



DRUG REHAB FAQ's

A Comprehensive Guide to Drug Rehab

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eBook

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DRUG REHAB QUESTIONS AND ANSWERS

To see a loved one struggling with the disease of addiction is an extremely painful experience. Both the addicts and their loved ones feel helpless and hopeless and often do not know where to turn for help. Unfortunately, without professional assistance, most people who suffer from substance abuse are unable to overcome this problem. Nine out of ten addiction sufferers cannot overcome their addiction without rehab and counselling.

Once help has been obtained in the form of a rehabilitation centre, one invariably ends up with many questions. The aim of this document is to provide addicts and their loved ones with answers to an extensive range of rehab related questions.

The decision to help a loved one to be admitted for treatment is challenging, but doing nothing enables the addict in their pattern of abuse. We hope that this document will address some of your questions with regards to addiction, as well as your concerns about rehab in general.

THE NATURE OF ADDICTION

What is addiction?

Addiction is a brain disease, which results largely from brain changes (involving multiple brain circuits, including those responsible for governing self-control) which stem from prolonged drug use. It is characterized by:

- Cravings - a strong need or urge to use drugs;
- Loss of control – unable to stop once using has started and the persistent use, even in the face of devastating life consequences;
- Physical dependence – withdrawal symptoms once stopped, like body aches, sweating, shakiness, anxiety, nausea and irritability;
- Tolerance – the need to use greater quantities to get “high”.



How do I know if someone is addicted?

If someone is compulsively looking for and using drugs, despite negative consequences; such as family, relationship and friendship problems, loss of a job, increasing debt or physical and mental health problems related to the drug abuse, then he or she is probably addicted. If you are wondering if you yourself have a problem, then you probably do. People who do not have addiction problems do not ask themselves if they have a problem. Many addicts believe they can stop at any time, but most often they cannot and when they do, they cannot stay stopped and most likely will need professional help.

Answering the five questions below, can assist you in ascertaining if you or a loved one has a drug problem:



5 Questions

1. Have you ever felt the need to cut down on your using?
2. Have you ever felt guilty or ashamed about your using?
3. Have you ever used drugs first thing in the morning to enable you to get up and face the day?
4. Have you ever felt annoyed when people criticized your using?
5. Do you use when you are alone?





A “**yes**” to any one of these questions may be an indication of a drug problem, while a “yes” to more than one question means that you most likely have a drug problem and it is important that you get help.

What is meant with the term “disease of addiction”?

Addiction, like other diseases, follow a predictable course and has symptoms. It is a chronic, relapsing, brain disorder, meaning that people suffering from it have it for their lifetime.

For more information see:

<http://wedorecover.com/addiction/brain-disease.html>

Can the disease of addiction be cured?

No. There is currently no cure for addiction. Even when the addict has been clean for a long time, a relapse can still occur. Staying totally abstinent is the safest course for addicts.

Can addiction be treated?

Absolutely. The most effective treatment for addiction is rehabilitation and counselling. Treatment has been very successful in assisting many addicts to stop using, to help them to rebuild their lives and live lives of long-term recovery. Drug rehab programs work for many people.

Just like treatment for other chronic diseases, like asthma, diabetes and high blood pressure have varying degrees of success, so the success varies with addiction treatment too. Many addicts stop using and remain clean, while others have long periods of clean time with bouts of relapse, while others struggle more.



One thing is clear though, the longer the addict does not use drugs the less likely they are to have related health problems and the more likely they will live productive lives.

For more information see:

<http://wedorecover.com/addiction/treatment.html>

Is there a genetic predisposition to addiction?

Research supports the theory that addiction runs in families. A genetic predisposition does not mean that the child of an addict will become an addict, while some addicts have no family history of addiction. Lifestyle is often the triggering factor. Things like the amount of stress and how stress is handled, the availability of drugs and the morality about drugs can play a role in the development of the disease.



THE GOALS OF REHABILITATION

In most cases, where addiction is involved, the addict cannot stop using – sheer willpower is just not enough to overcome addiction. The good news is that drug addiction centres can help. Drug rehab programs are designed to successfully detox the substances from the addict's body, help the individual to stop abusing drugs and assist him/her to re-integrate back into society and live life as a drug-free and productive member of society.

What is the main goal of drug rehab?

