**Content for Website (Help for Addicts)**

1. **What is addiction?**

Addiction is a psychological and physical inability to stop consuming a chemical, drug, activity, or substance, even though it is causing psychological and physical harm.

The term [addiction](https://www.medicalnewstoday.com/info/addiction/) does not only refer to dependence on substances such as heroin or cocaine. A person who cannot stop taking a particular drug or chemical has a substance dependence.

Some addictions also involve an inability to stop partaking in activities, such as gambling, eating, or working. In these circumstances, a person has a behavioural addiction.

Addiction is a chronic disease that can also result from taking medications. The overuse of prescribed opioid painkillers, for example, causes [115 deaths](https://www.drugabuse.gov/drugs-abuse/opioids/opioid-overdose-crisis) every day in the United States.

When a person experiences addiction, they cannot control how they use a substance or partake in an activity, and they become dependent on it to cope with daily life.

Every year, addiction to alcohol, tobacco, illicit drugs, and prescription opioids costs the U.S. economy upward of [$740 billion](https://www.drugabuse.gov/related-topics/trends-statistics) in treatment costs, lost work, and the effects of crime.

Most people start using a drug or first engage in an activity voluntarily. However, addiction can take over and reduce self-control.

1. **Addiction vs. misuse**

Drug addiction and drug misuse are different.

Misuse refers to the incorrect, excessive, or non-therapeutic use of body- and mind-altering substances.

However, not everybody that misuses a substance has an addiction. Addiction is the long-term inability to moderate or cease intake.

For example, a person who drinks alcohol heavily on a night out may experience both the euphoric and harmful effects of the substance.

However, this does not qualify as an addiction until the person feels the need to consume this amount of alcohol regularly, alone, or at times of day when the alcohol will likely impair regular activities, such as in the morning.

A person who has not yet developed an addiction may be put off further use by the harmful side effects of substance abuse. For example, vomiting or waking up with a [hangover](https://www.medicalnewstoday.com/articles/5089.php) after drinking too much alcohol may deter some people from drinking that amount anytime soon.

Someone with an addiction will continue to misuse the substance in spite of the harmful effects.

1. **What is Rehabilitation?**

Rehabilitation is defined as “a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment”.

1. **What are the symptoms of addiction?**

* uncontrollably seeking drugs
* uncontrollably engaging in harmful levels of habit-forming behaviour
* neglecting or losing interest in activities that do not involve the harmful substance or behaviour
* relationship difficulties, which often involve lashing out at people who identify the dependency
* an inability to stop using a drug, though it may be causing health problems or personal problems, such as issues with employment or relationships
* hiding substances or behaviours and otherwise exercising secrecy, for example, by refusing to explain injuries that occurred while under the influence
* profound changes in appearance, including a noticeable abandonment of hygiene
* increased risk-taking, both to access the substance or activity and while using it or

1. **Getting Sober:**

Most people don’t [quit using alcohol](https://www.rehabs.com/treatment/alcohol/) or drugs overnight. Getting sober is a gradual process that can take weeks, months, or even years. Many people struggle with lapses and relapses throughout the course of their recovery journey, so don’t be too hard on yourself if you encounter temporary setbacks.

No matter how long you have been abusing drugs or alcohol or how bad your addiction is, there are certain steps that anyone struggling with an addiction must take if they want to learn how to quit abusing drugs or alcohol, including:

* Committing to quitting.
* Determining and setting goals.
* Choosing a treatment plan.
* Getting support during treatment.
* Planning to live an addiction-free life.

If you are committed to taking the steps necessary to quit abusing drugs or alcohol, treatment professionals and members of your support group can [help you](https://www.rehabs.com/recovery-programs/) throughout the recovery process.

1. **Intervention services**

Addiction intervention services aim to help the family of an addict convince their loved one of the damage their addictive behaviour is causing and that outside help is necessary to address the addiction. Most addicted people cling to the belief that they will be able to overcome addiction on their own when they decide the time is right.

Sadly, this is often an unrealistic expectation. The addicted person continues to abuse drugs or [alcohol](https://www.rehabs.com/treatment/alcohol/), often breaking promises to remain sober or control their addiction. In order to save a loved one’s life, an intervention may be necessary.

