Prevention and Rehabilitation

**Prevention**

Abuse of substances can lead to bad decisions and addiction. Recovering can be difficult for a lot of people and there are internal and external factors to take in but prevention is indeed doable. Community-based prevention programs present everywhere, even in your local community.

If you are **STRESSED** or **DEPRESSED,** find coping methods like exercise, meditation or groups in your local community. **SEEK OUT** therapists and counseling, and converse with people you’re comfortable with. **FIND** a lifestyle that suites you, hobbies that entertain you. **PARTAKE** in activities, sport, relationships. **THINK** about people or things you care about and enjoy company.

**Rehabilitation**

“Addiction need not be a life sentence.”

In the medical field, addiction is considered a chronic and progressive brain disease. Addiction **CAN** be cured. Or at the very least, managed and controlled. WITHDRAWAL is the anxiety one feels when starting to curb addiction and while it may be difficult to maintain, one should stick to treatment to prevent **RELAPSE**. **TREATMENTS** address the person as a whole and there are a number of **THERAPIES** to check out.

**Behavioral Therapy** helps people with managing situations to avoid substance abuse.

**Contingency Management** applies reinforcement and stimuli control via feedback to help change a person’s behavior.

**Motivational Enhancement Therapy** is about techniques applied to quickly evoke quick motivational change as opposed to the general step by step recovery process.

**Family Therapy** is youth friendly and approaches substance abuse recovery by introspective outlook one’s own familial circumstances and also encourages other members to act and help.

SOURCES:

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