



ADDICTION TREATMENT PROGRAMS

Find addiction treatment help
today at **Gaudenzia!**

833.647.0719

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It doesn't matter if you're young, old, rich, or poor. Many people suffering from the burden of substance abuse end up in financial and legal trouble because of their issues. The acts they take can place themselves or loved ones in danger. When it gets to that point for you or a loved one, it's time to look into **addiction treatment programs** at Gaudenzia across Pennsylvania, Delaware, Maryland, and Washington, DC.

Gaudenzia offers treatment to those dealing with a substance use disorder. Our addiction treatment programs provide support to a diverse clientele. The **staff at Gaudenzia** works hard to provide everyone who comes to us with a viable treatment plan. We want every client to get well and find a path toward a brighter future. Contact Gaudenzia today at **833.647.0719** to learn more about our treatment programs.



What is a Substance Use Disorder?

A substance use disorder is where a person takes too much of a substance above and beyond normal limits. It's also where people take illegal drugs like heroin. The way people consume substances affects how quickly they feel the impacts. For instance, injectable drugs produce a more immediate high than taking them orally. No matter what, excess consumption of drugs or alcohol impacts how the brain functions. It starts experiencing an increase in dopamine production.

Dopamine regulates our emotions, decision-making, and how we process pleasure and pain. People often turn to substance abuse as a way of dealing with stress or trauma. Many of them have an undiagnosed mental health disorder that they are trying to self-medicate through drugs and alcohol. Gaudenzia's addiction treatment programs are a way to offer people a safe place to heal and recover.



The Cost of Substance Use Disorders

Each year, nearly \$740 billion are spent due to substance abuse. Furthermore, over 67,000 people died in 2018 due to a drug overdose, and nearly 20 million people over age 12 battled a substance use disorder in 2017.

How Can a Substance Use Disorder Affect Your Health?

Long-term substance abuse can lead to debilitating health issues. Drinking too much alcohol has immediate impacts like causing you to hurt yourself while under the influence. Driving after consuming large quantities of alcohol could lead to an accident that causes injury or death to yourself or others on the road. You may find yourself suffering from alcohol poisoning and need to go to the emergency room for treatment.

Pregnant women can suffer a miscarriage, stillbirth, or have a child born with one or more fetal alcohol spectrum disorders (FASDs). Intervention via an addiction treatment center can make a big difference in a person's long-term health prospects.

There are a variety of potential long-term impacts of a substance-use disorder, including:

- **Weakened immune system**
- **Kidney disease**
- **Liver damage**
- **High blood pressure**
- **Irregular heartbeat**
- **Heart disease**
- **Respiratory illness**
- **Permanent neurological damage**
- **Psychosis**

Nearly 93,000 people died between 2011-2015 due to excessive alcohol use. The CDC estimates that 128 people die each day because of an opioid overdose.

Effects of a Substance Use Disorder on Mental Health

Research shows a lot of overlap between people dealing with an undiagnosed mental health problem and a substance use disorder. Factors like genetics and environment can play a large role in the development of these issues.

Stress also plays a huge role in how people manage substance use. PTSD and childhood trauma can also increase the risk of a person developing a mental health disorder that they self-medicate through drugs and alcohol.

A long-term substance-use disorder may exacerbate an existing mood disorder or other

mental illness. Excessive drug and alcohol consumption over a long period can change brain chemistry. It can be difficult to determine which condition drives a person's actions.

People with a co-occurring disorder, where they have a mental illness and an addiction issue, need a full spectrum of treatment. Gaudenzia works with each client enrolled in one of their addiction and **mental health treatment programs** to come up with a therapy plan to address all aspects of their illness.

Nearly 1 in five veterans diagnosed with PTSD also suffered from a mental health disorder.

When to Seek Out an Addiction Treatment Program

Many people see themselves as being social when they consume alcohol or take drugs. It's a rite of passage, something that helps them bond with peers. It can be hard to recognize when prescription pills or drinks during the day become a crutch, without which you may have a hard time functioning normally.

