



Did You Know?

March 2019

Spring Cleaning for Drug Dependency Recovery: It's hard to believe that spring is finally here. Many view this time as an opportunity to reorganize and eliminate clutter. The same mindset can be applied to all aspects of life, especially for individuals in recovery from substance use disorders. An important step in both prevention and recovery is to constantly evaluate motivations and life focuses.

What You Should Know:

- As with other chronic diseases, treatment isn't a definitive cure for a substance use disorder. Fortunately, addiction can be managed successfully through consistent and adjustable care.
- According to the National Institute on Drug Abuse, 40%-60% of individuals treated for a substance use disorder relapse at some point during the recovery process.
- Relapse is defined as a return to drug use after an attempt to quit. Relapse is extremely dangerous as it increases the risk of an overdose. This occurs because any tolerance to a substance previously obtained while in heavy use is lost.
- Research shows many individuals who have developed a substance use disorder started use prior to age 18 and developed a substance use disorder by age 20.
- Currently, there are various substance use disorder treatments available. Options include behavioral treatment, medication, counseling, withdrawal treatment, management therapy, co-occurring mental health treatments, long-term follow-up, and preventative treatments.

What You Can Do:

- **Clear The Clutter:** Surround yourself with people that support your goals and strengthen positive lifestyle changes. Clean out social circles and remove relationships tied to unhealthy behaviors. Seek out new friendships through activities such as volunteer work or support groups. Finding community amidst struggle helps cultivate a strong network of support.
- **Perform An Inventory Check:** Create a list of what's necessary in maintaining positive self-care. Decide if you are giving each listed item enough time and energy. If not, figure out what's in the way. Use calendars and weekly planners to help keep goals moving and organized. Be sure not to overwhelm yourself and set realistic expectations.
- **Check The Corners:** Take time to look over the "hard to reach" areas. Whether it's an emotional, mental, or a physical issue or trauma, be sure to address it. Substance use disorders can resurface in unexpected ways, so it's important to make sure all aspects of life are given the care they need.
- **Make Repairs:** Relapse is a part of recovery. Sometimes the best laid plans can fall apart, but knowing how to readjust is key. Linking up with a prevention agency such as The Erie County Council for the Prevention of Alcohol and Substance Abuse (ECCPASA) can help aid those in need of assistance.

Prevention - Education + Intervention

THE ERIE COUNTY COUNCIL FOR THE PREVENTION OF ALCOHOL AND SUBSTANCE ABUSE

Information obtained from: www.drugabuse.gov ; www.nimh.nih.gov

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The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs - - America's #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • www.eccpasa.org