

TO FIND A DRUG TREATMENT CENTER IN INDIANA

GO TO:

[http://
www.drugfreepulaski.org/
faq/](http://www.drugfreepulaski.org/faq/)

.....and click on
Treatment Centers

For more information on finding a rehab,
or getting insurance for your loved one
call Deb at 574-242-0123

(all calls are confidential)



Pulaski County Drug Free Council

<http://www.drugfreepulaski.org/faq/>

Mission Statement:

To collaboratively network and support a county wide effort to reduce youth and adult substance abuse by resources to further our agenda and provide grant opportunities to qualified applicants who plan to do the same.

Purpose:

The Pulaski County Drug Free Council (PCDFC) acts as Pulaski County's Local Coordinating Council (LCC) of the Governor's Commission for a Drug-Free Indiana. It strives with the concerns of all our population, but especially our youth in the area of drug, alcohol, and tobacco abuses in this community. Reaching the community in a helpful way in that Pulaski County may continue to be a safe and healthy place to live and raise families is its goal. The areas of prevention/education, law enforcement/justice, and treatment are the target areas to receive program funding by the Drug Free selected monies.



ADDICTION IS A DISEASE.

RECOVERY IS POSSIBLE

TREATMENT IS AVAILABLE!

**Indiana
Addiction
Hotline:
1-800-662-HELP
(4357)**

6 COMMON MYTHS ABOUT ADDICTION

PEOPLE WHO ARE ADDICTED LACK WILLPOWER...

FALSE Addiction actually changes the way the brain and the body work, impairing willpower and reducing self-control.

ALL ADDICTS ARE THE SAME....

FALSE Addiction can affect everyone. Factors like economic status, race, age, career, or education may sometimes increase a person's risk. But anyone can become an addict.

PRESCRIPTION DRUGS ARE SAFE DRUGS...

FALSE Just because a doctor prescribes it doesn't make it safe, especially if have a history of drug abuse. Prescription opioids can cause addiction even if taken as directed.

EVERY PERSON THAT DOES DRUGS IS AN ADDICT...

FALSE Although drug abuse can lead to addiction, not everyone becomes an addict. Addiction is characterized by compulsive substance abuse despite the harmful consequences

ADDICTION IS A SIGN OF MORAL FAILURE...

FALSE The stigma surrounding addiction implies that addicts lack morals, but this is unfounded. No one knows what causes addiction but there are many factors that increase the likelihood of developing an addiction

ONLY ONE TYPE OF ADDICTION TREATMENT WORKS...

FALSE The addiction process will look different for everyone, but it doesn't mean one is better than the other. Treatment should be individualized for each person's needs.

Alcohol and Drug Abuse Hurts Everyone in the Family

Dependence on alcohol and drugs is our most serious national public health problem. It is prevalent among the rich and poor, in all regions of the country, and all ethnic and social groups. The problem is that addiction tends to worsen over time, hurting both the addicted person and all the family members of society creating a false hope in the family that **"it's not that bad"**.

It Doesn't Have to be That Way

Drug or alcohol dependence disorders are medical conditions that can be effectively treated. Millions have recovered. You need to seek help for the addict and also yourself.

Treatment can occur in a variety of settings, in many different forms and for different lengths of time. The first step to recovery is getting help.

Family Intervention Can Start the Healing

Getting a loved one to agree to accept help, and finding support services are the first steps toward healing for the addict and their families.

When the addict is reluctant to seek help, sometimes family members, friends and associates come together to confront them to urge them to go to treatment, then list the consequences of not doing so. This is an Intervention. You may do this with the guidance of a competent, trained specialist, the family, friends, and associates.

Signs of Addiction

It can be extremely difficult to admit to a possible problem – and even harder for the addict to recognize that he or she is addicted. Here are some of the most common signs of addiction, from the [U.S. Department of Health and Human Services](#):

- Change in friends and hangouts
- Changes in mood, motivation, attitude
- Absenteeism at work or school
- Increased need for cash
- Bloodshot eyes or enlarged pupils
- Sudden weight changes (gain or loss)
- Secretive behaviors; lying
- Tremors in the hands
- Ignoring once-loved activities

STAGES OF GRIEF WHEN A LOVED ONE IS ADDICTED

Denial & Isolation: We feel a loss when a loved one is addicted to drugs or alcohol.

Anger & Guilt: *"Why my son?" "Why my wife?" "Why us?" "Why me?"* Your emotions can go from vulnerability-to anger!

Bargaining: Families feel the need to control the situation, but addiction causes chaos. We bargain with them, we bargain with God, we look for ways to change the problem.

Depression: Sadness & hopelessness are emotions the family and close friends of the addict feel. We worry and we feel hopeless.

Acceptance: This is the desired stage of grief. This does not make it okay, but we make peace that we have done all you can do.

These stages are different for everyone. It is a process that takes time, support and self-acceptance for **you**.