

What Families Need to Know

Substance use disorders have enormous impact on the family members and loved ones. In a family where substance use has caused problems, family members learn roles to cope with the instability. The reaction to the harmful use of a family member is called co-dependency.

Once a significant pattern of use has started, it is common that the user becomes unable or unwilling to change their use patterns. Unfortunately, there are few things family members can do, and most attempts don't end up with the results desired. However, with help, there is hope for lasting recovery for the entire family.

Tips for family members:

- **Separate the behavior from the person.** The person you care about exists and can return if the using stops.
- **Talk about it** with others you know who have been through this disease with a loved one, at an Al-Anon Family Group meeting or with a therapist specializing in family treatment. They know the pain and frustration involved, and wisdom is often yours for the asking.
- **Set boundaries.** Make a decision about how much you are willing to accept and have a consequence if the substance user disrespects that boundary.
- **Let the substance user feel the consequences.** It's painful when a loved one loses a job, gets arrested or must find somewhere else to sleep. However, the wisdom from recovering people is that "when there is enough pain, change will come."

How we can help.

Pine Rest offers a full continuum of addiction services that include residential detoxification, inpatient, intensive outpatient, opioid maintenance, medication management, individual and group therapy and family services at our treatment center in Grand Rapids. Some services are available in other Michigan locations and through telehealth services.

With one call, we can guide you through the process of inquiry, assessment and admission to the most appropriate level of care. We will assist you with understanding your insurance benefit, help you understand what other sources of funding might be available and qualify you or your loved one for treatment.

Our commitment is to treat you and your family with a welcoming heart, provide compassion and understanding in time of need and to offer hope and help through the provision of excellent care.



Recovery is Possible!

For help, please call
866.852.4001

Services

Addiction/Substance Use

Outpatient & Telehealth

Psychiatric Urgent Care

Open daily for walk-in assessments. Adults only. Telehealth appointments available.

Crisis Services

If you or a loved one are in crisis, our licensed clinicians are available 24/7 to discuss your situation and determine the appropriate level of treatment. All ages.

Scan to Learn More...

About substance use disorder and our services, or visit pinorest.org/addiction.



UNDERSTANDING Substance Use Disorders



 **PINE REST** Christian
Mental Health
Services

 **PINE REST** Christian
Mental Health
Services



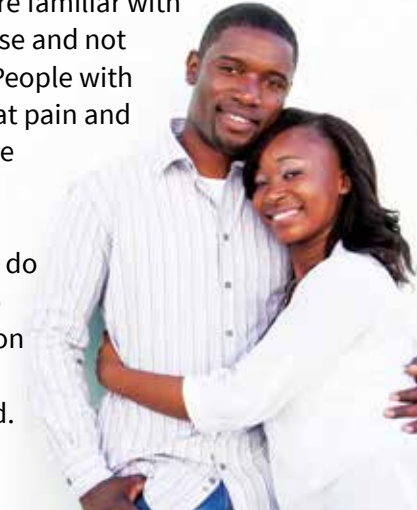
Addiction is a disease located in the brain.

Addiction begins when significant changes take place deep within the human brain where clusters of nerve cells allow us to feel joy, happiness and satisfaction. This “pleasure center” (mesolimbic dopamine system or MDS) communicates via chemical messages sent from nerve cell to nerve cell via neurotransmitters such as serotonin, dopamine and norepinephrine. Many substances can affect the quantities of these chemicals and how they interact with nerve cells.

For persons having a predisposition to addiction, the introduction of a substance bringing a pleasurable feeling may begin to disrupt the receptor/neurotransmitter function of the nerve cells in the MDS when used again and again. What once was a source of pleasure becomes a desperate need for the substance.

When addiction is left untreated, it is often fatal. Unfortunately, addiction, whether to alcohol or other drugs, is also a relapsing disease that is all too common.

It is important for health providers and the public alike to become more familiar with addiction as a disease and not a moral weakness. People with addiction are in great pain and their suffering can be lessened and even eliminated through treatment. We must do what we can to help people with addiction get the care and treatment they need.



Substance Use Disorders

Substance Use Disorders (SUDs) are the diagnosable addictive illnesses listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM). The current DSM version lists nine types of substance addictions—alcohol, caffeine, cannabis, hallucinogens, inhalants, opioids, sedatives, hypnotics, and anxiolytics, stimulants and tobacco.

Co-Occurring Disorders

When a person has both a substance use disorder and a mental health disorder, they are diagnosed as having co-occurring disorders or dual disorders. Treatment regimens that aim to address both the substance use and mental health disorders concurrently have proven to be very effective.



Treatment is Effective

Because addiction is a disease and not a moral weakness or shortcoming, treatment is possible and even effective! Research shows that treatment can help patients stop using, avoid relapse and successfully recover their lives. Of individuals with chronic dependence who achieved sustained recovery, the majority did so after participating in treatment.

Treatment has graduated steps designed to meet the differing needs of each patient and each phase of addiction or recovery. This treatment continuum allows patients to “step-up” or “step-down” to match treatment intensity with their recovery needs.

At the initial evaluation, American Society of Addictions Medicine (ASAM) criteria are used for patient placement into the varied treatment options listed below. While all these treatment options are available in person, many are now also available through telehealth visits.

Treatment Options Available

- Psychiatric Urgent Care
- Detoxification
- Short-Term Residential
- Inpatient Program for Co-occurring Disorders
- Partial Hospitalization
- Intensive Outpatient Program
- Individual and Group Therapy
- Peer Recovery Support
- Medication Assisted Treatment
- Classes & Support Groups
- Family Education

The Addiction Epidemic

There are more deaths, illness and disabilities due to alcohol and drug use than any other preventable health condition. Nearly one in four deaths can be attributed to alcohol, tobacco or drug use. Substance use disorder is linked to a variety of health problems including cancer, cardiovascular disease, cirrhosis, dementia, depression, gout, infectious diseases, pancreatitis and seizures.

Substance use is also linked to poorer performance on the job or at school, difficulty in keeping a job and relationship problems. As usage increases, so does the likelihood of being involved in a traffic or workplace accident, legal and financial troubles, violence, crime and homelessness.

In 2020, over 41 million Americans aged 12 and older self-reported needing treatment for substance use, over 20 million were diagnosed with SUD, and less than 10 percent received treatment.