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*If Veterans don't help Veterans, who will?*

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# The Discovery House Help Guide:

*Everything You Need to Know About  
Addiction Treatment*



THE  
DISCOVERY<sup>™</sup>  
HOUSE

For Immediate Help Call:  
**(888) 537-9136**  
[TheDiscoveryHouse.com](http://TheDiscoveryHouse.com)

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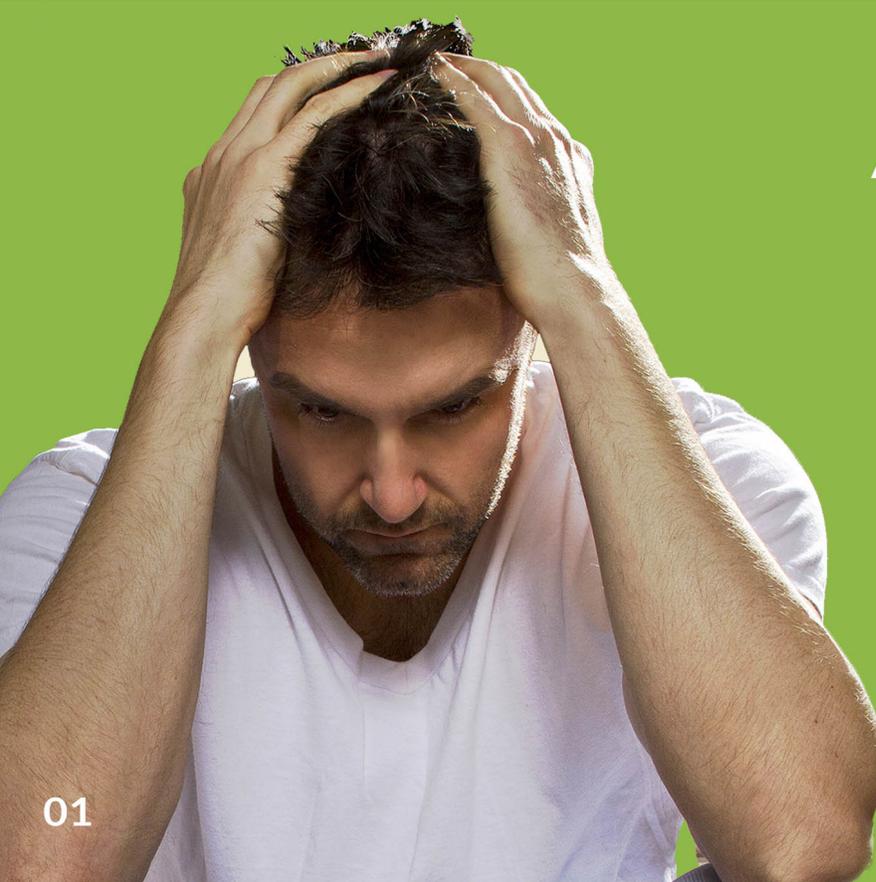
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# Addiction Defined

Simply put, addiction is the compulsive need to reward stimuli despite the negative consequences. Let's be honest though, addiction really isn't simple. It is a disease that affects one in three families across the nation and claims the lives of thousands. For those who have never used or been a sister, a brother, a parent, or a friend of an addict it's almost impossible to understand the ways of an addict.

## Why do they use or drink? Why can't they just stop?

There is a lack of understanding and a lack of education in the United States today and to help bridge the gap, we put together this short guide to introduce you to what addiction is, why it happens, and what we can do about it.



Addiction Affects  
1 in 3 Families  
in the Nation



# Why Addiction Happens

While many people, young and old, may choose to experiment with drugs or alcohol, you'd be hard pressed to find an addict who chose this way of life. Substance abuse has been long portrayed in the media as a moral failing and it's not uncommon for some people to think that addicts choose to be an addict. There are a few major factors involved in how a person gets addicted and why they can't simply stop using.

A select percentage of addicts are genetically predisposed to have chemical or addictive behaviors but trauma also plays a large part in why someone may become addicted to one substance or another. Addiction treatment specialists, like the ones at The Discovery House, who provide **trauma-informed care** understand that many current behaviors and responses are ways of adapting to and coping with pressures or trying to keep with familial norms that could lead to problems with drugs or alcohol.

