and behavior. Experts believe that the negative effects from using alcohol or drugs can be improved only by dealing with your use.

Recovering from an alcohol or drug problem?

Recovery means finding a way to stay sober while changing your attitudes and behaviors. Recovery occurs in three phases:

- ◆ Admitting that there is a problem, and looking for help.
- ◆ Getting help, such as, substance abuse treatment and/or going to support groups to learn skills.
- ◆ Practicing the skills you have learned to prevent alcohol or drug use.

Be active in your recovery by following these tips:

- ◆ Get help from a provider who treats alcohol or drug problems
- ◆ Identify triggers your substance use
- ◆ Seek medical care for alcohol withdrawal or drug-related medical problems. There are medications to treat alcohol and drug addiction and support relapse prevention.
- ◆ Work with family, friends and groups who can support your recovery
- ◆ Create a recovery plan
- ◆ Manage your stress by exercising, eating right and getting enough sleep
- ◆ Use healthy rewards to recognize progress.

Getting help

- ◆ Seek treatment from a substance abuse provider and attend appointments regularly for the first few weeks. This will support you in your recovery.
- ◆ Talk about any concerns with your substance abuse provider.
- ◆ Ask your substance abuse provider to work with you on a recovery plan.
- ◆ Get help from free peer support groups.



There are many support groups that provide assistance to people in recovery and their family members. Find them on the Web or in your local phone book:

- ◆ **Alcoholics Anonymous**
www.aa.org
- ◆ **Narcotics Anonymous**
www.na.org
- ◆ **SMART Recovery**
www.smartrecovery.org
- ◆ **Al-Anon Family Groups**
www.al-anon.org
- ◆ **Adult Children of Alcoholics**
www.adultchildren.org