

# Beginning the Journey

Alcohol & Drug Abuse Recovery: Helping a Loved One with alcohol & drug abuse



*We are here to listen to your story and help you find answers and solutions.*

**ADRC of Brown County**  
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ADRC is a nonprofit, 501(c)3 organization

Find us online:



# Getting Started

Know that you are not alone! Many have struggled to stop using alcohol and/or drugs. Brown County has Alcohol and Other Drug Abuse (AODA) services you need to get help for yourself or a loved one.\* This handbook shows you the options available for your individual situation, giving you explanations on when resources might be appropriate plus how to access and pay for those resources. (If you are trying to help a loved one with drug or alcohol abuse, remember that you cannot make someone stop drinking or using drugs. However, you can provide support.)

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## Our Mission

“Empower and enrich the lives of older adults, adults with disabilities and their caregivers.”

### For more information:

Visit our website:

[www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org)

211 Community Services database: [www.get211.org](http://www.get211.org)

Follow us on Facebook:

[ADRCbrowncountywi](https://www.facebook.com/ADRCbrowncountywi)

# Getting Started in Brown County

## **Brown County Community Treatment Center- (920) 391-4700**

The Brown County Community Treatment Center (BCCTC) provides substance abuse treatment that focuses on establishing and maintaining an individual's recovery from substance abuse and on preventing relapse. BCCTC can assist with intake, assessment, or referral for adult (male and female) residents of Brown County. BCCTC's focus is a combination of mental health and substance abuse treatment services, available for:

- Individuals with substance abuse issues
- Individuals with both mental health concerns & substance abuse issues

For more information on BCCTC Alcohol or Other Drug Abuse (AODA) programming - [www.browncountywi.gov/services/alcohol-and-other-drug-abuse-services/](http://www.browncountywi.gov/services/alcohol-and-other-drug-abuse-services/)

## For Immediate Help

### **24-hour Crisis Center Hotline- (920) 436-8888**

Please note **988-Suicide and Crisis Lifeline is available nationwide, available 24/7. Call or text 988** if you or someone you know needs support now. The Crisis Center of Family Services provides free, professional, short-term counseling for any situation, including: alcohol and drug abuse, depression, relationship issues, and suicide. A counselor will talk with you about your situation and the kind of help you need.

### **Alcoholics Anonymous (AA)- (920) 432-2600**

Peer to peer support group that provides information on how to get started on your recovery journey. Learn about AA meetings for those recovering from alcoholism and/or alcohol abuse (various locations & times throughout Brown County). Participants that attend have a substance abuse concern (closed meeting). Open meetings are available to families members and natural support.

### **Narcotics Anonymous Hotline (NA)- (866) 285-7830**

Peer to peer support group that provides information on how to get started on your recovery journey. Learn about NA meetings for those recovering from substance abuse (various locations & times throughout Brown County). Participants that attend have a substance abuse concern (closed meeting). Open meetings are available to families members and natural support.

# Alcohol & Other Drug Abuse (AODA) Services & Treatment

Unsure where to start? Try meeting with an AODA counselor for an assessment.

## AODA Support Groups

### What is it?

Support groups are run by individuals dealing with AODA issues (not a therapist) with the goal of helping members learn and gain support from one another. Most have a non-religious, spiritual component and follow 12-step guidelines. Closed group are only for those with a history of drug or alcohol abuse. Open group are for anyone, including loved ones.

### When would I use this service?

If you or a loved one struggle with AODA issues and are ready to make a change in your lifestyle then these peer to peer support groups may be a starting point for you.

### How do I access this service?

No referral is needed to attend and groups do not charge membership fees.

To access support groups visit the following links:

Alcoholics Anonymous (AA)	920-432-2600	<a href="http://www.greenbayaa.org">www.greenbayaa.org</a>
Narcotics Anonymous (NA)	866-285-7830	<a href="http://www.wisconsinna.org">www.wisconsinna.org</a>
Al-Anon/Al-Ateen	920-4301420	<a href="http://www.afg-grb.org">www.afg-grb.org</a>

## Assessment

### What is it?

A meeting with a counselor who will talk with you about your current alcohol and drug use and what you have tried in the past for help with your alcohol/drug use. Based on your individual situation, the counselor may make recommendations about the type of services that will be the right fit for you.

