



Miami-Dade County Employee Assistance Program



September is National Recovery Month

Did you know 1 in 3 US households suffer from, exposed to, or are otherwise impacted by Alcohol and Substance Use Disorders (SUD) every year? Of the 46.3 million people that need treatment each year, only 10% get the specialized care they need to start the path to recovery. There is hope in recovery. According to the NIDA, 10% of the US population or 23.5 million people in the US are in recovery from alcohol or substance use disorder.

Recovery Thoughts:

*Difficult Roads lead to
Beautiful Destinations*



Miami-Dade County
Human Resources
Department
Employee Assistance
Program

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Can SUD's be treated successfully?

Yes, Substance Use Disorder is a treatable disorder. Research on the science of addiction and the treatment of substance use disorders has led to the development of research-based methods that help people to stop using alcohol or addictive substances and resume productive lives, also known as being in *recovery*.

Can a SUD be cured?

Like other chronic diseases such as heart disease or asthma, treatment for alcohol and substance use disorder usually isn't a cure. But substance use disorder *can* be managed successfully. Treatment enables people to counteract addiction's disruptive effects on their brain and behavior and regain control of their lives.

Does relapse back to use mean treatment has failed?

No. The chronic nature of addiction means that for some people *relapse*, or a return to alcohol or substance use after an attempt to stop, can be part of the process. Relapse rates for drug use are similar to rates for other chronic medical illnesses. If people stop following their medical treatment plan, they are likely to relapse. Treatment of chronic diseases involves changing deeply rooted behaviors, and relapse doesn't mean treatment has failed. When a person is recovering from relapses, it indicates that the person needs to speak with their doctor to resume treatment, modify it, or try another treatment.

What medications and devices help treat drug addiction?

Different types of medications may be useful at different stages of treatment to help a patient stop the use of alcohol or other substances, stay in treatment, and avoid relapse.

- **Treating withdrawal.** Certain treatment medications and devices reduce withdrawal symptoms, which makes it easier to stop the substance use.
- **Staying in treatment.** These treatments act slowly to help prevent cravings and have a calming effect on body systems.

- **Preventing relapse.** Scientists have been developing therapies to interfere with cravings and triggers to help patients stay in recovery.

How do behavioral therapies treat drug addiction?

Behavioral therapies and treatment help people with substance use disorders modify their attitudes and behaviors related to use. As a result, patients are able to handle stressful situations and various triggers that might cause another relapse. Behavioral therapies can also enhance the effectiveness of medications and help people remain in treatment longer.

How do the best treatment programs help patients recover from addiction?

Stopping substance use is just one part of a long and complex recovery process. When people enter treatment, addiction has often caused serious consequences in their lives, possibly disrupting their health and how they function in their family lives, at work, and in the community. Because addiction can affect so many aspects of a person's life, treatment should address the needs of the whole person to be successful. Counselors may select from a menu of services that meet the specific medical, mental, social, occupational, family, and legal needs of their patients to help in their recovery.

If you or a loved one are struggling, need support or more information please reach out to the Employee Assistance Program. To set up onsite or virtual assessment or support session with an EAP counselor at no cost, please **call 305-375-3293** or email Jessica.Hughes-Fillette@miamidade.gov. We are located in the OTV South Building on the 15th Floor. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.

*Adapted from information found at <https://www.drugabuse.gov/>

