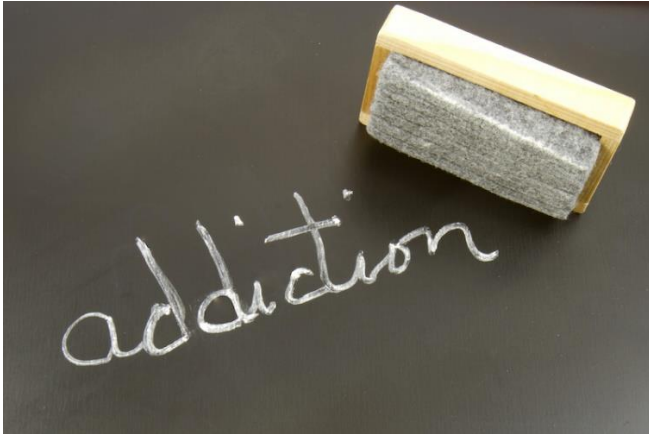


SUBSTANCE USE & MENTAL HEALTH DISORDERS ARE A DISEASE



Addiction is a primary, chronic disease of the brain. This disease can affect an individual biologically, psychologically, socially and spiritually. It may be evidenced by an individual pursuing reward and/or relief by using alcohol or other substances and other behaviors.

Recognizing Warning Signs & Symptoms of Substance Use Disorders

Substance use disorder is a progressive disease. No one starts using heroin without warning signs. It may start with alcohol, tobacco, recreational drugs, and most commonly prescription pain killers.

Substance use disorders can happen to anyone. Anyone can use drugs, anyone can become addicted, and anyone can overdose. Know the warning signs before it's too late.

Pay attention to significant changes in the physical appearance, attitude and/or behavior of the individual.

Physical Signs and Symptoms

- Physical appearance
- Small pupils
- Decreased respiratory rate
- Non responsiveness
- Drowsy
- Loss or increase in appetite
- Weight loss or weight gain
- Intense flu-like symptoms (nausea, vomiting, sweating, shaky hands, feet or head, large pupils)
- Wearing long-sleeves or hiding arms

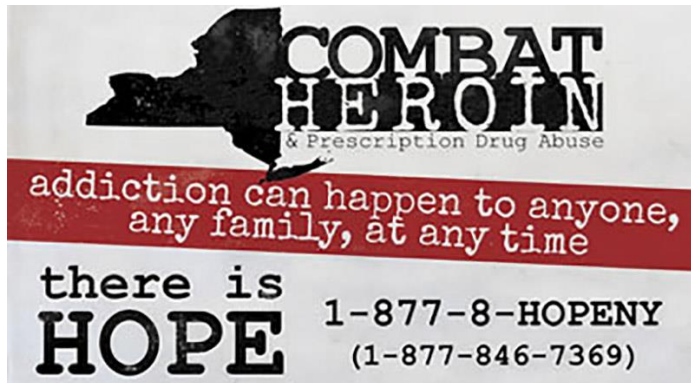
Behavioral Signs of Substance Use Disorders

- Change in attitude and/or personality
- Tendency to avoid contact with family and/or friends
- Change in friends, hobbies, activities and/or sports
- Drops in grades or performance at work
- Isolation and secretive behavior
- Moodiness, irritability, nervousness, giddiness
- Tendency to steal

The above content was taken from following website, NYS Combat Heroin and Prescription Drug

Abuse: <https://combataddiction.ny.gov/>

COMBAT HEROIN AND PRESCRIPTION DRUG USE DISORDERS

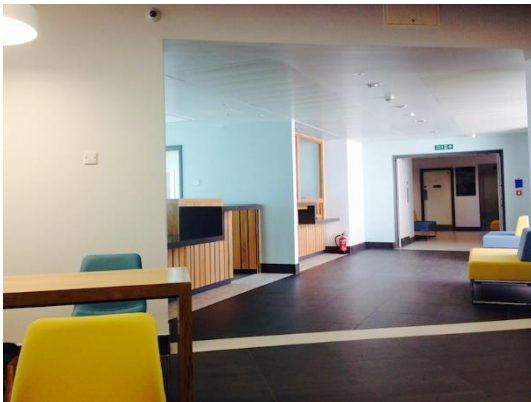


Addiction can happen to anyone, any family and at any time. It can be intimidating and overwhelming to identify a substance use disorder (SUD) and even harder to admit when there is a problem.

You are not alone on this journey. There are a variety of people, organizations and various levels of care available, often nearby, to assist you. The [NYS Combat Addiction webpages](#) provide information, help and support resources.

TYPES OF TREATMENT for Addiction and Substance Use Disorders

MONROE COUNTY TREATMENT PROVIDERS Check here for a chart of [Monroe County Treatment Providers](#)



Need information about addiction treatment centers and services? Learn more about treatment options on the road to recovery.

Inpatient Withdrawal Management

Patients who are temporarily incapacitated from alcohol or other substances are assisted managing their withdrawal symptoms within a medically structured setting.

Average Length of Stay: 3-7 days, depending on the patient's individualized needs

Community Residences

Patients live in a supervised, structured living environment with other individuals seeking an alcohol and drug free lifestyle. Each patient receives individualized care based on his or her needs, including Outpatient Treatment, vocational assistance, or Mental Health therapy.

Average Length of Stay: 3-6 months, depending on the patient's individualized needs

Supportive Living

Patients receive transitional housing services in conjunction with case management and supportive counseling supports. Programming may include Outpatient Treatment, vocational assistance, or Mental Health therapy.

Average Length of Stay: 6-12 months, depending on the patient's individualized needs

Medication Assisted Treatment

Opioid dependence is a medical issue that is often treated with Medication Assisted Therapies (MAT's) in conjunction with counseling and family support. The most commonly used MAT is Suboxone. Methadone has also been used as a MAT for a number of years. Because opioid dependence is a brain disease, using MAT's that help increase brain functioning becomes an essential part of success with many individuals struggling with opioid dependence. Suboxone, also known as Buprenorphine, blocks the opioid receptors of the brain and essentially "blocks" the effects of the heroin and or other opiates.

Essentially, if an individual attempts to use an opiate to "feel good", Suboxone prevents this from occurring and therefore discourages the individual from using the opiate. Vivitrol is indicated for use with opioid and alcohol dependent patients. Vivitrol is indicated for long-term abstinence in conjunction with long-term psychosocial support. Vivitrol is administered 1 time a month in an extended release injectable form of Naltrexone. What separates Vivitrol from other MAT's is that it is not a narcotic, does not have any pleasure producing effects, is not addictive, and has never been associated with a pharmaceutical that has been abused.