### When would I use this service?

Some people seek out an AODA assessment because they are concerned about their alcohol/drug use and want to get help. Others are court-ordered to get an assessment or told by their employer to have an assessment as a condition of employment.

## Assessment

### What happens after the assessment?

Once you've completed an AODA assessment, you will be referred to services that are appropriate for your situation. You will not automatically be admitted to an inpatient alcohol/drug treatment program. Many people have success recovering from substance abuse without ever going through a residential or inpatient treatment program.

### How do I access this service?

There are many agencies and counselors who provided AODA assessments in Brown County. For a listing of providers who do AODA assessments, go to ADRCC's website and search for "Getting Help AODA Treatment Providers of Brown County". ([www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org))

## Individual Therapy (One-on-One)

### What is it?

You meet individually with a therapist or counselor to set treatment goals related to your individual situation.

### When would I use this service?

This is a useful tool to explore your own situation in-depth. It is a chance to set specific, achievable goals to change your life for the better. This therapy is often used with other forms of treatment (i.e. residential or inpatient programs).

### \*How do I access this service?

There are many therapists who provide individual therapy for issues related to alcohol/drug use. To schedule an appointment, simply call the provider of your choice.

## Group Therapy

### What is it?

You meet with a group of individuals who share similar issues one to three times a week. Group therapy is different from a support group because meetings are run by therapists. Group members set and work towards specific treatment goals.

### When would I use this service?

This can be an effective treatment at different stages of AODA recovery. Meeting in a group allows you to share experiences, provide each other feedback and hope. This therapy is often used with other forms of treatment (i.e. residential or inpatient programs).

### \*How do I access this service?

There are therapists who do offer group therapy for issues related to alcohol/drug use.

## Intensive Outpatient Therapy (IOP)

### What is it?

You receive intensive counseling while continuing your normal activities in the community (i.e. work or school). IOP programs meet up to 12 hours per week over several weeks (average is 3 hours, 3 times per week). Daytime and evening hours are available. IOP services are facilitated by a therapist and include group therapy, individual therapy, and education.

### When would I use this service?

IOP may be helpful if you need an intensive program to begin your recovery journey but want to continue your normal activities, or if you cannot afford residential or inpatient treatment due to financial concerns.

### \*How do I access this service?

You need to have an assessment completed by an AODA counselor, who then recommends IOP as an option, prior to starting.

*\*For a list of treatment providers offering these services and payment options accepted, visit ADRC's website and search for "Getting Help AODA Treatment Providers of Brown County".*

*([www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org))*

## Day Treatment

### What is it?

Day treatment programs provides similar services to IOPs but are more intensive. They meet during the day for more than 12 hours weekly, allowing you to go home in the evening.

### When would I use this service?

This may be helpful if you need an intensive program to help begin your recovery journey. Please note if you are not interested in a residential or inpatient setting or if you cannot afford treatment due to financial concerns.

### How do I access this service?

You need to have an assessment completed by an AODA counselor who then recommends day treatment as an option, prior to starting.

## Residential Treatment

### What is it?

Residential programs provide 24/7 treatment in a non-medical, home-like, unlocked environment and includes education plus individual and group therapy sessions. While the length of treatment varies, an initial stay at a residential facility is generally 28 days.

### When would I use this service?

Residential treatment is appropriate if you want a more structured environment or if your AODA use is severe enough that you need 24-hour care.

### How do I access this service?

Call the Jackie Nitschke Center (920) 435-2093. Limited scholarships are available for eligible applications. Other options may be available outside of Brown County.

