



Beginning the Journey


Alcohol & Drug Addiction Recovery

Helping a Loved One with an Addiction



ADRC of Brown County

920-448-4300
300 S. Adams Street
Green Bay, WI 54301

 adrcofbrowncounty.org
facebook.com/adrcbrowncountywi

*Serving older adults, adults
with disabilities, and their
caregivers in Brown County.*

Getting Started

Know that you are not alone! Many have struggled to stop using alcohol and/or drugs. Brown County has Alcohol and Other Drug Addiction (AODA) services you need to get help for yourself or a loved one*. This booklet shows you the options available for your individual situation, giving you explanations on when resources might be appropriate, plus how to access & pay for those resources.

**If you are trying to help a loved one with an addiction, remember that you cannot make someone stop drinking or using drugs. However, you can provide support.*

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Where do I get immediate help?

24-hour Crisis Center Hotline (920-436-8888)

The Crisis Center of Family Services provides free, professional, short-term counseling for any situation, including: alcohol and drug abuse, depression, relationship issues, and suicide. A counselor will talk with you about your situation and the kind of help you need.

Alcoholics Anonymous (AA) (920-432-2600)

Get help for a problem with alcohol. Staff can provide information about AA meetings, plus how to get started on your recovery journey.

Narcotics Anonymous Hotline (NA) (866-285-7830)

Get help for a drug addiction. A staff person can provide information about NA meetings, plus how to get started on your recovery journey.

To contact ADRC:

(920) 448-4300

300 S. Adams Street, Green Bay, WI

Monday - Friday

8:00 am - 4:30 pm

Appointments are available before or after hours by prior arrangement.

Alcohol & Other Drug Addiction (AODA) Services & Treatment

Unsure where to start? Try meeting with an assessment by AODA counselor for an assessment.

Addiction Support Groups

(i.e., Alcoholics Anonymous, Narcotics Anonymous)

What is it?

Support groups are run by individuals dealing with AODA issues (not a therapist) with the goal of helping members learn & gain support from one another. Most have a non-religious, spiritual component and follow 12-step guidelines. Closed groups are only for those with an addiction. Open groups are for anyone, including loved ones.

When would I use this service?

If you or a loved one struggle with AODA issues, attend at any stage of recovery (in the beginning* to explore recovery and later to maintain sobriety).

**Note: In the early stages of AODA recovery, you could attend meetings daily.*

How do I access this service?

No referral is needed to attend and groups do not charge membership fees. For more information about support groups Brown County, visit ADRC's website and search for the "Getting Help: Alcohol & Other Drug Addiction Treatment Providers" booklet (www.adrcofbrowncounty.org).

Assessment

What is it?

A meeting with a counselor who will talk with you about your current alcohol and drug use, and what you have tried in the past for help with your alcohol/drug use. Based on your individual situation, the counselor will make recommendations about the type of services that will be the right fit for you.

When would I use this service?

Some people seek out an AODA assessment because they are concerned about their alcohol/drug use and want to get help. Others are court-ordered to get an assessment, or told by their employer to have an assessment as a condition of employment.

What happens after the assessment?

Once you've completed an AODA assessment, you will be referred to services that are appropriate for your situation. **You will not automatically be admitted to an inpatient alcohol/drug treatment program.** Many people have success recovering from addiction without ever going through a residential or inpatient treatment program.

How do I access this service?

There are many agencies and counselors who provide AODA assessments in Brown County. For a listing of providers who do AODA assessments, go to the ADRC website and search for the "Getting Help: Alcohol & Other Drug Addiction Treatment Providers" booklet (www.adrcofbrowncounty.org).

Alcohol & Other Drug Addiction (AODA) Services & Treatment, Continued

Individual Therapy ("1-on-1")

What is it?

You meet individually with a therapist or counselor to set treatment goals related to your individual situation. Therapy sessions follow in order to work on these goals.

When would I use this service?

This is a useful tool to explore your own situation in-depth. It is a chance to set specific, achievable goals to change your life for the better. This therapy is often used with other forms of treatment (i.e. residential or inpatient programs).

How do I access this service?*

There are many therapists who provide individual therapy for issues related to alcohol/drug use. To schedule an appointment, simply call the provider of your choice.

Group Therapy

What is it?

You meet with a group of individuals who share similar issues one-three times/ week. Group therapy is different from a support group because meets are run by therapists, plus group members set & work towards specific treatment goals.

When would I use this service?

This can be an effective treatment at different stages of AODA recovery. Meeting in a group allows you to share experiences, giving each other feedback & hope. This therapy is often used with other forms of treatment (i.e. residential or inpatient programs).

How do I access this service?*

There are therapists who do offer group therapy for issues related to alcohol/drug use.

Intensive Outpatient Therapy (IOP)

What is it?

