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STEPS at Liberty Center is a non-profit organization dedicated to providing substance abuse prevention and treatment services to individuals and families affected by substance abuse and addiction in our communities throughout Wayne and Holmes Counties.

Donations enable us to serve our clients better and are fully tax deductible. They can be made in-kind, such as clothing, toys and the like, and financially . If you wish to donate and make a difference in the life of another, please contact us at 330-264-8498 or choose one of the options below:

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Visit: libertycenterconnections.org

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**STEPS at Liberty Center
104 Spink St.
Wooster, OH 44691**

STOMP the STIGMA

presented by



Addiction

**frequently asked
questions&answers**

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**STEPS at Liberty Center
104 Spink St.
Wooster, OH 44691**

www.libertycenterconnections.org

What is Addiction?

- Addiction is a chronic brain disease that is more about the neurology of the brain rather than the outward manifestations of behavioral problems and poor choices, according to a group of addiction medicine professionals at the American Society of Addiction Medicine. Addiction is about brains - not alcohol, drugs, sex or gambling. It's about the underlying neurology of the brain, not about outward behavior.
- Drug addiction is a complex brain disease. It is characterized by compulsive, at times uncontrollable, drug craving, seeking, and use that persist even in the face of extremely negative consequences.
- Drug seeking becomes compulsive, in large part as a result of the effects of prolonged drug use on brain functioning and, thus, on behavior. For many people, drug addiction becomes chronic, with relapses possible even after long periods of abstinence.

What is drug addiction treatment?

- Treatment can occur in a variety of settings, in many different forms, and for different lengths of time. Because drug addiction is typically a chronic disorder characterized by occasional relapses, a short-term, one-time treatment often is not sufficient. For many, treatment is a long-term process that involves multiple interventions, including counseling and sometimes medication and attempts at abstinence.

Why can't drug addicts quit on their own?

- Research has shown that long-term drug use results in significant changes in brain function that persist long after the individual stops using drugs. These drug-induced changes in brain function may have many behavioral consequences, including the compulsion to use drugs despite adverse consequences - the defining characteristic of addiction.
- Understanding that addiction has such an important



104 Spink Street, Wooster, Ohio 44691

Contact Us

If you would like to know more or have questions about STEPS at Liberty Center, please call 330.264.8498 and ask for Bobbi Douglas or email Bobbi at douglasb@steps-ewh.org.

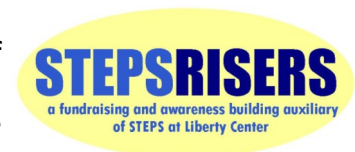
If you, a family member or friends have concerns about alcohol or other drug use, you can call STEPS and know your call will be handled confidentially.

Get Involved

STEPSRISERS is a fundraising and awareness building auxiliary of STEPS at Liberty Center.

STEPSRISERS mission is to reduce the stigma that underlies the disease of addiction and to ensure that prevention, treatment and recovery services remain well funded and accessible. It is a cause that will benefit the entire community as well as the men of Noble House, the women of Beacon House and all the outpatient clients served by STEPS.

If you'd like more information on how you can RISE UP TO HELP, please email: info@steps-ewh.org and request information on STEPSRISERS.



What are the costs of drug abuse to society?

Answer: It is estimated that in 2000 illegal drug use cost America close to \$161 billion:

- \$110 billion in lost productivity
- \$12.9 billion in healthcare costs
- \$35 billion in other costs, such as efforts to stem the flow of drugs.

Beyond the raw numbers are other costs to society:

- Spread of infectious diseases such as HIV/AIDS and hepatitis C either through sharing of drug paraphernalia or unprotected sex
- Deaths due to overdose or other complications from drug use
- Effects on unborn children of pregnant drug users
- Other effects such as crime and homelessness.

Where to get help?

