



THE BEGINNING FOR RECOVERY:

Usually, it is overcoming denial that starts the process, or hitting "rock bottom" that often leads the user to treatment. But direct intervention works as well. Healing then becomes a lifetime process. Relapse is a focus at every level of treatment.

Treatment for alcohol and/drug addiction:

The most common mind disorder is substance abuse, which causes more illness, death, and social disruption than any other chronic medical illness. It also costs more than any other medical condition. Medications to treat detoxification, control withdrawal symptoms, and less craving are available by entering a detox center.

Kamloops Phoenix Detox Centre is open 24 hours a Day
Phone 250-374-4634; located 922 Avenue, Kamloops

Understand that self-detox and detox in general, is not the only step to overcoming your addiction. It is the first step to becoming sober. Therefore, it is the beginning of your journey to recovery and trying to detox from home can lead to a host of challenges.

***Self-Detox** can cause brain shock. When you discontinue using substances, your brain will experience a level of shock. This is because alcohol and other substances change your brain chemistry and develop a dependency for which the brain requires to function. Think about how long you have used the substance. If you suddenly stop, your brain could become disoriented, confused, and even protest the change, enacting withdrawal symptoms that may include:*

**Organ damage*Stroke* Tremors* Heart Attack *Panic attacks *Depression *Suicidal thoughts*Death*

While withdrawal symptoms vary, they could last for hours or days. To avoid shocking the system, it is crucial to remove substances from your body gradually>>therefore entering a detox center would help.

PRINCIPLES AND GOALS

Principles may include a variety of treatment options such as medication used along with individual and group therapy- peer groups, facilitated group therapy and educational groups are components of treatment and support recovery. Treating co-existing conditions along with addiction. Goals motivate clients toward abstinence and rebuilding lives without drug use.

Michael Ochoa, Justice Worker has group therapy- Wellbriety Meetings every Wednesday evening at the Public Safety Office from 5:30pm to 7:30 pm.

There is availability for Alcohol and Drug Counselling sessions and completion of forms to enter a treatment center. **Linda Williams, Syilx Cultural Liaison**, contact 250-308-6662 to set up an appointment.