You receive intensive counseling while continuing your normal activities in the community (i.e. work or school). IOP programs meet up to 12 hours/week over several weeks (average is 3 hours, 3 times/week). Daytime and evening hours available. IOP services are facilitated by a therapist and include group therapy, individual therapy and education.

When would I use this service?

IOP may be helpful if you need an intensive program to begin your recovery journey, but want to continue your normal activities, or if you cannot afford residential or inpatient treatment due to financial concerns.

How do I access this service?*

You need to have an assessment completed by an AODA counselor, who then recommends IOP as an option, prior to starting.

**For a list of treatment providers offering these services and the payment options accepted, visit ADRC's website and search for the "Getting Help: Alcohol & Other Drug Addiction Treatment Providers" booklet (www.adrcofbrowncounty.org).*

Alcohol & Other Drug Addiction (AODA) Services & Treatment, Continued

Day Treatment

What is it?

Day treatment programs provide similar services to IOPs, but are more intensive. They meet during the day for more than 12 hours weekly, allowing you to go home in the evening.

When would I use this service?

This may be helpful if you need an intensive program to help them begin your recovery journey, but are not interested in a residential or inpatient setting, or if you cannot afford residential or inpatient treatment due to financial concerns.

How do I access this service?

You need to have an assessment completed by an AODA counselor, who then recommends day treatment as an option, prior to starting.

Residential Treatment

What is it?

Residential programs provide 24/7 treatment in a non-medical, home-like, unlocked environment, and include education, plus individual & group therapy sessions. While the length of treatment varies, an initial stay at a residential facility is generally 28 days.

When would I use this service?

Residential treatment is appropriate if you want a more structured environment, or if your AODA use is severe enough that you need 24-hour care.

How do I access this service?

Call the Jackie Nitschke Center (920-435-2093). Limited scholarships are available for eligible applications.

Medically Monitored/ Managed Inpatient Treatment

What is it?

24/7 treatment in a hospital-like setting with medical staff available to administer medications and provide medical evaluations & care. Treatment also includes education, plus group & individual therapy sessions.

When would I use this service?

This is appropriate if you need 24/7 care and medication for your AODA recovery.

How do I access this service?

You need to have an assessment completed by an AODA counselor, who then recommends this level of treatment as an option, prior to starting.

Alcohol & Other Drug Addiction (AODA) Services & Treatment, Continued

Detoxification **What is it?**

Hospitalization (Detox) Detox involves 24/7 medical care to medically stabilize and assist you through severe and/or life-threatening withdrawal symptoms.

When would I use this service?

This level of treatment is appropriate if you are likely to experience severe and/or life-threatening physical side effects when you stop using alcohol/drugs, due to the nature of your AODA use.

How do I access this service?

If you have any concerns about you or a loved one experiencing withdrawal symptoms, go to any area hospital's emergency room to have a doctor medically assess the need for inpatient detoxification. Based on the assessment, the doctor will recommend appropriate services.

Additional Alcohol & Other Drug Addiction (AODA) Supports

Aftercare (Continuing Care) Involves therapist-facilitated, once a week, group therapy for 16 to 32 weeks. Aftercare is typically recommended following IOP or residential treatment.

Relapse Prevention Provides group therapy if you attended treatment in the past and have a history of relapse (returning to using alcohol/drugs). This focuses on relapse triggers, warning signs, and developing a relapse prevention plan.

Co-Occurring Disorders Treatment Many people with AODA issues also struggle with mental health issues, such as depression, anxiety, and schizophrenia. Treatment providers recognize that AODA issues & mental health issues are related to each other, and work to address both at the same time.

Family Education & Counseling Many treatment programs encourage family members/significant others to be involved in their loved ones' treatment through educational sessions and/or family therapy. These programs help family members understand the disease of addiction and its causes, effects, & treatment options. Some programs also provide counseling for couples or families (see page 8 for more information).

Paying for Alcohol & Other Drug Addiction (AODA) Treatment

Do not let a lack of funds keep you or a loved one from seeking treatment!

Those considering AODA treatment often wonder how they will pay for services. Many AODA treatment providers have payment plans and funding sources to help pay for services. Check with your health insurance provider to see what services may be covered under your plan. Listed below are common payment options for AODA services. Check with any treatment provider you are considering to see which options are available to you.

