



Addiction Information

For Community Partners

In 2016, an estimated 19.9 million Americans aged 12 and older self-reported needing treatment for alcohol or illicit drug use. (SAMHSA)

Risk Factors

These factors elevate a person's risk, although sometimes addiction or substance use disorder occurs without any risk factors present.

- Mental health diagnosis/Anxiety-Depression/Co-Occurring
- History of abuse, neglect or past trauma
- Family history of addiction
- Use at an early age
- Stress
- Poverty

What to Ask...

- Have you felt you wanted or needed to cut down on your drinking or drug use in the last year?
- How many times in the past year have you used an illegal drug or a prescription medication for nonmedical reasons?
- Are you always able to stop drinking alcohol/using drugs when you want to?
- Have you had blackouts or flashbacks as a result of alcohol or drug use?
- Do you feel bad or guilty about your alcohol or drug use?
- Does your spouse or parent(s) complain about your alcohol or drug use?
- Have you neglected your family because of your alcohol or drug use?
- Have you engaged in illegal activities to obtain drugs or alcohol?
- Have you experienced withdrawal symptoms (felt sick) when you stopped drinking alcohol or taking drugs?
- Have you had medical problems as a result of your alcohol or drug use (e.g. memory loss, hepatitis, convulsions, bleeding)?

Red Flags

Physical

- Impaired physical coordination
- Slowed, slurred speech
- Sleepiness, lethargy during the day
- Pupils dilated or pinned
- Red eyes
- Excessive perspiration
- Runny nose
- Tremors
- Lip and finger burns
- Jumpiness, rapid speech

Mental, Emotional & Behavioral

- Confusion
- Depression
- Anxiety

- Insomnia
- Illogical thinking
- Forgetful (may not remember conversations or promises made)
- Excessive mood swings
- Unusual or erratic behavior
- Poor judgment or impulsive
- Personality changes when drinking or using
- Loss of interests, activities, friends
- Angry or defensive if alcohol or drugs brought up
- Problems at work
- Financial problems: may ask to borrow money
- Use of prescription tranquilizers, sleeping pills or headache medications
- Poor hygiene or signs of self-neglect

- Smell alcohol on breath at inappropriate times (morning, at work, etc.)
- Other addictions, such as cigarettes
- Legal problems

Relationships

- Self or family report of problem
- Others in family addicted
- Friends are heavy users, social environment is accepting of use
- Family isolative, secretive or uninvolved
- Few friends
- Chronic relationship problems
- Blaming others, rationalizing behaviors
- Children's behavior problems at school

Addiction Services

For information, an appointment or to determine appropriate level of care, call **866.852.4001**.

Short-term Residential and Detoxification Unit

In this 12-bed program, individuals receive close medical monitoring to assist them in withdrawing from addictive substances. The unit is staffed by medical professionals 24 hours-a-day. In addition, intensive therapy services are designed to stabilize the patient's recovery needs and to identify a plan for continued treatment and recovery. Average length of stay is five to 14 days, but can accommodate longer stays based on the patient's needs.

Outpatient Opioid Detoxification Program

This is an outpatient Medication Assisted Treatment (MAT) program. It is not a stand alone or a substitute level of care. The patient who meets criteria for this program will also be required to participate in other recovery-based therapy programs.

Intensive Outpatient Services (IOP)

This treatment modality meets frequently and is highly supportive in nature. The program involves three or more weekly group sessions over the course of three to eight weeks. Available in Grand Rapids and Kalamazoo.

Group Therapy

Outpatient treatment groups provide safe and supportive learning environments for persons recovering from addictions. Ideal for those who have already completed other treatment programs and need continued care or for those who have had some treatment success but struggle with relapse. Available in Grand Rapids, Holland, Kalamazoo and Spring Lake.

Individual Therapy

Pine Rest offers individual therapy for substance use disorders for adults, adolescents and family members at several licensed outpatient locations.

Intervention and Family Services

Intervention training consists of a free consultation session followed by four to five training sessions using a modified Johnson Institute model. The family program is a 10-week series designed to assist family members in understanding the disease of addiction and to develop healthy coping skills.

Online Addiction Services

Pine Rest now offers individual and group therapy with a Certified Addiction Counselor through an online video connection using a computer, tablet or smart phone to individuals living anywhere in Michigan. Local peer recovery coaches are also available.

Additional services include long-term residential and transitional housing.

Addiction Services

866.852.4001

Online Addiction Resources

Pine Rest Addiction Services—Resources

pinerest.org/addiction

Substance Abuse & Mental Health Services Administration (SAMHSA)

samhsa.gov/find-help

National Institute on Drug Abuse

drugabuse.gov/patients-families

Alcoholics Anonymous

aa.org

Narcotics Anonymous

na.org

Rational Recovery

rational.org

The Recovery Process

recovery.org

SMART Recovery

smartrecovery.org



pinerest.org/addiction-services