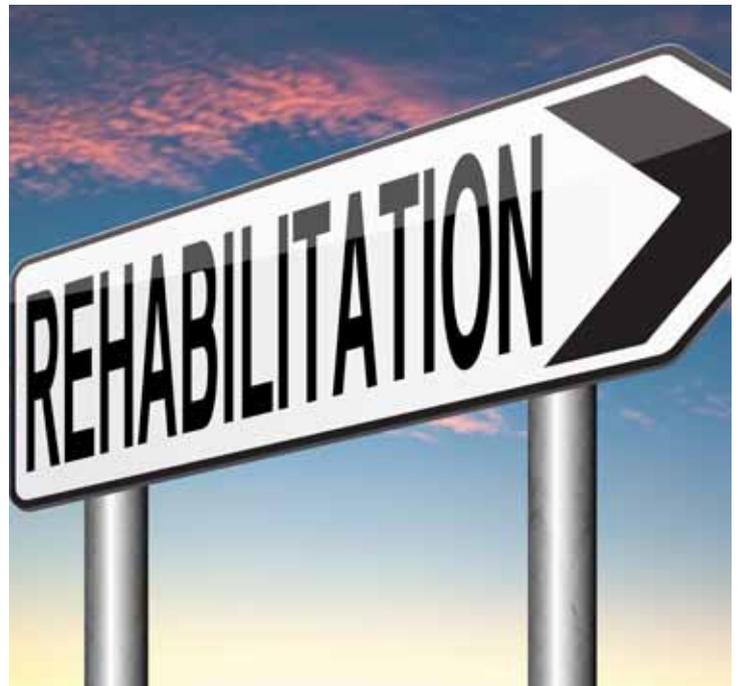
The main goal of drug rehab is to help the addict overcome the struggle with substance abuse and to lead a life free from drugs. Supporting this goal is the need to first help the individual to detox.

The drug rehab program will then address the underlying issues to the addiction. The aim is to address the various root problems and to teach the addict skills that will enable him/her to end resulting behaviours like drug use.

Are there different treatment goals for rehab programs?

The main goal of all drug treatment programs is the same – to eliminate substance abuse. It is important know

that, to reach this overarching goal, treatment must be seen as a process, consisting of different aspects. Addiction professionals understand that smaller goals must be met first. Programs are designed to create smaller goals for measureable and observable behavioural changes. Progress in the program will be reflected in the evolution of these goals. The first and most basic goal in any treatment program, is for the addict to admit that he/she has a drug problem and that they cannot control their using.



“It is important know that, to reach this overarching goal, treatment must be seen as a process, consisting of different aspects.”



CHANCES OF SUCCESS

We often hear that drug treatment does not work, because someone we know went to rehab, but relapsed. The truth is revealed below

Does drug rehab work?

Indeed it does. Drug rehab has been proven to be highly effective. What is needed is a degree of personal commitment and the correct treatment program. The combination of individual attention from professional drug counsellors and a personalized treatment program, helps the addict to see and

overcome the destructive pattern of drug abuse and achieve sobriety. Comprehensive treatment programs include some form of life skills training, to teach the addict how to live life sober and to appropriately prepare the addict for life after rehab. It is important to find the right program that meets the individual's recovery and treatment needs.

What contributes to the success rate of rehab?

Completion of the treatment program is one of the biggest factors in successfully living clean. The backbone to this is the compassionate, experienced and capable

"What is needed is a degree of personal commitment and the correct treatment program"

staff of the rehab centre. Willingness to continue the recovery process once having left the facility is extremely important. Most rehab centres offer their clients some form of aftercare and/or continued counselling to keep them motivated and focussed on recovery.

Do I have a better chance of staying clean if I attend rehab locally or if I leave my surroundings and attend rehab in another town of country?

Many addicts opt to go for treatment away from home, as it takes them away from the places where they are used to abusing drugs. Recent research is proving that it is more beneficial for addicts to undergo treatment where they are going to be living once they have left rehab. The reason for that is that addicts need ongoing support once back in normal life and if they leave the treatment environment and go back home, they do not have the support and they are back where they used, which is unsafe for them.