- Free** Support groups do not charge a fee to attend the groups/meetings.
- Private Pay (self-pay)** This payment option is exactly what it sounds like. Private pay means that you pay out-of-pocket for treatment services. Most programs have a private pay option, in addition to other forms of payment.
- Sliding Fee Scale** Many treatment providers offer a “sliding fee scale” for payment. This means the amount you pay is adjusted based on your income.
- Insurance** Your medical insurance policy may provide coverage for AODA and/or mental health treatment. Policies vary and some insurance companies only cover services offered by “preferred providers” (certain clinics/ agencies). Check with your insurance company before making appointments.
- Medicaid** If you have health care coverage through the Wisconsin Forward Health Medicaid program, Medicaid will pay for many AODA treatment options. Some AODA treatment providers in Brown County accept Medicaid as payment, so check with the program you are considering beforehand. Medicaid will pay for Detoxification Hospitalization (Detox), but not Residential Treatment, as services must be medical in nature.
- Medicare** If you have health care coverage through a Medicare plan, there is the potential Medicare could help pay for treatment in both inpatient and outpatient settings.
- County Funding** Most AODA services offered through the Brown County Community Treatment Center and Brown County Human Services AODA department are available to eligible Brown County residents *who do not have insurance to pay for services.*

Loved Ones: Take Care of Yourself

Recovery from alcohol/drug abuse is not just an adjustment for the person in treatment—it is an adjustment for you. As your loved one begins treatment, it will change your relationship. You develop new routines, re-adjust responsibilities, and start to deal with past conflicts. All of this change can be stressful on your relationship—and on you. Fortunately, there are supportive resources in Brown County.

Al-Anon

What is it?

Al-Anon is a 12-step recovery program for friends and family members of alcoholics. No registration/fee is required, nor does your loved one with an addiction need to attend in order for you & other family members to use Al-Anon.

When would I use this service?

Attend Al-Anon meetings at any stage of recovery for support, information, and to learn new ways of interacting with a loved one. The focus is on the family.

How do I access this service?

Call or visit Al-Anon/Alateen's website (920-430-1420, www.afg-grb.org). The staff person will provide information about Al-Anon and current meeting times.

Note: Call Al-Anon's Hotline at 920-430-1420 if you need assistance at any time.

Individual Therapy (One-on-One)

What is it?

Meet individually with a therapist or counselor to set treatment goals related to your individual situation, then meet for therapy sessions to work on these goals.

When would I use this service?

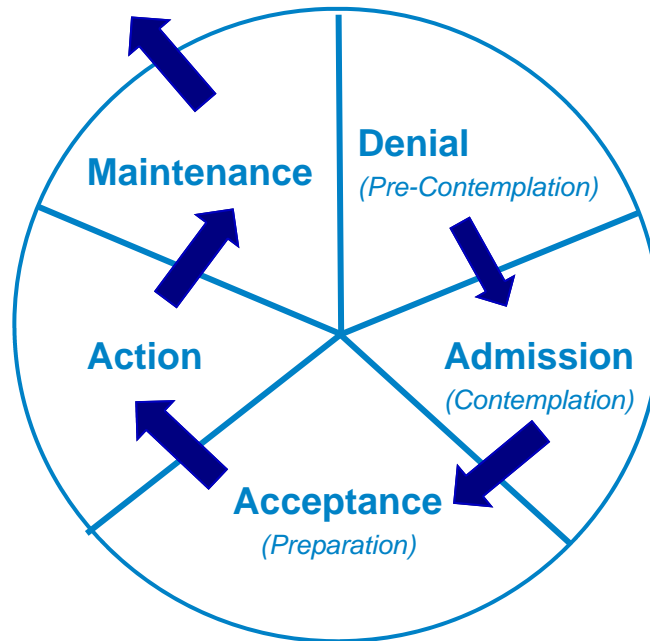
While you cannot change your loved one, you can seek help for yourself. Individual therapy offers a chance to set specific, achievable goals to change your life for the better at any stage of recovery—even before your loved one decides to get help.

How do I access this service?

For a list of providers in Brown County, go to the ADRC website and search for the "Getting Help: Alcohol & Other Drug Addiction Treatment Providers" booklet (www.adrcofbrowncounty.org).

Stages of Change

You want to help your loved one with an addiction, yet your loved one may not be ready to accept help. Where are you vs. your loved one when it comes to being ready for change? Use the following diagram to understand how you can help your loved one move towards getting connected to community resources.



Denial

(Pre-Contemplation)

Person does not recognize the seriousness of the problem.
"I don't really use that much".

Admission

(Contemplation)

Person may be thinking about change/interested in learning more about addiction.
"I guess my drinking has gotten out of control at times".

Acceptance

(Preparation)

Person sees the benefits of change. There is a readiness to change.
"I don't want to use anymore. My life would be better if I can get back on track".

Action

Person begins to make change and getting help (i.e. having an AODA assessment).
"I don't want to spend time with my friends who use anymore."

Maintenance

Person applies skills learned in treatment to daily life. *High risk for relapse.*
"I will take this one day at a time and work towards the goals I made in treatment."

Relapse

Relapse can occur, but does not mean failure. It can provide opportunities for the person to learn more about his/her addiction and how to work through it.



“Building a community that values, empowers and supports seniors, adults with disabilities , and their caregivers.”

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300 S. Adams Street,
Green Bay, WI 54301
TTY: 711 WI Relay

www.adrcofbrowncounty.org

bc.adrc@co.brown.wi.us



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