



INPATIENT TREATMENT PROGRAM

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

833.647.0719

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Living life with a substance use disorder or mental illness can feel like looking at the world through a distorted mirror. It can be hard to find a sense of balance or figure out how to live a normal life. Gaudenzia's inpatient treatment program offers hope to those who feel there's no way out of their current situation. We take people from all walks of life and offer a **pregnant women and mother's treatment program**. Gaudenzia can be the start of a new existence when an addiction or mental illness doesn't dictate your life direction.



The Fallout From Mental Health And Substance Use Disorders

- **Over 14 million adults over age 18 suffer from an alcohol use disorder**
- **Only around 8% of adults with an alcohol use disorder receive treatment**
- **Thirty-eight percent of U.S. adults dealt with a drug use disorder in 2017**
- **Approximately 26% of adults over 18 struggle with mental illnesses each year**
- **An estimated 9.5% of adults deal with more than one mental illness at a time**
- **Women are almost twice as likely as men to deal with major depression**

Understanding Drug Addiction

People with drug addiction have a chronic need to continue using substances that have an overall negative effect on their physical and mental health. One of the most persistent misconceptions about people who abuse drugs is that they won't quit because they lack willpower or don't have the right morals. While the initial action may be voluntary, the inability to stop using occurs because drug addiction is a disease that usually necessitates more than a determined mindset to overcome.

The complexity of drug addiction means it typically requires treatment by addiction specialists and medical professions capable of helping individuals unravel their addiction's roots. Substance abuse disorder changes how the brain processes information. This is due to increased dopamine production, a neurotransmitter responsible for controlling emotions, self-control, and how we process pleasure and pain.

Drug users often experience a sense of relief and euphoria that a person continues trying to replicate. The brain eventually adapts and lowers the effects of the dopamine and the "high" experienced by a frequent user. As tolerance builds, an individual often seeks out more of their drug of choice and tries to replicate the original sensation. As this goes on, people tend to turn away from other things in life they once enjoyed, like food, social activities, or spending time with family.

The changes drugs cause to the brain persist for long periods or even become permanent. Some of the effects people can experience from long-term drug use include:

- **A tendency to make bad decisions**
- **Impaired learning**
- **Poor judgment skills**
- **Inability to handle stress**
- **Erratic behavior**
- **Poor memory retention**

People often relapse when they try to stop using drugs because their brain continues to tell them how much their body needs that fix. It's not uncommon for people to require more than one visit to an inpatient or **detox treatment program** to finally overcome their drug addiction. Gaudenzia is a place where individuals can come for help with drug addiction.

People with mental health disorders have a higher risk of developing a problem with substance abuse.

Understanding Alcohol Use Disorder

For some people, drinking alcohol is synonymous with celebrating with friends or having fun at a social event. Drinking is common during mourning, and some people use alcohol to cope with mental illness. Having one or two drinks per day is considered moderate drinking for most individuals, depending on the beverage. However, some find themselves consistently drinking alcohol to excess. Social and emotional problems affect people's self-esteem, causing them to drink alcohol more frequently.

Signs of alcohol abuse typically crop up in a person's routine. They may start slacking off at work or miss days due to still being under the influence of alcohol. Family members may notice them not showing up at events. Many people who frequently abuse alcohol end up in legal trouble.

They may get arrested while driving or becoming belligerent in public while intoxicated.

A person can build up a tolerance to alcohol in the same manner as someone who uses drugs. A lack of access to alcohol can lead to signs of withdrawal like:

- **Irritability**
- **Nausea**
- **Restlessness**
- **Sweating**
- **Tremors**
- **Convulsions**
- **Hallucinations**

An alcohol use disorder can have significant impacts on a person's health. The short-term effects can include memory loss and constant hangovers. If an alcohol use disorder goes on without treatment at a place like an **addiction treatment program**, they may end up with long-term health problems, including:

- **Digestive issues**
- **Cardiovascular problems**
- **Brain damage**
- **Permanent memory loss**
- **Cirrhosis**
- **Cancer**

Once it's gotten to a point where a person has no control over their drinking, admission to an inpatient treatment program may be needed. Gaudenzia's inpatient or **outpatient rehab program** can be the first step in overcoming alcohol dependency.