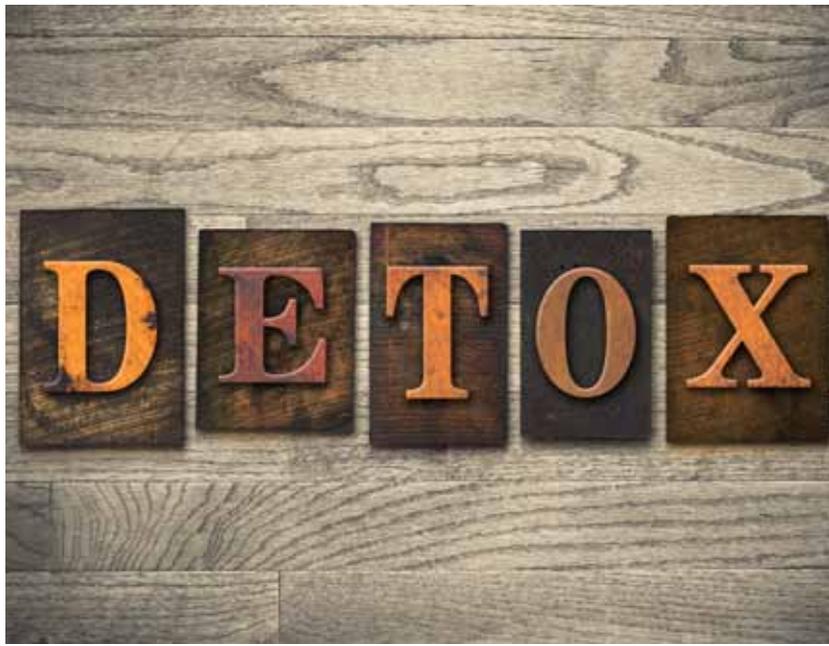




DETOX

What is “detox”?

Detoxification – better known as “detox” - is the process during which the body is allowed to rid itself of a drug while the symptoms of withdrawal are managed. The detox process can range from being physically uncomfortable to even dangerous. It is recommended that the detox process be supervised by medical personnel, who can manage the physical symptoms of withdrawal. It is often the first step in



a drug treatment program and should be followed by treatment with behavioural-based therapy.

Detox alone, with no follow-up, is not treatment. Statistics have shown that addicts who only do drug detox, without addiction treatment afterwards, perform about the same in life as addicts who have not had any rehab at all. As mentioned earlier, the reinforcing factors associated with drug addiction are physical, mental and spiritual and all three these areas need to be treated for successful recovery, not just the physical aspect, which is what detox does.

What is withdrawal and how does it differ from detox?

Withdrawal describes the various symptoms that occur once long-term use of a drug is reduced or stopped and is a symptom of detoxifying. The length of withdrawal and the symptoms vary in accordance with the type of drug. For example, physical symptoms of heroin withdrawal may include restlessness, muscle and bone pain, insomnia, diarrhoea, vomiting, and cold flashes. These physical symptoms may last for several days, but the general depression, or dysphoria (opposite of euphoria), that often accompanies heroin withdrawal may last for weeks. In many cases, withdrawal can be easily treated with medication to ease the symptoms, but treating withdrawal is not the same as treating addiction.



Does the addict need detox?

Depending on the rehab centre, detox is not always necessary before entering rehab. Most rehab centres will do an initial screening and decide if detox is necessary or not. If detox is advised, the centre will either have their own detox facility or they will facilitate entry into a detox centre. Attempting to detox from certain drugs without medical supervision can be dangerous and may even jeopardise the addict's health. Some drugs, such as heroin and opiate-based prescription painkillers, can produce severe withdrawal symptoms. Overcoming these symptoms without supervised medical assistance can be challenging and nearly impossible. A rehab centre will have trained professionals on staff to guide the addict through the detox process.

Is a rehab centre and a detox clinic the same thing?

No, they are not, but they do often overlap. Many rehab centres have a detox program that they offer to patients, although those patients will not be allowed to participate in the rehab program until they have completed the detox process. It is of the utmost importance that detoxing addicts be in a supportive environment, with medical staff on hand to keep withdrawal symptoms under control. A well-controlled detox decreases the likelihood of relapse and any health complications.

