

Treatment – Duarehab House

 duarehabhouse.com/treatment/

Am I an Addict?

The Modified CAGE Test for All Addictions

This simple test is surprisingly accurate. Answer yes or no to each question.

- 1. Have you ever thought you should **C**ut down your drug or alcohol use?
- 2. Have you ever felt **A**nnoyed when people have commented on your use?
- 3. Have you ever felt **G**uilty or badly about your use?
- 4. Have you ever used drugs or alcohol to **E**ase withdrawal symptoms, or to avoid feeling low after using?

Your score:

Score one point for each yes answer.

- If you scored 1, there is an 75% chance you're addicted to alcohol/Drugs.
- If you scored 2, there is an 85% chance you're addicted to alcohol/Drugs.
- If you scored 3, there is a 99% chance you're addicted to alcohol/Drugs.
- If you scored 4, there is a 100% chance you're addicted to alcohol/Drugs.

What We Treat

Our Approach to Treating Addiction & Co-Occurring Disorders

Our approach to addiction treatment is rooted in therapies that have been scientifically proven to help our clients achieve and maintain addiction-free lives. We take an integrated approach that addresses addiction as well as any mental health challenges they may be experiencing. Our holistic approach that help heal the whole person, mind, body and spirit, gives them very best chance at recovery.

Our core program includes medically monitored detox, therapies such as Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Motivational Enhancement Therapy, Twelve Steps Facilitation, The CENAPS Model of Relapse Prevention Therapy, Group and Individual Counseling, Dual Disorder Recovery Counseling ,Life Skill Based Education, Psychodrama, Family Therapy, Continuing Care, Hypnosis and other complementary therapies.

We treat,

- Alcoholism
- Nicotine

- Opiates
- OxyContin
- Cocaine
- Barbiturates
- Benzodiazepines
- Codeine
- Heroin
- Marijuana/Cannabis/Hashish
- Methamphetamine
- Propoxyphene
- Methamphetamines
- Prescription Drugs
- Inhalants like petrol, glue etc.

We also treat a wide range of co-occurring mental health disorders, including:

- Attention-deficit and hyperactivity disorder (ADHD)
- Depression
- Bipolar disorder
- Anxiety
- Obsessive-compulsive disorder (OCD)
- Sleep disorders
- Grief/loss issues
- Anger management
- Codependency
- Sexual compulsivity
- Trauma
- Stress Management

If you or someone you love is struggling with alcohol or drug addiction, Duarehabhouse offers the expert care you need. Our medical leadership and treatment team are highly educated and experienced in the field of addiction, allowing them to provide the most comprehensive, in-depth treatment available, and will treat you with compassion, kindness and respect.

Speak confidentially with a Duarehabhouse recovery advisor. (021) 34825888-9