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Myths About Substance Abuse And Addiction

By Sue Merklin

Myth 1: Overcoming addiction is a simply a matter of willpower. You can stop using drugs or drinking alcohol if you really want to. These substances alter the brain in ways that result in powerful cravings and a compulsion to use. These brain changes make it extremely difficult to quit by sheer force of will.

Myth 2: Addiction is a disease; there's nothing you can do about it. Most experts agree that addiction is a brain disease, but that doesn't mean you're a helpless victim. The brain changes associated with addiction can be treated and reversed through therapy, medication, exercise and other treatments.

Myth 3: Addicts have to hit rock bottom before they

can get better. Recovery can begin at any point in the addiction process – and the earlier, the better. The longer substance abuse continues, the stronger the addiction becomes and the harder it is to treat. Don't wait to intervene until the addict has lost it all.

Myth 4: You can't force someone into treatment; they have to want help. Treatment doesn't have to be voluntary to be successful. People who are pressured into treatment by their family, employer or the legal system are just as likely to benefit as those who choose to enter treatment on their own. As they sober up and their thinking clears, many formerly resistant addicts decide they want to change.



Myth 5: Treatment didn't work before, so there's no point trying again. Recovery from addiction is a long process that often involves setbacks. Relapse doesn't mean that treatment has failed or that you're a lost cause. Rather, it's a signal to get back on track.

Myth 6: Treatment must be done in an inpatient facility. Each individual's recovery is different. Some addicts cannot or will not go away for treatment. Many people successfully recover outpatient and in their home. It is not the location of treatment that will determine success but the relevance of the treatment program and the continuing commitment level of the addict and their support team.

Addiction Reach Home manages the in-home practices and acts as a resource for addicts and their loved ones, clergy, legal and medical professionals, corporations and local inpatient facilities. For more information or to schedule a complimentary appointment, call (561) 427-1900 or visit www.addictionreach.com to meet our recovery team.