

New Faces Of Addiction, New Options

By Sue Merkin

When you hear the word "addict," do you visualize a homeless person with a bottle in a paper bag or a rock star shooting up on drugs? Addiction is not age, gender, race, income level or profession specific. Statistics show that stressed baby boomers and young professionals are getting hooked on prescription drugs to help them cope, sleep or manage their physical pain. Their three martini lunches continue through to "Happy Hour" and beyond. Others choose recreational drugs to give them more energy and an escape from reality. Senior citizens are unintentionally mixing their drugs and drinking as well. Teens and college students are experimenting with drugs and alcohol at an alarming rate. Along with substance abuse, process addictions such as gambling, internet, sex and love addiction, eating disorders and trauma are on the rise and in the news.

As the "faces of addiction" change, so do the treatment options. There are many fine facilities, outpatient clinics and numerous 12-step meetings in our area. When functional addicts are ready to improve their lives but cannot or will not seek traditional addiction recovery, their best choice could

be in-home treatment. This cutting-edge concept offers discreet, convenient, comprehensive individualized care. If you or someone you know would benefit from in-home treatment, here are some questions to be considered.

- Do you have time constraints? Are you unable to get away for 30-90 days?
- Do you have to continue working, going to school, taking care of family members?
- Do you want your family to learn to be more supportive of you?
- Will inpatient treatment affect privacy in our business and personal life?
- Do you have financial limitations, or will you lose income by being away from home?
- Do you relate better to individual as opposed to group learning?
- Are you used to the convenience of concierge services that come to you?
- Would you like your Recovery Team to be available as long as you need them?

• Would you like to have a voice in planning and carrying out your treatment program?

• Are you most comfortable surrounded by the people and things you love?

• Would you like to be able to learn to cope in your own environment?

• Would you like your Recovery Team to come to you at your convenience, including evenings, weekends, 24/7?

• Would you like to stay under the radar, so no one needs to know you are seeking treatment?

• Are you looking for an affordable program so you will not have to pay for inpatient facility accommodations?

• Would you like to receive intensive one-on-one treatment that comes to you?

• Would you like to be matched with the specialists that can positively impact you most?

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