## Medically Monitored/ Managed Inpatient Treatment

### What is it?

24/7 treatment in a hospital-like setting with medical staff available to administer medications and provide medical evaluations and care. Treatment also includes education plus group and individual therapy sessions.

### When would I use this service?

This is appropriate if you need 24/7 care and medication for your AODA recovery.

### How do I access this service?

You need to have an assessment completed by an AODA counselor, who then recommends this level of treatment as an option, prior to starting.

## Detoxification Hospitalization (Detox)

### What is it?

Detox involves 24/7 medical care to medically stabilize and assist you through severe and/or life-threatening withdrawal symptoms (average stay between 3 to 5 days).

### When would I use this service?

This level of treatment is appropriate if you are likely to experience severe and/or life-threatening physical side effects when you stop using alcohol/drugs, due to the nature of your AODA use.

### How do I access this service?

If you have any concerns about you or a loved one experiencing withdrawal symptoms, go to any area hospital's emergency room to have a doctor medically assess the need for inpatient detoxification. Based on the assessment, the doctor will recommend appropriate services.

# Additional Alcohol & Other Drug Abuse (AODA) Supports

## Aftercare (Continuing Care)

Involves therapist-facilitated, once a week, group therapy for 16 to 32 weeks. Aftercare is typically recommended following IOP or residential treatment.

## Relapse Prevention

Provides group therapy if you attend treatment in the past and have a history of relapse (returning to using alcohol/drugs). This focuses on relapse triggers, warning signs, and developing a relapse prevention plan.

## Co-Occurring Disorders Treatment

Many people with AODA issues also struggle with mental health issues, such as depression, anxiety, and schizophrenia. Treatment providers recognize that AODA issues and mental health issues are related to each other and work to address both at the same time.

## Family Education and Counseling

Many treatment programs encourage family members/significant others to be involved in their loved one's treatment through educational sessions and/or family therapy. These programs help family members understand the disease of drug or alcohol abuse and its causes, effects, and treatment options. Some programs also provide counseling for couples or families.



# Paying for Alcohol & Other Drug Abuse (AODA) Treatment

Do not let a lack of funds keep you or a loved one from seeking treatment. Those considering AODA treatment often wonder how they will pay for services. Many AODA treatment providers have payment plans and funding sources to help pay for services. Check with your health insurance provider to see what services may be covered under your plan. Listed below are common payment options for AODA services. Check with any treatment provider you are considering to see which options are available to you.

## Free

Support groups do not charge a fee to attend the groups/meetings.

## Private Pay (Self- Pay)

This payment option is exactly what it sounds like. Private pay means that you pay out-of-pocket for treatment services. Most programs have a private pay option in addition to other forms of payment.

## Sliding Fee Scale

Many treatment providers offer a “sliding fee scale” for payment. This means the amount you pay is adjusted based on your income.

## Insurance

Your medical insurance policy may provide coverage for AODA and/or mental health treatment. Policies vary and some insurance companies only cover services offered by “in-network providers”. Check with your insurance company before making appointments.

## Medicaid

If you have health care coverage through the Wisconsin Forward Health Medicaid program. Medicaid will pay for many AODA treatment options. Some AODA treatment providers in Brown County accept Medicaid as payment, so check with the program you are considering beforehand.

## Medicare

If you have health care coverage through a Medicare plan, there is the potential Medicare could help pay for treatment in both inpatient and outpatient settings.

## County Funding

Most AODA services offered through the Brown County Community Treatment Center and Brown County Human Services AODA department are available to eligible Brown County residents.

# Loved Ones: Take Care of Yourself

Recovery from alcohol/drug abuse is not just an adjustment for the person in treatment, it is an adjustment for you. As your loved one begins treatment, it will change your relationship. You develop new routines, re-adjust responsibilities, and start to deal with past conflicts. All of this change can be stressful on your relationship, and on you. Fortunately, there are supportive resources in Brown County.

## Al-Anon

### What is it?

Al-Anon is a 12-step recovery program for friends and family members of alcoholics. No registration/fee is required, nor does your loved one with a history of drug or alcohol abuse need to attend in order for you and other family members to use Al-Anon.