Getting high is central to the lives of people addicted to alcohol and drugs — their primary motivation often becomes when and how to get high again. In some instances, [behavioural addictions](https://www.rehabs.com/behavioral-disorder-rehab-programs/), and mental health issues such as [eating disorders](https://www.rehabs.com/eating-disorder-rehabs/), may additionally complicate and consume a person’s life.

Compulsive, damaging behaviours may ultimately overshadow everything else that is of value to the person, and in these cases it may be critical to seek the help of an interventionist before the addiction worsens.

Interventions may stand the best chance of being successful when conducted under the guidance of an outside professional. An interventionist’s assistance may mean the difference between life and death. But first, you’ll need to know the signs and symptoms of substance addiction so that you can determine whether an intervention is necessary or not.

1. **Alcohol and drug detox**

Many seek the help of professional detox programs prior to or at the start of longer-term substance use treatment programs. Detoxification (detox) centers are a good option for those with significant physical dependence in association with various substance use disorders (SUDs) and/or alcohol use disorder (AUD). When a person with an AUD or SUD stops drinking or using certain drugs, they may experience unpleasant or even dangerous withdrawal symptoms.1 Detox center professionals can help ease these symptoms and get patients through detox as safely and comfortably as possible to minimize the risk of relapse and facilitate the transition into ongoing addiction treatment.

1. **Rehab Treatment:**

Drug Rehabilitation, or drug rehab, can be used to help a person recover from addictions, injuries, and even physical or mental illnesses. However, drug rehab programs are often what come to mind when thinking of the word “rehab” itself. People addicted to drugs often need the additional care and assistance that drug rehab provides.

1. **Addiction Therapy:**

Treating addiction involves much more than**s**imply not using substances. Rehabilitation (rehab) programs provide addiction therapy in both individual and group formats, and utilize a variety of therapeutic techniques. Many of these techniques involve cognitive and behavioural components aimed at reducing undesired behaviours and promoting positive, healthy, and sober behaviours. Addiction rehab therapy can be provided in an inpatient or outpatient treatment setting.

1. **Extended care:**

Extended drug rehabilitation (rehab) programs are available for those with serious drug or alcohol addictions. Conceptually, an extended addiction treatment program may include drug and/or [alcohol rehab](https://www.rehabs.com/treatment/alcohol/) as well as any accompanying aftercare treatment, or it may simply be an extension of the initial rehab duration beyond the usual long-term program period of 90 days.

1. **Sober Living Home:**

If you or a loved one is trying to stop drinking or using drugs, sober living homes may be an option for you. Sober living homes are group residences for people who are recovering from addiction. In most instances, people who live in sober homes have to follow certain house rules and contribute to the home by doing chores. Most importantly, residents must stay sober throughout their stay in the home.

Living in this type of environment can promote lasting recovery—helping people to maintain their sobriety as they adjust to life both during and after treatment. Many people use sober housing to help make the transition from rehab to living independently without using drugs or alcohol.

1. **Recovery Program:**

Addiction treatment programs provide some of the best chances for lasting recovery by giving people the physical and psychological support they need to manage substance use and withdrawal and, in the longer term, effectively treat their substance use disorder (SUD).

Those ready to turn their lives around have a number of [drug and alcohol recovery options](https://www.rehabs.com/drug-rehab-programs/) and a variety of treatment settings to choose from—including inpatient, residential, outpatient, as well as recovery fellowships and support group meetings.

1. **Relapse Prevention:**

After [successful treatment](https://www.rehabs.com/addiction/the-rehabilitation-process/) for substance abuse, you may be faced with new challenges when reintroduced to the world as a sober individual. Many in recovery struggle with daily triggers, temptations, and cravings. Getting sober is a huge step but it is only the beginning. Staying in recovery can be difficult; however, attaining long-term sobriety is made easier by taking certain measures. You can prevent relapse by taking care of yourself and seeking ongoing support in the form of individual therapy, group counselling, 12-step and other support group meetings, sober living homes, and more.

