



Recovery Happens

Recovery Month is an opportunity for people who are in recovery to celebrate their success with their sobriety.

This year's SAMSHA National Recovery theme is "Join the Voices for Recovery: Invest in Health, Home, Purpose and Community." So many individuals suffer from one or more types of addiction such as alcohol, tobacco, Opioids, marijuana including some prescription drugs. Addictions can also include a non-substance like gambling, shopping, food and excessive exercising.

Because one solution cannot solve every problem, there are multiple pathways

to recovery. Some are voluntary such as treatment services, community support groups and one's faith and spirituality, others can be court mandated. Ultimately recovery begins when the individual decides to make a conscious decision to change their way of thinking and actions toward their addiction. Recovery is a long term process and deserves to be celebrated every day of sobriety.

There are several phases of recovery. The very beginning, when a person acknowledges their unhealthy behavior referred to as the **transitional phase**, the first 90 days of their recovery. After, comes the

early recovery phase where thoughts toward recovery and every day actions have started to change. After a year or so comes the **mid-recovery phase** where one is living a more stabilized, balanced life. **The maintenance phase** takes place at about the three-year mark integrating sobriety into a way of life. Last is the **sustained recovery phase** which occurs after five or more years when the risk of relapse is reduced. In this phase one is able to live a life of total wellness, mind, body and spirit. It is also important that in all phases of recovery individuals work the tools learned in treatment.

JOIN THE VOICES FOR RECOVERY



invest in **health**, **home**,
purpose, and **community**

National
Recovery Month
Prevention Works • Treatment is Effective • People Recover
september 2018

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Substance Use Disorder

Some individuals become diagnosed with both a mental health and substance use disorder. According to mentalhealth.gov "one in four adults living with serious mental health problems also has a substance use problem".

There are several behavioral, physical and social signs of substance use disorder.

Here are just a few:

- Neglecting responsibilities
- Lack of motivation
- Abandoning leisure activities, hobbies
- Problems/conflicts with

- relationships
- Sudden Mood Swings
- Unexplained change in personality or attitude
- Involved in illegal activities
- Legal problems related to substance use
- Financial Trouble

Substance Use Disorder, Continued



When the drug use gets to a point where one is using to relieve negative feelings, using for a sense of pleasure and/or relaxation, even after failed attempts to stop on ones own, this is a serious indication that someone may be struggling with addiction.

There are some risk factors that contribute to addiction such as family history of alcohol and drug use and the early onset of use. As well as a history of abuse

or traumatic experiences and/or mental disorders.

If after reading this, you have identified any of these signs please do not hesitate to talk a professional or someone you trust.



Suicide Awareness

So let's get real. According to American Foundation for Suicide Prevention suicide is the 10th leading cause of death in the United States. There is an average of 123 suicides every-day totaling over 44,000 a year.

Recognizing The Warnings

We can experience a multitude of emotions, highs and lows through out the day and it can take a toll on our mental state. But when someone is unable to shake the feel-

ings of hopelessness, regret, guilt and shame; that's when depression creeps in without notice. One may also experience weight loss or gain, trouble concentrating and making decisions. The thinking process may include thoughts of suicide and/or phrases that could raise a red flag to the listener like; "things would be different if I weren't around", "I'm tired, I just want to sleep" or "nobody understands and feels the way I do". When you notice someone withdrawing

from family and friends, not coming to events and not attending traditional holiday gatherings it could be a sign that something deeper is wrong.

Some with thoughts of suicide may begin to clean and organize their home/ bedroom as well give their personal belongings away. Older adults will get their personal/ business affairs in order like creating or revising a will.

If you feel you have been experiencing any of these feelings and/or thoughts please consider talking to someone you trust like a physician, friend, family or clergy member. Please see the resource section of our newsletter for hotline numbers.

It is extremely important to remember that depression can be successfully treated.



Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ❖ Talking about wanting to die or to kill oneself.
- ❖ Looking for a way to kill oneself, such as searching online or buying a gun.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Talking about feeling trapped or in unbearable pain.
- ❖ Talking about being a burden to others.
- ❖ Increasing the use of alcohol or drugs.
- ❖ Acting anxious or agitated; behaving recklessly.
- ❖ Sleeping too little or too much.
- ❖ Withdrawing or feeling isolated.
- ❖ Showing rage or talking about seeking revenge.
- ❖ Displaying extreme mood swings.

Suicide Is Preventable.

Call the Lifeline at 1-800-273-TALK (8255).

With Help Comes Hope

Creating Healthy Lifestyle

Recovery is a life long process, one day at a time. Make a vow to create the best life that you can, after all, you have been given a second chance.

Take care of every area in your life; health, spiritual development, relationships, career and financial. While taking a close look at these areas it will give you a stating point of what to improve on. It will also eliminate unexpected stressors down the road.

Start by building your sup-

port system which can include family, friends, online community support groups. Try to avoid unsupportive relationships that may create stressful situations. Be prepare for some relationships not surviving your recovery. You now have a different perspective on life that others may not. Make new friends that share your common goal of living above the influence.

Establish boundaries with yourself and others. Set limits on your activities that you participate in, places that

you will go, social gatherings, certain types of people. Your recovery must come first.

It is essential that you create a "if-then" plan. You are not always going to be able to avoid what may trigger you but you can be proactive when you are faced with it. Being flexible is important, not everything is going to go smoothly and not everyone is going to be sensitive to your situation. Just remember recovery is possible and you can do it.

Resources

Suffolk County Substance Abuse Hotline
631-979-1700

Response of Suffolk County Crisis Center
Responsecrisiscenter.org
Crisis Intervention
(631) 751-7500
1-800-runaway
Spanish Speaking Families
631-751-7423 Spanish
Socially Isolated & Experiencing Chronic Loneliness
(631)751-7500
National Suicide Prevention Emergency Intervention
1-800-273-8255

Veterans Crisis Line
1-800-273-8255 and Press 1
Text to 838255





291 Hampton Road Southampton NY 11968
T(631)283-4440
F(631)283-4456

518 East Main Street, Riverhead NY 11901
T(631)369-1200
F(631)369-1280

Look For Us



Alternatives' mission is to provide state-of-the art alcohol and drug prevention, chemical dependency and recovery services to the individuals, families and community on the East End of Long Island. Our programs inspire hope and support for those individuals and their families challenged by alcohol and drugs. We are dedicated to providing services that are affordable, caring, non-judgmental professional and culturally competent. Prevention services are provided at little or no cost to school districts and youth.

Alternatives Counseling Services is Long Island's East End premier provider of substance abuse services and evidence-based prevention programs. We've successfully served the East End community for over four decades and remain focused on providing access to treatment through comprehensive behavioral health care services and prevention through our school-based prevention programs.

Looking Ahead

January is Mental Health Awareness Month

March is National Youth Violence Prevention Month

March 20, 2019 is Kick Butts Day