### When would I use this service?

Attend Al-Anon meetings at any stage of recovery for support, information, and to learn new ways of interacting with a loved one. The focus is on the family.

### How do I access this service?

Call or visit Al-Anon/Alateen's website (920) 430-1420 or [www.afg-grb.org](http://www.afg-grb.org). The staff person will provide information about Al-Anon and current meeting times.

*Note: Call Al-Anon's Hotline at (920) 430-1420 if you need assistance at any time.*

## Individual Therapy

### What is it?

Meet individually with a therapist or counselor to set treatment goals related to your individual situation then meet for therapy sessions to work on these goals.

### When would I use this service?

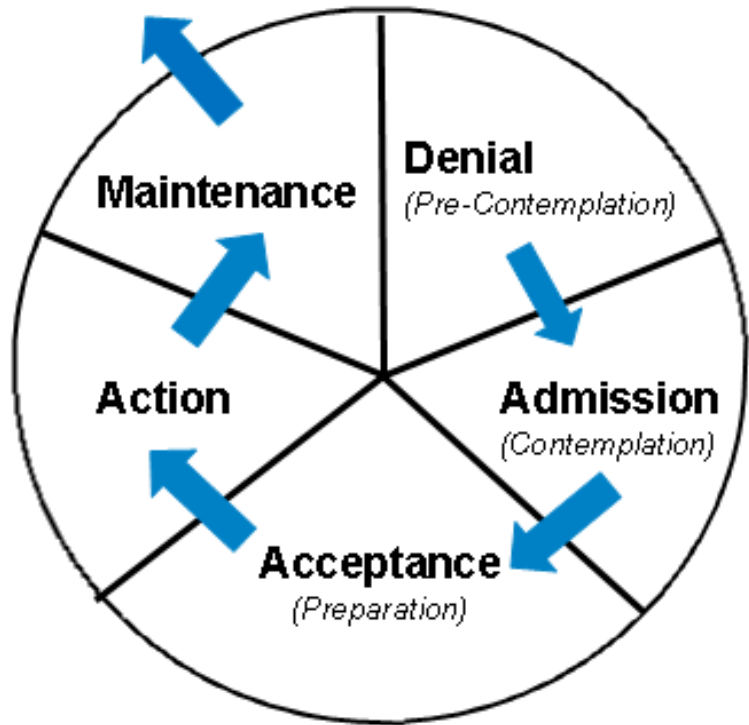
While you cannot change your loved one, you can seek help for yourself. Individual therapy offers a change to set specific, achievable goals to change your life for the better at any stage of recovery, even before your loved one decides to get help.

### How do I access this service?

For a list of providers in Brown County, go to ADRC's website and search for "Getting Help: Alcohol & Other Drug Abuse Treatment Providers." ([www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org))

# Stages of Change

You want to help your loved one with their drug or alcohol abuse, yet your loved one may not be ready to accept help. Where are you vs. your loved one when it comes to being ready for change? Use the following diagram to understand how you can help your loved one move towards getting connected to community resources.



**Denial (Pre-Contemplation):** Person does not recognize the seriousness of the problem. “I don’t really use that much.”

**Admission (Contemplation):** Person may be thinking about change/interested in learning more about drug and alcohol abuse. “I guess my drinking has gotten out of control at times.”

**Acceptance (Preparation):** Person sees the benefits of change, there is a readiness to change. “I don’t want to use anymore. My life would be better if I can get back on track.”

**Action:** Person begins to make change and getting help (i.e. having an AODA assessment). “I don’t want to spend time with my friends who use anymore.”

**Maintenance:** Person applies skills learned in treatment to daily life. High risk for relapse. “I will take this one day at a time and work towards the goals I made in treatment.”

**Relapse:** Relapse can occur, but it does not mean failure. It can provide opportunities for the person to learn more about their drug or alcohol abuse and how to work through it.

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