1. **Alcohol Addiction**

If you have developed an alcohol addiction, understanding your options for treatment is important. Inpatient alcohol rehab centers can offer you the medical attention and support you need to pursue and maintain sobriety.

Alcoholism affects people all across the United States. A 2015 survey revealed that about 86% of people ages 18 or older have consumed alcohol at some point in their lives, and an estimated 15 million people in this same age group meet the criteria for alcohol addiction—diagnosed as an alcohol use disorder (AUD). Chronic alcohol abuse can have detrimental and even fatal results.

Approximately 88,000 individuals die from alcohol-related causes each year.1 These deaths are highly preventable. If you or someone you know struggles with alcoholism, detox and rehab can help you on the road to a clean and healthy life.

Rehab for addiction may consist of either inpatient or outpatient treatment. Outpatient treatment is most appropriate for people who have a mild to moderate addiction, strong social supports, and reliable transportation to the facility.

1. **Cocaine Addiction**

If you are addicted to cocaine and looking for help, cocaine rehab centers can provide you with the best chance at beating your addiction. Cocaine rehab programs offer you medical expertise and counselling.

Treatment staff will work to keep you as safe and comfortable as possible throughout detox, and allow you the time to rest and get healthy. Treatment options include both inpatient and outpatient care. At inpatient rehab centers you receive around-the-clock care in a setting removed from easy access to cocaine and many triggers to use. Rehab programs can provide people with the structure they need to get sober.

1. **Marijuana addiction**

Substance addiction is something that impacts the lives of everyone it touches. Whether it’s you or someone you care about who is struggling with an addiction to marijuana, the time to seek help is now. You can take comfort in knowing that there are different types and styles of marijuana rehabilitation facilities to choose from. It’s best to explore all options before deciding which specific type of rehab program is best suited to meet your needs.

The most common types of treatment are inpatient or residential programs, which provide 24-hour treatment and support, and outpatient programs, which provide patients with the flexibility to live at home and tend to responsibilities. Within the two big treatment umbrellas, there are a great number of treatment methods, approaches, and options to compare and consider.

1. **Heroin Addiction:**

Heroin rehab programs provide treatment and support for people addicted to heroin. Comprehensive heroin rehab is offered in a number of treatment settings, including both inpatient and outpatient.

Many rehabs for heroin or other opioid drugs include a detox program at the start of treatment. Then the patient receives a combination of therapeutic interventions, such as individual therapy, group counselling, family therapy, peer support groups, and more, to help address drug-using behaviours and avoid relapse.

1. **Meth addiction:**

It can be especially difficult to quit crystal meth once you’re addicted because chronic crystal meth abuse may lead to certain lasting changes in the brain. When an addicted individual abruptly quits, they may experience severe depression.1 However, there are many crystal meth rehabilitation centers throughout the country that can help you get clean, and each one is unique. Anyone seeking help should do research to find the program that best suits their needs, budget, and situation. Without formal treatment and a strong support system, individuals may be more vulnerable to relapse.

## Addicted to Adderall:

If you or a loved one is addicted to Adderall, you’re not alone. Even though Adderall is legally available with a prescription, it is also an amphetamine—a drug that, when misused, can be very dangerous. Stimulant abuse is particularly common in the young adult population who may see this drug as a tool to study or improve their athletic or professional performance. Nonmedical use can lead to addiction and a whole host of dangerous effects.

# **Methamphetamine**

According to the National Survey on Drug Use and Health, there are more than 14 million Americans who have used methamphetamine at some point in their lifetime.Methamphetamine is a [stimulant drug that increases the synaptic activity of several neurotransmitters](https://www.drugabuse.gov/publications/drugfacts/methamphetamine) in the brain, including dopamine, but the stimulant effects fade quickly.

Methamphetamine use is frequently characterized by a “binge and crash” pattern that amplifies the drug’s addictive properties.

1. **Eating Disorder Rehab**

Eating disorders can have debilitating and even deadly effects on an individual’s life. Bulimia, anorexia, and other eating disorders are complex conditions that require comprehensive treatment to overcome. Therapy and rehab can help rectify problematic and obsessive behaviours and replace them with positive coping skills and healthy eating patterns.

