



Weekly Newsletter

Life is a story it full of chapters. And the beauty of life is that not only do you get to choose how you interpret each chapter, but your interpretation writes the next chapter. It Determines whether it's a comedy or tragedy, fairy tale or horror story... You can't control the events that happen to you, but you can control your interpretation of them. So why not choose the story that serves your life the best?" - Kevin Hart

Drug abuse is a crippling problem in the United States. Many people either abuses or has abused



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drugs or know somebody who does/has. More than 67,300 Americans died from drug-involved overdose in 2018. Drug abuse is a physical and psychological term, which takes dependence on a person daily activity. There then is a negative that is created on the human life like anxiety, impaired social relation, depression, hopelessness, rejection. Some have said that the impaired social relationships and depression are some of the worst consequences of addiction.

What are some general signs of addiction/drug abuse ?

- Difficulties at school, disinterest in school-related activities, and declining grades
- Poor work performance, being chronically late to work, appearing tired and disinterested in work duties, and receiving poor performance reviews
- Changes in physical appearance, such as wearing inappropriate or dirty clothing and a lack of interest in grooming
- Altered behavior, such as an increased desire for privacy
- Drastic changes in relationships
- A noticeable lack of energy when performing daily activities

- Spending more money than usual or requesting to borrow money
- Issues with financial management, such as not paying bills on time
- Changes in appetite, such as a decreased appetite and associated weight loss
- Bloodshot eyes, poor skin tone, and appearing tired or run down
- Defensiveness when asked about substance use

How to talk to someone with an addiction?

Sometimes having a one-on-one conversation may be less intimidating than staging an intervention with several people. Of course, you start off by making sure you pick a time and place where both of you are alone together and free of distractions or interruption. In that conversation make sure you voice your concerns about their behavior and ask if they're open to hearing your thoughts. Do your best to use non-blaming language and avoid raising your voice or getting angry. Less confrontational atmosphere. They will most likely respond better if you communicate with them in a more compassionate standpoint. It is important to talk about specific behavior or incidents that you believe are or have been directly affected by drug abuse.



Steps to take if I know am an Addict:

For many people struggling with addiction, the toughest step toward recovery is the very first one: recognizing that you have a problem and deciding to make a change. It's normal to feel uncertain about whether you're ready to start recovery, or if you have what it takes to quit.

It is important think about **CHANGE**.

1. Remind yourself of the reasons you want to change.
2. Think about your past attempts at recovery, if any. What worked? What didn't?
3. Set specific, measurable goals, such as a start date or limits on your drug use.
4. Remove reminders of your addiction from your home, workplace, and other places you frequent.
5. Tell friends and family that you're committing to recovery and ask for their support.

Explore your addiction treatment options

- Detoxification.
- Behavioral counseling.
- Medication
- Long-term follow-up.

Find support for your addiction recovery

You do not have to go through this journey alone. There are many different types of groups to reach out to for support. It is important to have positive influences and a solid support system. The more people you can turn to for encouragement, guidance, and a listening ear, the better your chances for recovery.

- Lean on close friends and family.
- Build a sober social network.
- Consider moving into a sober living home.

- Make meetings a priority: NA

Learn healthy ways to cope with stress

After addressing your immediate problems with addiction and starting treatment, you'll still have to face the problems that led to your drug abuse. Once you're sober, the negative feelings that you dampened with drugs will resurface. For treatment to be successful, you'll first need to resolve your underlying issues.

Once you have resolved your underlying issues, you will, at times, continue to experience stress, loneliness, frustration, anger, shame, anxiety, and hopelessness. These emotions are all a normal part of life. Finding ways to address these feelings as they arise is an essential component to your treatment and recovery.



Quickly relieve stress without drugs

- **Movement.** A brisk walk around the block can be enough to relieve stress. Yoga and meditation are also excellent ways to bust stress and find balance.
- **Step outside and savor the warm sun and fresh air.** Enjoy a beautiful view or landscape.
- **Play with your dog or cat.** Enjoy the relaxing touch of your pet's fur.
- **Experiment with your sense of smell.** Breathe in the scent of fresh flowers or coffee beans or savor a scent that reminds you of a favorite vacation, such as sunscreen or a seashell.
- **Close your eyes and picture a peaceful place.** Think of a sandy beach, or a fond

memory, such as your child's first steps or time spent with friends.

- **Pamper yourself.** Make yourself a steaming cup of tea, give yourself a neck or shoulder massage. Soak in a hot bath or shower.

Keep drug triggers and cravings in check

Your recovery doesn't end at getting sober. Your brain still needs time to recover and rebuild connections that changed while you were addicted. During this rebuild, drug cravings can be intense. You can support your continued recovery by avoiding people, places, and situations that trigger your urge to use:

- Step away from your friends who use.
- Avoid bars and clubs.
- Be upfront about your history of drug use when seeking medical treatment.
- Use caution with prescription drugs.

Coping with drug cravings

Sometimes craving cannot be avoided, and it is necessary to find a way to cope:

- Get involved in a distracting activity.
- Talk it through
- Challenge and change your thoughts.
- Urge surf.



Recovery is not destination. It is a journey that comes with continual revelation and growth. It is a journey that guides you back into the person you really are. It is thee journey. In the process you will learn to release these misunderstanding and learning that living here and now, live in the truth.

Name and Numbers for Help

- **Community Outreach Addictions Team (COAT)**– 24/7 access to peers in recovery assisting with linkages to resources and treatment for those battling addiction – Call (443) 783-6875

Program Offers:

- 24-hour phone and in-person support from Peer Support Specialists
 - Connections to many community and local resources
 - Access to treatment
 - Support for family and loved ones
 - Naloxone Trainings
 - Ongoing follow-up
 - Education and community outreach
- **Safe Station**– Open 24/7 for individuals seeking treatment and recovery services, located at 726 S. Salisbury Blvd. Salisbury, MD 21804 or call (443) 783-6875
 - **Wicomico County Health Department**– Contact the Local Behavioral Health Authority for a list of treatment providers in Wicomico County (410) 543-6981
 - **Maryland Coalition of Families**– Dedicated to serving families with behavioral health needs, including mental health, substance use and gambling issues. Main office: (410) 730-8267 or Email:info@mdcoalition.org
 - **Recovery Resource Center (RRC)**- Offering meetings and support for those looking to start or continue their journey to recovery-located at 726 S. Salisbury Blvd. Salisbury, MD 21804

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