STEPS at Liberty Center and Every Woman's House (also known as Liberty Center Connections) are a mental health and substance abuse certified agency providing treatment services to Wayne and Holmes County residents. Cost of treatment should never be a barrier for someone to get the help they need. They accept most insurance coverage and have programs available for those who may need financial assistance or payment plans in paying for their treatment. Call 330-264-8498 for more information.



biological component may help explain an individual's difficulty in achieving and maintaining abstinence without treatment. Psychological stress from work or family problems, social cues (such as meeting individuals from one's drug-using past), or the environment (such as encountering streets, objects, or even smells associated with drug use) can interact with biological factors to hinder attainment of sustained abstinence and make relapse more likely.

- Research studies indicate that even the most severely addicted individuals can participate actively in treatment and that active participation is essential to good outcomes.

How effective is drug addiction treatment?

- In addition to stopping drug use, the goal of treatment is to return the individual to productive functioning in the family, workplace, and community.
- Measures of effectiveness typically include levels of criminal behavior, family functioning, employability, and medical condition. Overall, treatment of addiction is as successful as treatment of other chronic diseases, such as diabetes, hypertension, and asthma.
- According to several studies, drug treatment reduces drug use by 40 to 60 percent and significantly decreases criminal activity during and after treatment. For example, a study of therapeutic community treatment for drug offenders (See Treatment Section) demonstrated that arrests for violent and nonviolent criminal acts were reduced by 40 percent or more.
- Methadone treatment has been shown to decrease criminal behavior by as much as 50 percent. Research shows that drug addiction treatment reduces the risk of HIV infection and that interventions to prevent HIV are much less costly than treating HIV-related illnesses. Treatment can improve the prospects for employment, with gains of up to 40 percent after treatment.
- Although these effectiveness rates hold in general, individual treatment outcomes depend on the extent and nature of the patient's presenting problems, the appropriateness of the

treatment components and related services used to address those problems, and the degree of active engagement of the patient in the treatment process.

How long does drug addiction treatment last?

- Individuals progress through drug addiction treatment at various speeds, so there is no predetermined length of treatment. However, research has shown unequivocally that good outcomes are contingent on adequate lengths of treatment.
- Generally, for residential or outpatient treatment, participation for less than 90 days is of limited or no effectiveness, and treatments lasting significantly longer often are indicated. For methadone maintenance, 12 months of treatment is the minimum, and some opiate-addicted individuals will continue to benefit from methadone maintenance treatment over a period of years.
- Many people who enter treatment drop out before receiving all the benefits that treatment can provide. Successful outcomes may require more than one treatment experience. Many addicted individuals have multiple episodes of treatment, often with a cumulative impact.

What helps people stay in treatment?

- Since successful outcomes often depend upon retaining the person long enough to gain the full benefits of treatment, strategies for keeping an individual in the program are critical.
- Whether a patient stays in treatment depends on factors associated with both the individual and the program. Individual factors related to engagement and retention include motivation to change drug-using behavior, degree of support from family and friends, and whether there is pressure to stay in treatment from the criminal justice system, child protection services, employers, or the family.
- Within the program, successful counselors are able to

establish a positive, therapeutic relationship with the patient. The counselor should ensure that a treatment plan is established and followed so that the individual knows what to expect during treatment. Medical, psychiatric, and social services should be available.

- Since some individual problems (such as serious mental illness, severe cocaine or crack use, and criminal involvement) increase the likelihood of a patient dropping out, intensive treatment with a range of components may be required to retain patients who have these problems. The provider then should ensure a transition to continuing care or "aftercare" following the patient's completion of formal treatment.

Where do 12-step or AA programs fit into treatment?

- One of the oldest and most well-known "treatments" for alcoholism is Alcoholics Anonymous, a fellowship of men and women who share their experience, strength and hope with each other to solve their common problem and help others to recover from alcoholism. Participation in A.A. is free.
- Scientific research has shown that participation in support groups, combined with other treatment efforts, is more effective in helping alcoholics remain sober than participating in treatment by itself.

How can family or friends make the difference in the life of someone needing treatment?

- Family and friends can play critical roles in motivating individuals with drug problems to enter and stay in treatment. Family therapy is important, especially for adolescents. Involvement of a family member in an individual's treatment program can strengthen and extend the benefits of the program.