

JOIN THE VOICES FOR RECOVERY

Recovery from Alcohol and Drug Addictions Heals Lives, Families & Communities

WHAT IS ADDICTION TO ALCOHOL AND DRUGS?

- Alcohol and drug addiction is a complex, chronic, relapsing brain disease involving compulsive use and usually accompanied by craving, increased tolerance and substantial impairment of health and social functioning. Addiction should be seen as a disease and treated as such.
- While individuals who are addicted may have initially chosen *to try* alcohol or drugs, they did not choose to *become addicted* to these substances. Some people, for genetic or environmental reasons, are more likely to be drawn into the cycle of addictions.
- In 2003, an estimated 21.6 million Americans or 9.1 percent of the total population, age 12 or older, were classified with substance dependence, abuse, or addictions.¹ This figure, translated into county demographics, means that more than 5,100 residents of Belknap County are addicted to alcohol or other drugs.
- The disease of addictions affects people from all income levels, all ages, all educational backgrounds, and all walks of life. The effect on others is monumental with as many as 63% of Americans saying that addiction to alcohol or other drugs has had an impact on them at some point in their lives, whether it was the addiction of a friend or family member or another experience, such as their own personal addiction.²
- The vast majority of people who are addicted to substances will require treatment, assistance, and support to break out of the cycle of addictions and manage their disease. However, the good news is “recovery” from the disease of addictions is possible and is happening everyday....everywhere.

WHAT IS RECOVERY?

- “Recovery is a voluntary process of bringing alcohol and drug problems into a state of stable remission.”³
- “Recovery is about the changing of life patterns in a way that supports abstinence from alcohol and other drugs.”⁴
- These individuals must acknowledge that alcohol and drugs wreak havoc in their lives and that abstinence from these substances is absolutely necessary.
- The disease of addictions is very often linked with stigma and shame, affecting those in the recovery community. These are people who are fully contributing members of society, who are “loving their families, pursuing their own personal dreams, and giving something back to their communities.”⁵
- Recovery brings enhanced self-awareness and personal growth.
- Relapse rates for addictive diseases do not differ significantly from rates for other chronic diseases.
- Everyday of the year hundreds of thousands of Americans who are in recovery are gainfully employed and living full lives as contributing members of society, often side-by-side with completely unsuspecting neighbors and friends.

WHAT IS EFFECTIVE TREATMENT?

- Treatment that is effective is “a continuum of care that begins with diagnosis and access to appropriate behavioral, pharmacological and spiritual care, and that continues on to support the recovering person in training for work, completing school, finding housing and restoring families.”⁶
- Treatment includes learning how to identify early warning signs and relapse triggers, and how to develop appropriate and effective coping strategies.

- Recent studies show that after six months, treatment is successful for:
 - 40-70% of people with alcohol problems
 - 50-60% of people with cocaine problems
 - 50-80% of people with opiate problems ⁷
- These improvements are comparable to those found in treating people with other chronic, relapsing health conditions, such as asthma, diabetes and hypertension. ⁸
- For every \$1.00 spent on alcohol and drug treatment services, there is a return of between \$4.00 and \$7.00 in drug-related crime, criminal justice costs, and theft. When savings related to health care are included, total savings can exceed costs by a ration of 12 to 1. ⁹

WHAT TREATMENT OPTIONS ARE AVAILABLE IN THE LAKES REGION?

Currently, there are no residential treatment options in the Lakes Region. However, there are qualified agencies and private practitioners who offer outpatient treatment services.

AGENCIES	
<ul style="list-style-type: none"> ▪ Horizons Counseling Center Program Gilford, NH Plymouth, NH 603-524-8005 603-536-2010 	<ul style="list-style-type: none"> ▪ Nathan Brody Chemical Dependency Program Intensive Outpatient Program (LRGHealthcare) Laconia, NH 603-524-3211 603-527-2644
PRIVATE PRACTITIONERS	
<ul style="list-style-type: none"> ▪ Linda Brewer (LADC, SAP) Meredith, NH 603-393-6292 	<ul style="list-style-type: none"> ▪ Robert Dorley (LADC) Borderline Counseling Center, Tilton, NH 603-286-3200
<ul style="list-style-type: none"> ▪ Carol Murtagh (LADC, RNC) Wolfeboro, NH 603-569-2729 	<ul style="list-style-type: none"> ▪ David Parisi (LISCW, LADC) Gilford, NH 603-528-6060
<ul style="list-style-type: none"> ▪ Linda Tremblay (LADC) Tilton, NH 603-286-2996 	<ul style="list-style-type: none"> ▪ Tucker Counseling Services (LADC) Northfield, NH 603-286-9584
12-STEP RECOVERY PROGRAMS	
<ul style="list-style-type: none"> ▪ New Hampshire Area Assembly of Alcoholics Anonymous, Inc. (Area 43) Hotline: 1-800-593-3330 http://www.mv.com/ipusers/nhaa/ 	<ul style="list-style-type: none"> ▪ Al-Anon – Alateen (for families & friends of alcoholics) http://www.nhal-anon.org/ ▪ Narcotics Anonymous Hotline: 1-603-645-4777 http://www.gsana.org/

Sources

1. *Results from the 2003 National Survey on Drug Use and Health: National Findings*. DHHS Publication No. (SMA) 04-3964. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Office of Applied Studies, September 2004, p. 57.
2. *Faces & Voices of Recovery Public Survey*. Washington, DC: Peter D. Hart Research Associates, Inc, and Coldwater Corporation, May 4, 2004, p 1.
3. *Toward a New Recovery Movement: Historical Reflections on Recovery, Treatment, and Advocacy*”, William L White, prepared for the Center for Substance Abuse Treatment, Recovery Community Support Program Conference, Alexandria, VA, April 3-5, 2000, p 17. (We Need Treatment, pg 18)
4. Abikoff, Jacqui, LISC, LADC, LCS, Executive Director, Horizons Counseling Center, Gilford, NH, August, 2005.
5. *A New Recovery Movement: A Rich History and a Potential Calling*, William L White, Found at: <http://www.defeataddiction.org/grfx/White2.pdf>
6. *Treatment for Addiction – Advancing the Common Good: Recommendations from a Join Together Policy Panel on Treatment and Recovery*, Join Together, Boston, MA, 1998, p 2.
7. *Substance Abuse-The Nation’s Number One Health Problem- Key Indicators for Policy Update*, Schneider Institute for Health Policy, Heller Graduate School, Brandeis University, February 2001, p 110.
8. Ibid
9. *Principles of Drug Addiction Treatment: A Research-Based Guide*. NIH Publication No. 00-4180, Bethesda, MD: U.S. Dep’t of Health and Human Services, National Institutes of Health, National Institute on Drug Abuse, printed October 1999/reprinted July 2000, p 21.

The Belknap County Citizens Council on Children and Families is grateful for the information provided in “*We Need Treatment!*”, a publication of New Futures, Portsmouth, NH, 2002, www.new-futures.org

Belknap County Addictions Task Force

BELKNAP COUNTY CITIZENS COUNCIL ON CHILDREN AND FAMILIES

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