While men are more likely than women to develop an alcohol use disorder, women often experience more severe health issues at lower consumption levels.

Understanding Mental Health Disorders

People with a mental illness are dealing with a health condition affecting how they process emotions, the way they think, and the way they behave. Sometimes individuals deal with disorders that cause them to deal with a combination of all those things. Individuals dealing with a mental health disorder often have problems functioning when it comes to school, work, or social activities.

Many people go without seeking help from a **mental health treatment program** because of the stigma often attached by society. They may fear being viewed as damaged or unstable, so they keep their issues to themselves until the signs become unavoidable. Mental disorders can be diagnosed and treated by professionals who have experience dealing with addiction in its various forms.

Some people show signs of mental illness early in childhood, while others don't start having issues until they reach adolescence or adulthood. Anyone from any background can end up with a mental health disorder. Some may only have mild symptoms, while others get to the point where they can no longer function normally.

Some mental illnesses can be mistaken for other health conditions. For example, symptoms of depression mimic what people experience when they have a thyroid condition. It takes a full evaluation and physical exam to properly diagnose a specific mental disorder. Signs that a person may be dealing with some form of mental illness include:

- **Withdrawing from family and friends**
- **Feeling tired or lacking energy all the time**
- **Experiencing extreme mood swings**
- **Feeling of pain throughout the body**
- **Difficulty connecting to people and situations**
- **Expressing angry or violent behavior**
- **Using drugs or alcohol to self-medicate**
- **Have thoughts of suicide**

Care at an inpatient rehab program can allow individuals to focus on their mental health while dealing with other issues like unresolved trauma or a substance use disorder.

Nearly one in twenty-four adults deal with some form of severe mental illness.

How Does Inpatient Treatment Work?

The first step in getting help for a substance use disorder or mental health problem is acknowledging there is a problem. However, sometimes it takes forced intervention due to legal issues or an ultimatum from loved ones to get someone to participate in an inpatient rehab program. Gaudenzia understands that everyone comes in with a different mindset, and also offers **criminal justice services**. Some may be further along the path to acknowledging their need for health than others.

Anyone coming into Gaudenzia's inpatient treatment center receives a full evaluation. We treat patients from Delaware, Maryland, Pennsylvania and Washington, DC. The staff determines if there is a need for detox services to remove any remaining toxins from a client's

system. Detox is a way for new residents to receive round-the-clock observation as they work through any withdrawal symptoms.

From there, clients are introduced to the treatment center's rules and the details of their treatment plan. They sleep in assigned rooms, eat all meals in the inpatient treatment center's dining area, and stick to a structured daily program. Therapy sessions take place daily. Residents may opt to participate in other activities and programs designed to improve their communication and social skills.

Inpatient rehab centers work by removing an individual from their familiar environment. This keeps them from experiencing many triggers that caused their substance abuse issues in a safe, nurturing place. Many people who come into Gaudenzia have a co-occurring mental problem existing alongside a substance use disorder. Gaudenzia offers the **recovery support services** and resources people need to get back on their feet.

Signs that you or a loved one may require treatment at an inpatient rehab program include:

- **Being regularly exposed to drugs or alcohol in your environment**
- **Not having support for staying sober**
- **Live with friends or family members who drink or do drugs around you**
- **Having difficulty focusing or making life decisions**
- **Ending up in legal trouble due to erratic behavior or excess substance abuse**
- **Having trouble connecting to friends and family because of mental issues**
- **Frequently having thoughts of self-harm**
- **Trying to harm yourself or attempting suicide**

A safe environment like Gaudenzia's inpatient treatment program offers residents the chance to focus on their recovery without distractions. Family members can also learn more about their loved one's illness and what they can do to support them in recovery.



Inpatient Treatment at Gaudenzia

Gaudenzia maintains a **staff that includes addiction specialists and mental health professionals**. We ensure that each resident of our inpatient treatment program receives the most up-to-date care designed to offer them the best chance at recovery.

Call Gaudenzia at 833.647.0719

if you're ready to start learning how to live life on your terms.

You can take control and learn to be happy, healthy, connected, and in control.