For more information see:

<http://wedorecover.com/articles/article/drug-detox-in-south-africa.html>

FINDING THE RIGHT REHAB PROGRAM

The first step when looking for a suitable treatment program is to understand the level of care that the addict needs. While some treatment facilities may focus specifically on one type of substance abuse problem, most rehab centres offer treatment for both drug abuse and alcoholism as well as various other addictions. Selecting the right treatment program will help ensure that the addict receives the care that he or she needs. A large percentage of addicts in recovery are receiving treatment for more than one condition. This is known as co-occurring disorders. If co-occurring disorders are present, it is important to find a program that will cater for all of these different occurrences.

What exactly are co-occurring disorders?

Co-occurring disorders, or dual diagnosis, means that a person has two separate types of disorders at the same time. Someone who has a drug addiction and at the same time also has a psychological or behavioural condition – such as an anxiety disorder, depression, or bipolar disorder – is said to have a dual diagnosis. Addressing both co-occurring conditions is



critical for successful recovery. Look for a rehab centre that uses an integrated approach that includes working with psychiatrists and other mental health professionals during treatment.

For more information see:

<http://wedorecover.com/addiction/addiction-types/dual-diagnosis.html>



What type of treatment programs are available?

Twelve step programs: A traditional 12-step program is one of the most popular and effective treatment methods for drug addiction. Twelve step programs have helped millions of individuals recover from substance abuse and maintain life-long sobriety. The program is designed to bring sobriety, serenity, strength and surrender to an individual's life. Program participants advance, in order, through each of the 12 steps. These steps include acknowledging that they have a drug problem and are powerless to control it; believing in a power greater than themselves that can assist to gain control; and turning their problem over to this higher power. The program focusses on fellowship and community support. Narcotics Anonymous (NA) is a

fellowship of recovering addicts who share their similar experiences, strengths and hopes with one another, so that they may successfully address their addictions and shortcomings, as well as repair life problems through the 12-steps recovery plan. Twelve step treatment programs suggests that individuals not make any long-term commitment to stop using drugs, but to take recovery one day at a time. It is through this day-by-day commitment and the support and reinforcement offered in the NA 12-steps program that addiction is overcome.

Holistic treatment program: Holistic treatment programs integrate complementary therapies to address mental or psychological matters that underlie substance abuse. Depression, post-traumatic stress disorder (PTSD), anxiety, a history of physical or sexual abuse, or other personal problems may contribute to the substance abuse. Addicts may abuse drugs as an "escape" from their problems. Holistic treatment programs may use yoga, meditation, massage therapy, tai chi, acupuncture or other alternative therapies to help restore an individual's sense of well-being and purpose.

Cognitive behavioural therapy: Cognitive behavioural therapy is a mode of treatment designed to help individuals recognise destructive patterns of behaviour and change these in order to prevent future substance abuse. Cognitive behavioural therapy may take place either as group - or one-on-one counselling. Many treatment centres offer behavioural therapy in conjunction with a 12-steps program or holistic treatments.



Christian Rehab: Christian rehab is an intensive recovery approach and is based on the understanding that putting their faith in Jesus Christ will give them the power to defeat addiction and empower them to lead productive lives. Christian rehab centres provide a program of study specifically designed to educate their clients about God and help them achieve the enthusiasm and knowledge required to become successful Christians. Christian drug rehab programs focus primarily on the spiritual aspects of addiction and put faith over to God for healing. Most Christian rehabs are very comprehensive and offer wide ranges of life-application training or intensive therapies and counselling derived from Biblical principles.

Therapeutic Community: The Therapeutic Community is a long-term, behavioural modification treatment approach to drug rehab. It is a highly structured drug program where addicts typically live for 1-3 years. These are generally addicts with relatively long histories of drug addiction and have repeatedly been involved in serious criminal activity. These rehab centres' programs are to focus on the social and behavioural aspects of addiction and some also integrate the 12-steps program.

Dual diagnosis: Dual Diagnosis rehabs focus on treating people who suffer from a severe mental disorder accompanied by a drug addiction. These programs often combine a variety of treatment methods depending on the nature of the psychological problem and the drugs to which the client is addicted. Dual diagnosis drug rehab centres address this type of addiction through psychiatry and prescription medications, as well as other forms of therapy. However, many adverse mental conditions are a result of prolonged bad choices and unhealthy behaviours, such as taking drugs and not taking care of oneself mentally, physically and spiritually and therefore through intensive long-term treatment and comprehensive rehabilitation the addict can turn his or her condition around without taking psychotropic drugs prescribed by a psychiatrist.

