

Whitnall Health News



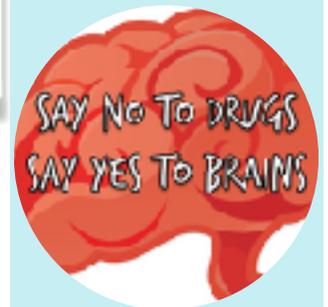
Drug Counseling

By Chad Milan

Around 37,000 people will die this year from a drug overdose, three times the rate from 1998. Drugs and alcohol are a serious problem in today's society. In fact, roughly 21 million Americans are drug or alcohol abusers. That's about 6% of the U.S. population. With these incredibly high numbers, action must be taken to prevent these deaths and unhealthy lifestyles to better society.

First, the root of the problem must be addressed. 90% of drug abusers began their habits when they were under 18. This statistic correlates with the fact of teenagers being more susceptible to experiment with drugs than any other age group. This is due to a number of factors including peer pressure, low self-esteem, showing their independence, rough family life, stress, or being a victim of bullying. In addition to this, teenagers are unlikely to reveal their addiction to receive help in fear of shame or punishment. Without intervention, the addiction will carry on into adulthood. The addiction can cause permanent brain damage during this time of growth.

The consequences of using drugs are severe, with lasting, negative impacts on physical, emotional, and social health. Drugs alter a person's brain chemistry, resulting in impaired memory, changes in personality, and changes in bodily



processes. Also, the brain develops a tolerance and need for the drug for daily function. Without the drug, the user will go through withdrawal which can lead to deadly consequences. Depending on the drug type, the drug degrades certain parts of the body such as the heart, increasing the risk of a heart attack. Socially, drug users are more likely to be unemployed due to decreased productivity, showing up late, and poor decision making. This also puts them at financial risk, with no source of income for basic necessities and drugs. Users will resort to crime to steal and manipulate to get the drug. This is why drug users have an increased risk of getting arrested. User's manipulative, destructive, and poor lifestyle lead to relationships being broken and destroyed. This can leave no one but the law to intervene with the user's behavior.

If someone you know exhibits these symptoms, there are many ways you can help. One of which is to push for the user to attend drug counseling. Drug counseling is the process of medical or psychotherapeutic treatment for dependence on psychoactive substances. Drug counseling has numerous benefits to helping drug users get sober and turn their life around. Usually, patients start off with detox or combatting withdrawal. Patients are put under medical supervision to prevent further use of the drug. Patients are given medication to combat withdrawal symptoms at this stage. During detox, patients are given diet plans, counseling, and information on how to battle their addiction. The second stage, rehabilitation, is the stage of getting the patient's life back on track. This is done through individual and group therapy, informational classes, and practice important life skills. This is important as the conditions that the addicts previously lived in would likely lead to relapse. The final stage can go many different routes. These include continued rehab, therapy, supervision, or living on their own, The three stages focus on combating addiction and eliminating risks that can or caused the addiction. Drug counseling is important to save lives, and more information and resources must be available to help those in need.

As previously stated, if you know someone whose life is in danger because of drug abuse, speak with them about the possibility of drug counseling. The following information is the highest-rated and most effective drug rehabilitation centers in the Milwaukee Area.

Waukesha Comprehensive Treatment Center- [2422 N Grandview Blvd, Waukesha, WI 53188](#).

River's Shore Comprehensive Treatment Center- [3703 N Richards St, Milwaukee, WI 53212](#)

Gateway Foundation Alcohol & Drug Treatment Centers - Lake Villa- [25480 W Cedar Crest Ln, Lake Villa, IL 60046](#)

Graphics made by Kaedyn Bevill

The abuse of **drugs** can fry your brain.



- Long term **drug** abuse can lead to the loss of glutamate, the chemical that helps you concentrate. This can have side effects that include it being harder to concentrate and slow responses.
- Abusing **drugs** on a long term scale can also include behavior and mood changes.