**Dual diagnosis** is common among addicts, too. It's common for people with a mental health disorder to abuse substances in an attempt to numb their feelings or control their thoughts. In fact, a study by the National Survey on Drug Use and Health reveals that nearly 9 million American adults who abuse a substance also have a mental health disorder.



**Nearly 9 million American adults who abuse a substance also have a mental health disorder.**

# THE DISEASE MODEL OF ADDICTION

As it turns out, there is a perfectly rational and scientific explanation. Doing drugs or alcohol doesn't just change the way you feel but research has shown that addiction to alcohol and drugs can actually alter brain structure and function. In addition, genetics, psychosocial, and environmental factors also influence the development of the disease of addiction.



**“Genetics, psychosocial, and environmental factors influence the development of the disease of addiction.”**

# How to Deal: Four Tips for Dealing with Addiction

Addiction does not just affect the addict, it's a **family disease**. When one member of the family struggles with a **drug or alcohol addiction**, everyone suffers. Shame, guilt, and remorse are often feelings associated with loving an addict. Family members may wonder how they could have prevented this or they could even wonder how could this even happen to our family? The truth is, it can happen to anyone at any time.

## How do you get your loved one the help they need and at the same time, regain your peace of mind?



1

Be honest with your loved one. Share with them how you feel about their drug or alcohol abuse. Be patient and try to get them to understand how you are there for them but you need them to meet you in the middle.

2

Try not to judge them. Chances are they are already feeling judged, like they aren't good enough, or that no one really cares about them. Make sure to stress that you do care about them and you want to see them get better. The more supported they feel the more likely they are to inch closer to seeking treatment.

3

Get them into treatment as soon as you can. The window of opportunity for someone to get into treatment can be fleeting. As soon as they give the go ahead, take that step. You can do it!

4

And most importantly, make sure that your addicted loved one knows that you support their recovery. Remember, actions speak louder than words. Don't just say it, do it.

# What to Look For in a Treatment Center



## Licensing and Accreditations

Be sure that the program is state licensed and nationally accredited. The drug treatment center that you choose should be staffed with trained and certified addiction specialists and mental health counselors. The Discovery House is part of the 6% of facilities nationwide that are **Joint Commission Accredited**, the same accreditation that is held by hospitals all over the country.

3:1

## A Good Client to Counselor Ratio

Many treatment centers are inundated with clients so much so that the average counselor has 10 clients. At The Discovery House, we pride ourselves on our 3:1 client to counselor ratio.

THERAPY

## Variety of Therapies

The best treatment centers offer many drug addiction therapy techniques and programs for anyone who wants to overcome their addiction. The following are good to look out for:

- Family Therapy
- Music and Art Therapy
- Yoga and Mindfulness
- Psychodrama Therapy

AFTERCARE

## Aftercare and Relapse Prevention Services

Some of the greatest challenges of recovery arise after you leave rehab, and many people who appear to be doing well in recovery end up relapsing at some point. A treatment center should offer a good **aftercare program**, and it should be able to direct you to support groups and networks, like 12 Step, as well as services within your community.

# Does Your Insurance Cover Drug or Alcohol Treatment?

Sifting through the information about insurance coverage for drug rehab can be time consuming and confusing. Unfortunately, this task often becomes the most necessary at a time when an individual or family is facing the challenge of addiction. When someone is ready to enter treatment for substance abuse, the last thing you want is to spend hours on the phone with the insurance company trying to figure out if the treatment you need will be covered.



The addiction treatment specialists at The Discovery House can help you figure out everything you need to know about your insurance policy and if it will cover the treatment that you need.

## Checklist

- ✓ Verification of Benefits
- ✓ Free benefits check in 1 hour or less
- ✓ Peace of mind

We accept most PPO insurances and we offer private pay options for your convenience.

# Why The Discovery House is the Best Treatment Center For You

At The Discovery House, we offer many drug addiction therapy techniques and programs to help individuals who want to overcome their addiction. Through our therapy sessions, counselors help those in recovery to address their underlying issues and learn to live life without drugs or alcohol. These types of therapies help counselors reach residents in ways other methods can't. Our specialty therapies allow individuals to investigate deeper into their lives and their emotions to heal those areas.

- Disease Model
- Relapse Prevention
- Cognitive-behavioral Therapy (CBT)
- Motivational Interviewing (MI)
- Trauma-Informed Care
- Rational Emotive Behavioral Therapy (REBT)
- And many others!





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*Discover Your Path to Long-Term Recovery*