Alternative treatment: Alternative treatment or secular rehabilitation centres are often called holistic rehab programs. In this sense, holistic means providing treatment to the whole person; mind, body and spirit. Alternative rehabs often use yoga, acupuncture, eastern philosophy or scientology and other secular practices to try and heal addiction. Some of these rehabs start their program with deep physical detoxification, using vitamins, other supplements, physical exercise and a low temperature sauna, to rid the body of any leftover chemicals from the addictive drugs. After the detox their clients go through eight courses that are derived from self-help techniques of scientology. These are sometimes drug-free rehab facilities that do not use psychotropic medications for the treatment of mental illness or addiction.

Do different type of addictions get different types of therapy?

For most addictions, the main goal is to get to the root issue of the addiction, to ensure long-term recovery. Group sessions are a great space for addicts to share about their individual



circumstances and to get in touch with their powerlessness and damages of their addictions. It is also a good way to get to know the community and to learn more about addiction, their own and in general. The individualised and private session are structured around the individual and his or her own unique circumstances and manifestation of their addictions. o get to know the community and to learn more about addiction, their own and in general. The



INPATIENT VERSUS OUTPATIENT PROGRAMS

section below explains more about what the differences are between inpatient and outpatient treatment and which is best suited to which situations.

What is the difference between inpatient and outpatient programs?

An inpatient treatment program is the most comprehensive form of treatment with around the clock care, is also known as a residential treatment centre and they usually have medical staff members present at all times.

Clients live at the facilities for the duration of the treatment. It benefits most addicts to leave their home environment and stay at a residential treatment facility. This change in environment keeps them away from the stress of their regular lives, helps to remove negative influences and gives them the opportunity to focus exclusively on their addiction and recovery. Inpatient treatment include individual therapy, group therapy, complimentary therapies like animal therapy, yoga and meditation.

Outpatient treatment is a form of rehab where addicts travel to a treatment centre to attend classes or therapy sessions and leave the facility the same day. It is an effective way for people who have successfully completed inpatient treatment to stay a part of ongoing care. Some outpatient treatment programs only run a few hours each week, while others require a commitment of several hours per day, or even all day. The level of care and the time vary widely based on the addict's treatment needs. This type of treatment allows the addict to have a normal home, school or home life, while undergoing treatment.

The goal for both outpatient and inpatient rehab is the same and that is to assist addicts to recover from substance abuse and achieve sobriety. The day-to-day goal for these programs may differ though. Addicts in inpatient programs may need a greater level of care as they attempt to recover from drugs and/or their other addictions, while outpatient programs may primarily focus on aftercare and relapse prevention.



Which one of inpatient or outpatient treatment is the best?

There is no straight answer to this question, as it depends entirely on the particular situation; the type of substance used, how long it has been abused, how much of it has been taken and the person's personal circumstances. If the addiction involves a physical dependency, then inpatient care with on-site detox is recommended. This allows for the substance(s) to be safely removed from the addict's system. It is essential that this process takes place with 24-hour medical care.



With inpatient rehab, the addict is removed from his/her regular life and the associated triggers, which allows the addict the opportunity to place their sole focus on their recovery. Addicts with severe addictions, dual diagnosis and negative home environments are advised to undergo inpatient care.

People with career or family obligations, who can't get away from these for a period of time, benefit best from outpatient care. Generally however, outpatient rehab is recommended for those with less severe addiction issues.

For more information see:

<http://wedorecover.com/treatment/outpatient-drug-rehab.html>

As an inpatient, what freedom do I have?

To ensure the success of treatment, most rehab programs do not allow clients to come and go during the course of treatment, unless they are accompanied by staff. Addicts, during active addiction, had very little sense of routine and of what was right and wrong, so treatment centres attempt to instil a sense of discipline in them with the small things in treatment, to teach them to deal with the bigger things back in society. Most facilities are left unlocked, but locked facilities do exist for clients who need to be secured due to hostile behaviour or because they pose a threat to themselves or others. In most cases, however, facilities remain unlocked although individuals are not permitted to leave.

What do I take with me?

Each treatment centre will have lists of what you should take with you and what they do not allow. When you confirm your admission with the centre of your choice, these details will be given to you. This will include their rules and procedures with regards to prescription medication.



How much does rehab cost?

