

# Now

# What?



Next steps when you discover your loved one is using drugs



## Next Steps

**BREATHE:** Fear and anger are natural reactions. Work through your emotions before talking to your loved one.

**CREATE A PLAN:** Determine how you are going to address the issue and your expectations prior to the conversation.

**REACH OUT:** Get guidance from others who have been in similar situations. You need to help yourself in order to help them.

**GET EDUCATED:** Learn about drug use, abuse, and the disease of addiction.

**SEEK TO UNDERSTAND:** What they are using, why they are using and how often will help determine the treatment need. Understand they can't just quit even if they want to.

**STOP THE GUILT:** An immediate reaction is to wonder what you did wrong. Addiction is a disease, not the result of your actions.

**FIND TREATMENT:** Professional help is available for you and your loved one. The treatment program will help to determine the appropriate level of care.

**LOVE THEM:** Separate the use of the drug from your loved one. Help them understand you love them even though you disapprove of the behavior.

### Educational Sites:

[www.samhsa.gov](http://www.samhsa.gov)  
[www.drugabuse.gov](http://www.drugabuse.gov)  
[www.ncadd.org](http://www.ncadd.org)  
[www.changeaddictionnow.org](http://www.changeaddictionnow.org)

## Getting Help

*Do you have insurance?*

**If Yes:** Contact your insurance company for covered providers and services.

**If No:** Contact your county Human Services Department for funding options. Some treatment programs also provide scholarships if there are no funds to cover the treatment.

*Types of treatment could include:*

**Outpatient:** Individual or group counseling provided on a regular basis; may include behavioral therapy.

**Intensive Outpatient:** Group sessions for several hours that meets multiple times a week; can include day-long programming.

**Inpatient:** Residential program in a treatment facility. Length of time varies based on program and insurance coverage.

*Family Support:*

**Wisconsin United We C.A.N.**

Family Support and Education  
[LoriCS@changeaddictionnow.org](mailto:LoriCS@changeaddictionnow.org)  
[KrisM@changeaddictionnow.org](mailto:KrisM@changeaddictionnow.org)  
<http://www.changeaddictionnow.org/wisconsin.html>

Phone: 920-378-5707



## Insurance

- Contact Insurance for Approved Providers
- Contact Providers for:
  - Program Information
  - Insurance Approval Process

## No Insurance

- Contact County Human Services Department
  - County Funding/Insurance Options
- Contact Treatment Provider
  - Scholarship Availability/Self-pay Financing
- Contact Free/Low Cost Programs
  - e.g. Salvation Army, Teen Challenge

## Self-Help

- Recovery Coach
- 12 Step (e.g. AA, NA, HA) Support Groups
- Celebrate Recovery Support Groups
- Smart Recovery Support Groups
- Peer-to-Peer Support Groups
- Sober Living Programs

### Typical Treatment Process

- Assessment to determine level of treatment
  - Outpatient
  - Day Treatment/Intensive Outpatient
  - Residential
  - Medically Assisted
- Determine requirements for detox (flushing drugs from system)
  - Program requirements (some require detox prior to treatment)
  - Insurance requirements (some won't pay if not active drugs in system)
- Detox Options
  - Detox facility (insurance may not cover)
  - ER (may provide medications to make it easier)
  - Self-detox (find assistance on the Internet such as [www.healthline.com](http://www.healthline.com))

### When Addicted Won't Get Help

- Find a family support group and/or seek counseling
- Consider an Intervention either with family or a professional interventionist
- Explore the option of forced treatment with a 3<sup>rd</sup> Party Petition