

# RECOVERY IS A JOURNEY



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## Help Yourself Stay Sober by Getting Help

Treatment can:

- Help you understand and accept the disease of addiction
- Help you develop new life skills in a safe, structured environment
- Help you become aware of relapse triggers
- Provide support when you don't feel motivated

Benefits of Sobriety

- Regain the freedom to make choices
- Improved relationships
- Rediscover peace of mind – or, discover it for the first time
- Better physical and mental health
- Improved overall functioning

Addiction does not make you a bad person, but it does make you feel bad about yourself, makes you feel depressed and lowers your self-esteem. Acting on these feelings often results in negative consequences and increases the risk of personal tragedy. Asking for help is a sign of strength.

## What You Can Do

There are a number of ways to get treatment for alcohol or drug addiction. Many people benefit greatly from outpatient treatment. Outpatient treatment programs usually include individual, group and family educational sessions and vary in frequency of attendance. Self-help groups used in conjunction with a formal treatment program is widely accepted as a means of getting on the road to recovery.

The support of other people through Alcoholics Anonymous (AA), Narcotics Anonymous or other mutual self-help programs is a good choice

that has helped thousands of people achieve and maintain sobriety.

For some recovering people, there is a need for more intense treatment such as an inpatient, residential, or therapeutic community setting. These settings offer 24 hour a day structured supports for people who lack sober supports, have serious medical problems, mental health issues, or numerous failed attempts at sobriety at a less intensive level of care.

Get help as soon as possible to reduce the severity of withdrawal symptoms and avoid a delay in recovery time.

Take good care of you: good nutrition and exercise are important. Follow medical advice for the treatment of any medical problems. Develop good sleep habits as proper rest promotes healing and recovery. Find hobbies and activities that do not include alcohol.

Recovery is hard work. It can be both exciting and frightening. *The most important thing to remember is when you begin treatment, stay in treatment.* Recovery is possible.

Resources:

1. [www.valueoptions.com/members](http://www.valueoptions.com/members) “Click on “Education Center” and then “Tips & Resources”
2. [www.SAMHSA.gov](http://www.SAMHSA.gov) Substance Abuse & Mental Health Services Administration (SAMHSA) Crisis – 1-800-273-8255
3. [www.Alcoholics-anonymous.org](http://www.Alcoholics-anonymous.org) Alcoholics Anonymous. Web site contains educational information and telephone numbers for assistance in areas throughout the United States.

Contact the ValueOptions number on the back of your insurance card!