It is difficult to give an indication of the costs involved for rehabilitation, as the cost can vary dramatically, depending on at least four different factors:

- Amenities provided: High-end treatment centres offer private rooms, while rooms are generally shared in mid- to lower-end facilities. The amenities can vary significantly, from professional chefs to animal therapy. The higher-end programs offer more alternative therapies, such as yoga, massage therapy and acupuncture.
- Length of treatment: Shorter programs normally last for three weeks (for primary care only), while longer programs (those including secondary and tertiary treatment) can be from 28 days to 90 days and even as long six months to a year. It has been proven that the success rate of treatment is higher the longer the addict stays in the treatment environment.
- Location: The location of the centre will also have an influence on its price. Facilities in desirable locations like the beachfront, will generally garner higher prices than those in suburban areas.
- Program type: Inpatient programs cost more than outpatient, because clients live at the facilities and get food and medical care.

Private treatment in South Africa can range from R 23,500.00 for three months to R 57,000.00 for three weeks.

MEDICAL AID

Does the medical aid for rehab?

The short answer is yes. Medical Aids pay for three weeks of inpatient treatment, but the amount depends on the actual medical aid as well as the plan the member is on. Comprehensive plans pay more than hospital plans. It is advised to check with your medical aid the exact amount they will pay before checking into a rehab centre.



"It is advised to check with your medical aid the exact amount they will pay before checking into a rehab centre."



CONFIDENTIALITY

Due to the stigma associated with addiction, despite the fact that it is a disease, a lot of people are ashamed going to rehab and want to keep it confidential.

Is it possible to keep the fact that I am in rehab confidential?

Issues of privacy and confidentiality are a primary concern at most rehab centres. In accordance with the law, treatment facilities are not allowed to disclose anyone's presence in treatment, neither are they allowed to give information about a person's participation in treatment, without their written consent.

FAMILY INVOLVEMENT IN TREATMENT

Addiction is a family disease, as it influences the whole family. Family dynamics, communication and behavioural patterns are influenced by and play a role in the addict's using.

Can my family visit me while I am in rehab?

Family visits are recommended, as the addict needs the support of those close to him. Most inpatient rehab centres have specific visiting times for family members – mostly on weekend afternoons - and some even make specific arrangements for visitation with children. As rehab is a very sensitive stage in the addict's recovery, most rehab centres prefer to have the visitors approved in advance and it is expected that visitors adhere to all the house rules.

Do families have to be involved in the treatment process?

Family involvement can play a very important part of the recovery process and is crucial to achieving rehab's primary goal of long-term sobriety. A lot of treatment centres offer conjoints – which is family therapy sessions - workshops for family members or run inclusive family and life partner programs. This enables them to get a better understanding of addiction and then by implication also of their loved one's behaviour, the contributing factor to the addiction, and how they can help their loved one achieve sobriety. Addicts may have begun abusing drugs in response to a challenging family situation, while in other cases, an individual's substance abuse may have seriously affected the well-being of different family members. Therefore, addressing family dynamics and creating a safe space for communication and healing is an important goal for rehab program.

What other contact is allowed with family and friends?

Most rehab centres allow phone calls to and e-mails (or even Facebook) with family and friends, but this is limited to specific times and may be monitored. Due to the distraction effect of cell phones, clients are invariably not allowed to have their phones with them and may receive them for short periods at allocated times.



RELAPSE

Addiction is a chronic brain disease and the addict needs to do specific things to stay healthy. Just like diabetics become very ill when they do not maintain a strict maintenance routine, addicts who do not care for themselves appropriately, relapse. Relapse rates for drug addiction are similar to those of other well-characterised chronic illnesses like hypertension and asthma. Many addicts do not achieve perfect, lifelong recovery with one rehab stay. Relapse should not be seen as failure, but should be viewed as an obstacle to overcome on the journey of recovery and an opportunity to reassess

one's path. Many addicts complete more than one stay in a rehab facility before they find true recovery. While relapse can be frustrating, painful and disappointing for all involved, it is important to remember that not every day will be a step forward. Relapse does not mean that your loved one is "hopeless" or that the previous rehab program was a waste of time.

What is a drug relapse?