People of all ages suffer from eating disorders each year. Often, they do not receive help; of those who do get help, only 35 percent of people receive specialized treatment meant to target eating disorders specifically, according to data from the National Association of Anorexia. Eating disorders, such as anorexia and bulimia, are both physical and mental disorders, and they can be fatal if left untreated. People who have to watch someone suffering from an eating disorder may develop depression and other problems, so they are affected as well. Overcoming an eating disorder is a long, arduous process. It often takes years to recover.

Some rehabilitation centers treat patients with eating disorders, though many rehabs only focus on substance abuse and addiction. The [behavioural health treatment services locator at SAMHSA.gov](https://findtreatment.samhsa.gov/) can help you locate a provider that is equipped to treat eating disorders. The information presented below is a general overview of rehab treatment for substance addiction, and may not necessarily apply to your experience in finding treatment for an eating disorder.

# 22**. Gambling Addiction**

According to the National Council on Problem Gambling, about 2 million Americans meet the criteria for gambling addiction each year.1 The World Health Organization categorizes gambling disorder as an impulse control disorder marked by an escalating pattern of compulsive gambling behaviour that results in significant impairment to the person’s family life, employment, social relationships, and other obligations.2

Despite being officially recognized as a health disorder, there is still very limited research available on treatment. Some clinicians may refer compulsive gambling patients to a substance abuse rehab center for treatment.

## About Addiction Rehab

Traditionally, addiction rehab centers treat patients who suffer from substance or alcohol use disorders. Upon admission, patients are placed in a detox protocol to remove the drug from their system. They may be prescribed medication during this period to help ease the symptoms of withdrawal.

Patients meet with therapists and addiction counsellors in both individual and group settings to identify the reasons for their substance abuse, learn how to manage cravings, identify key values and motivations to stay sober, and prepare to integrate back into their lives after treatment. For people with compulsive behavioural disorders like gambling addiction, the medical interventions of rehab (such as prescriptions to ease withdrawal symptoms) will not apply. However, some of the therapeutic methods used in rehab may prove to be highly beneficial for some behavioural health patients.

Addiction treatment is a highly individualized process, and not all rehab centers are capable of treating behavioural disorders. Therefore, people struggling with compulsive gambling behaviours should expect to research several treatment facilities before finding the one that’s right for them. The Substance Abuse and Mental Health Services Administration (SAMHSA) has a behavioural health services locator that could help you find a facility that will treat gambling addiction.3 The information below covers some general topics you may wish to consider while conducting your search.

# **Porn Addiction**

Porn addiction is not recognized in the American Psychiatric Association’s D*iagnostic and statistical manual of mental disorders*,1 although some research includes excessive pornography consumption under the umbrella terms of sexual addiction or hypersexual disorder.2 Some pornography cases may be described in the World Health Organization’s definition of compulsive sexual behaviour disorder, a condition in which a person’s [compulsion to perform certain sexual activities is so overwhelming](https://icd.who.int/browse11/l-m/en#/http://id.who.int/icd/entity/1630268048) they will neglect their health, personal responsibilities, and other hobbies in favour of their compulsion.3 Some clinicians may refer these patients to an addiction rehab for treatment.

1. **Pain-Killer Addiction**

Painkillers are prescription medications provided by medical personnel to provide pain relief in patients. When used for a short period of time under a doctor’s supervision, painkillers are rarely addictive. [Addiction can develop](https://www.rehabs.com/treatment/vicodin/) however with extensive or recreational use, resulting in the need for a painkiller rehab program to quit the drug use in a safe manner. One study by the National Survey on Drug Use and Health found that 1.9 million people are estimated to have abused prescription pain relievers in the United States. Painkiller rehab programs can help greatly in stopping this painkiller abuse. According to the Prescription Opioid Treatment Study run by the NIDA’s Clinical Trials Network, 49 percent of study participants reduced their painkiller abuse with the tapering process used by most [rehab programs](https://www.rehabs.com/drug-rehab-programs/).