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.

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
LoriC5@changeaddictionnow.org
KrisM@changeaddictionnow.org
http://www.changeaddictionnow.org/wisconsin.html
Phone: 920-378-5707

Educational Sites:

www.samhsa.gov
www.drugabuse.gov
www.ncadd.org
www.changeaddictionnow.org
**Getting Help – Navigating Treatment**

**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)

**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 3rd Party Petition

Bringing the family voice to addiction and recovery through support, education, and advocacy
www.changeaddictionnow.org/wisconsin.html