A drug relapse is a downward spiral into compulsive behaviour and addiction. It does not just happen suddenly, but there are warning signs that typically appear long before the addict picks up the first drug and begin using drugs again. The return to substance abuse is normally the result of an emotional or mental relapse that may have happened weeks or even several months before. This means there is generally plenty of time prior to the return to substance abuse for warning signs to be identified and for relapse to be addressed.

In which ways do rehab help to prevent a relapse?

Relapse prevention is one of the primary goals of rehab. Rehab programs help addicts to confront their addiction head on, by addressing both their immediate physical and psychological needs to use drugs, as well as their



emotional and mental issues underlying their drug abuse. Programs that include life skills courses are most successful at preventing relapse. Addicts cannot cope with life and its realities, but by teaching them these coping skills, chance of relapse is reduced. Most treatment facilities spend a lot of time with the addict working on a relapse prevention plan, to allow them to leave treatment with a written document and a structured program of what to do once they are back in real life.

For more information see:

<http://wedorecover.com/articles/article/addiction-treatment---relapse-prevention.html>



Will rehab work after a relapse?

Yes, rehab can work after relapse. Relapse is a sign that the addict needs additional care to maintain sobriety. A rehab program after a relapse can help the addict recommit to their sobriety and address the issues that contributed to their relapse.

AFTER REHAB

It is extremely important to know and remember that drug treatment does not end when the addict walks out the door of the treatment centre – regardless of the duration of the stay. This attitude of indifference is the biggest contributing factor to relapse.

What happens after I leave the rehab centre?

Recovery is an ongoing and life-long process and often involves ongoing individual or group therapy and 12-step meeting attendance. Most rehab centres have a life-long aftercare program, which gives the addict time and space to reconnect with treatment and reinforce

the skills taught during treatment. A relapse prevention plan would have been set up for the addict before leaving treatment, which should contain information on after care, outpatient treatment, extended care centres, sober living facilities and 12-step meetings. The most successful rehab programs include strong outpatient and transitional care to help individuals readjust to sober living.

What to do if not doing drugs?

A lot of recovering addicts find other activities key to their ongoing recovery; like exercise, art, meditation and yoga. It is of the utmost importance that the addict finds and maintains a supportive environment to keep them safe. Narcotics Anonymous is a special place where addicts do not only find support, but also friendship and many activities to keep them away from drugs.

MY LOVED ONE IS NOT READY FOR TREATMENT YET

This is a challenge, but contrary to popular belief, an addict can be forced into treatment by a court order, as a result of a traffic violation or arrest or if it can be proved that the addicts is a risk to himself or others.





What can be done to help someone get treatment?

Stop “covering up”: Family and friends often make excuses or try to protect addicts from the results of their drug abuse. This must be stopped, so that they can experience the full consequences of their using.

Time the talk: The best time to talk to addicts is soon after a drug-related problem incident – like an accident. Wait until the addict has come down (is not high) and both of you are relatively calm, and you have privacy to talk.

Be specific: Tell the addict, in a non-judgemental way, that you are very concerned about his or her drug abuse. Give examples of problems that his or her drug abuse have caused and including the most recent incident.

State the results: A boundary is only a boundary if you stick to it. Consider this step carefully before talking to the addict. Explain what you will do if he or she doesn't go for help. This is not to punish the addict, but to protect yourself from his or her problems. This may range from refusing to attend any social activity with the addict where he or she may use drugs, to moving out of the house or refusing him or her entry to the house. Do not make any threats you are not prepared to carry out.

Be prepared: Gather information about treatment options in advance, so that if the person is willing to get help you can call immediately and make the necessary arrangements. Know the available options and what the next step is.

Call a friend: If the addict still refuses help, ask a respected friend to talk with him or her using the above steps. A fellow recovering addict may be particularly persuasive, but any caring and non-judgemental person may be effective. Do not give up. More than one person sometimes needs to talk more than once before the addict agrees to get help.

Call reinforcements in: Hold an intervention. This is when, with the help of a counsellor or other health professional, the family join with relatives and friends to confront the addict as a group. This should only be tried under the guidance of a professional who is experienced in this kind of group intervention.

Get support: Remember that you are not alone. There are support groups for families and friends of addicts, like Nar Anon. They hold regular meetings in which you are made to understand that you are not responsible for the addict's using and that they need to take steps to take care of themselves, regardless of whether the addict chooses to get help.

For more information see:

<http://wedorecover.com/interventions/intervention.html>