Drug Counseling

By Olivia Janisch

Choosing to receive support for a drug addiction can be one of the most terrifying and exhausting experiences imaginable. It is an endless up and downhill battle that is filled with its own successes and failures. Those who decide to go to therapy, rehabilitation, or any other sort of drug counseling must learn how to manage stress, solve problems that arose before or after addiction, mend damaged relationships, and get their life back on track.

Programs

In order to recover, patients will most likely start with the very first step; recognizing that they have a problem that they must work toward solving. This step is often the most important, as it allows the person to regain control of their life and start making a change.

Someone who is addicted to a drug will want to choose a program that works best for them. Some of these programs include detoxification, behavioral counseling, medications, residential treatment, day treatment/partial hospitalization, outpatient treatment, and sober living communities.

Many of these programs help a person maintain their addiction in some way, whether it be improving their overall health or helping them set goals to abstain from the drug. Other programs allow them to reconnect with friends and family, helping them to repair relationships. All of these programs promote a safe, supportive atmosphere that provides what a person needs to recover.

There is no one specific treatment that is sure to help someone. It is important to be open to new ideas involving rehabilitation, as every person and situation is different and should be treated as such. Just like all drugs are different, the reasons the drug addiction began in the first place is also different. Therefore, it is important to acknowledge these reasons in order to take the necessary steps towards recovery and choose a form of treatment that works the best. A person must find the root of the problem to help them turn their life around.

Certain **drugs** are illegal for a reason.



- On average there are about 70,000 deaths a year from **drugs**.
- The abuse of **drugs** can affect your family and friends.
- Just in the year 2016, there were 42,000 deaths from opioids.

However, these treatment programs aren't a patient's only hope for recovery. A person must make their own choices while in this process to improve chances of success. For one, it is vital that they begin to track their drug use. This can help immensely, as the user will most likely go a little longer each day without using the drug. This also puts into perspective how large a role the drug plays in their life, providing further motivation to get better. A patient in recovery can start thinking of steps and formulating a plan in order to reach their goal.

One good thing for a patient in recovery is to consider why they're fighting for what they're fighting for. It may be an important job or career path. It may be a spouse or child. It may be a friend or pet. Whatever it is, this beacon of hope can serve as a source of motivation for somebody who desires a change. It can be extremely beneficial for a person to think of their loved ones and remember why they're still fighting.

Another step in a recovery plan can be to think of past recovery attempts. Even remembering a time when a consideration of rehabilitation arose can help a person with their current attempt. This also involves keeping in mind what worked and what didn't.

There are also small things to change, such as improving their home environment. Ridding the home of all drugs and reminders of the drug is a great step towards recovery. Another thing that helps people is finding deeper purposes in life. This may include discovering hobbies, passions, jobs, and friendships, or participating in community service. All of these, despite not always being directly related to a person's drug use, can do wonders to make them feel more safe, comfortable, and important.

For each long-term goal, there are dozens of short-term goals in between. A person can start setting goals for themselves, such as trying to go a certain amount of time each day without using or attend certain programs. These goals should be specific and measurable.

Aside from specific choices, the addicted person must begin to think of all the problems that were caused by their substance abuse. Since drugs affect your lifestyle and relationships alongside your health, the user must explore all that was damaged and solve each problem once at a time.

Don't be controlled by **Drugs**.



- **Drugs** can have an addictive property to them.
- **Withdrawals** and **focusing problems** occur with drug abuse.



Benefits

Drug counseling along with the personal recovery process can be very beneficial. Someone who goes through the recovery process for a drug addiction may work to overcome their symptoms by making healthy choices that support both a physical and mental well-being. Abstaining from the abused substance can dramatically improve a person's physical health by preventing diseases like heart disease and cancer from taking effect. Along with this, sobriety can provide a sort of stability that motivates a person to improve their health in other areas, such as exercising, eating healthy, drinking water, and maintaining a better lifestyle overall. Mentally, having control over their life can help a person recognize any mental disorders present, allowing them to take the necessary steps to recover from those, as well.

Drug counseling, therapies, and medications can all help a person recover; however, the choices that are made during this time are the most important. Though the road to recovery is often long and difficult, anybody can regain control of their life with enough perseverance.
