

USA TODAY CLASSIFIEDS BLOG

GETTING HELP FOR ALCOHOLISM: HOW TO FIND THE HELP YOU NEED

They mean the world to you. Your loved one has been with you through thick and thin and has shared your good times as well as the bad. But now you don't recognize them anymore because their drinking problem has turned them into a ghost of their former selves.



Getting help for alcoholism for your spouse, co-worker or family member may be one of the hardest things you've ever done. It means using hard words to show them that their behavior affects you and that they need help.

Consider these following steps to find an alcoholism treatment program that supports them (and you) from this day forward.

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Alcoholism: What Does It Look Like?

Alcoholism is defined as someone's failure to limit how much alcohol they can drink. Statistics show that over 18 million people are diagnosed with alcohol addiction.

This condition may be inherited or caused by other psychological or environmental causes.

One sad fact remains clear: it shortens the lives of victims by an average of 30 years.

Symptoms

As a worried friend, spouse, or family member, you've probably noticed the following physical outcomes of excessive drinking:

Anxiety

Insomnia

Hallucinations

Nausea

Profuse sweating

Seizures

More trouble signs are manifested in the following behavioral outcomes:

Ingesting larger amounts of alcohol over a shorter period of time to get the desired effect

Hiding or lying about the amount of alcohol consumed

Missing job responsibilities or family obligations to recover from over-drinking

Eliminating previous hobbies or other activities once considered important and fulfilling

Participating in activities that are dangerous to do while drinking (ex: driving, swimming, walking in restricted or dangerous areas)

You can read more on our blog about the signs that your loved one may need medical treatment for alcoholism.

Getting Help for Alcoholism: Types of Treatment

Your first step toward getting help with alcoholism is to see a doctor and discuss the available treatment options. These may include:

Residential Treatment

Residential treatment refers to the detoxification care patients receive in a residential, nonmedical facility.

Patients live with other patients with similar substance abuse disorders. They receive medication and therapy on a 24-hour basis.

Intensive Out-Patient Programs (IOP)

IOP programs are treatment services that don't include medically-supervised detoxification or 24/7 supervision. They are designed to accommodate a patient's work and family life during recovery.

Group or Family Therapy

Group alcohol counseling can help the entire support unit identify the triggers for their family member's alcohol cravings. It may also improve relationships or address painful and ongoing conflicts.

Sober Living

Sober living is a temporary housing situation for patients just emerging from a residential treatment center.

Residents participate together in group counseling, self-esteem building, and other sober weekend activities that help them create a plan to enjoy a life free from addiction.

Next Steps

You're going to have to take that painful first step and initiate the talk. This step is crucial when it comes to getting help for alcoholism.

Never start a conversation about sobriety when your partner is drinking or already drunk. Stay composed yet caring when you describe how their addiction is destroying the relationship that you both built together.

Study the above treatment models before you meet the doctor. Write down any and every question you may have. When it comes to getting help with alcoholism or sobriety, there is no such thing as a dumb question.



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