When it comes to alcohol, signs you may need to start looking into **inpatient addiction treatment programs** include not being able to get through the day without a drink. People taking too many prescription pills can start feeling jittery and unfocused if they try to slow down their consumption.

Friends and family often notice changes in an individual due to substance abuse. For that reason, people with a substance use disorder often pull away from those they care about to avoid judgment about their problem. It becomes

more appealing to spend time alone drinking and using drugs versus answering uncomfortable questions.

As a substance use disorder progresses, it often affects a person's cognitive abilities. The deterioration of brain cells can lead to a lack of focus at school or work. An individual can end up losing their job because of poor performance or because they stop showing up. They lose out on a career that they worked hard to build.

All the above are reasons to seek out treatment at an addiction treatment program. It could be the thing that gets someone back into a life free of addiction.

Available Treatment Options for Addiction

Studies show that up to 90 percent of people who need addiction treatment do not receive help. Fortunately, there are a variety of treatment options and **recovery support services** available at Gaudenzia, including:



» Inpatient Treatment

Clients enrolled in a residential treatment program receive 24-hour care for their addiction, along with any co-occurring disorders. They

get the opportunity to take part in a variety of different therapy sessions meant to get to the root of their issues. Gaudenzia inpatient treatment also offers clients the chance to learn and practice skills and techniques intended to help them deal with triggers that could tempt them into a relapse.



» Halfway House Services

A halfway house is an alternative for those transitioning from an inpatient stay back into the world. Gaudenzia's halfway house services offered through their addiction treatment programs give clients continued support while living in a state-funded facility. They continue to have access to the same services available while they received inpatient treatment. A halfway house allows them the freedom to take part in activities like seeking employment and attending 12-step programs.



» Outpatient Treatment

Outpatient treatment offers clients at Gaudenzia's addiction treatment program the opportunity to receive comprehensive outpatient care while still living at home. They get the chance to participate in many of the same programs made available to inpatient residents.



» Women's Care

Gaudenzia offers specialized care for women, including pregnant women and those with young children. It's a place where they can receive help without worrying about distractions from the opposite sex. They get the opportunity to receive care that helps them deal with issues unique to women's experiences in addiction. It's also a place where expectant mothers and those with children receive access to resources that can help them provide a better future for their family.



» Withdrawal Management/Detox/Medication-Assisted Treatment (MAT)

Some people who enter Gaudenzia's addiction treatment programs still have various substances in their system. They receive access to help with withdrawal management like detox services and medication-assisted treatment (MAT) depending on the severity of their issues. Clients receive constant observation to try and mitigate the effects of withdrawal on their bodies.



» Mental Health/Co-Occurring Services

Many residents need help with underlying mental health conditions that may be exacerbating their substance use disorder. Gaudenzia believes in the importance of treating all aspects of a person's illness. There are various specialized services made available to clients diagnosed with having a mental disorder or an addiction issue in conjunction with a mental health problem.

» Prevention and Recovery Support Services

Gaudenzia's addiction treatment program makes support available to clients and their families. They receive education on substance use disorders and how everyone can work together to prevent future relapses.

Additional Information About Addiction Treatment Programs

There are no guarantees when it comes to getting help for a substance use disorder. Still, deciding to take part in an addiction treatment program opens the door to walking away from the problems that come with living a life of addiction. Alongside addiction treatment programs for men and women, our Regional Addiction Program in Washington, DC accommodates transgender individuals.

Gaudenzia's staff of addiction specialists and medical professionals evaluate each client upon arrival to develop a treatment plan most likely to help clients stay in recovery. We believe in the value of using the latest research when it comes to helping people overcome addiction. Clients get to experience living life according to a schedule while learning social skills and behavioral tools necessary to maintain a drug-free existence.

Contact Gaudenzia at 833.647.0719

if you're ready to take the first steps toward freeing yourself from the bonds of addiction.

