

# Assessing Treatment Options

**HEALTH GOAL**

- I will be aware of resources for the treatment of drug misuse and abuse.

Most people who are drug-dependent are in a state of denial. **Denial** is refusing to admit a problem. They do not recognize the effects their behavior is having on others. Because people who are drug-dependent are in a state of denial, they usually do not seek treatment. Other people must intervene. This lesson discusses intervention and treatment for people who misuse and abuse drugs.



## What You'll Learn

1. Discuss steps teens can take to get help for someone who misuses or abuses drugs. (p. 475)
2. Discuss what happens during formal intervention. (p. 475)
3. List the kinds of treatment for people who are drug-dependent. (p. 477)
4. Explain what happens during detoxification. (p. 478)
5. Discuss why family members and friends of people who are drug-dependent may need treatment. (p. 478)

## Why It's Important

Drug dependency is a problem for many families in the United States. Many families have a drug-dependent member whose behaviors affect everyone in these families. There are ways to get help for a drug-dependent family member.

## Key Terms

- honest talk
- relapse
- detoxification
- inpatient care
- outpatient care
- halfway house
- student-assistance program

## What Would You Do?

**Writing About Getting Treatment** Suppose that your cousin tells you he is worried because he has been taking a lot of drugs and he can't seem to stop. He thinks he is drug dependent. He wants to get help, but he is afraid of what his parents will say about his behavior. After reading the information about formal interventions on page 475, write an entry in your health journal about what you would say to your cousin.



Health TEKS covered by Lesson 43: 5D, 7A, 7B, 8A, 9A, 9B, 10B, 11A, 12A, 12B, 13A, 13D, 13F, 15A, 16A

# Formal Intervention

Suppose you know someone who misuses or abuses drugs. This person could be a family member, a close friend, or a classmate at school. People who misuse or abuse drugs need help. These people may be in denial and not wish to do anything about the misuse or abuse, but people who know someone who misuses or abuses drugs do not need to deny this. They can be straightforward and try to get help.



## What to Know About Formal Intervention

There are four steps to take when you want to get help for someone who is misusing or abusing drugs.

1. List the person's specific behaviors and signs of drug abuse. Write out a detailed list that describes specific situations and dates.
2. Share the list with a responsible adult who can review what you have written and decide appropriate steps to take. If the adult does not respond, share the list with another responsible adult.
3. Know that you have made a responsible decision by sharing the list with an adult. Recognize that people who look the other way or make excuses for a person who abuses drugs are enablers. Be proud that you have made a responsible decision.
4. Follow the advice of the adult who takes action. The adult may choose to contact a trained counselor or other health care professional for a formal intervention.

**How a formal intervention helps** An action by people, such as family members, who want a person to get treatment is a **formal intervention**.

The goal is to help drug-dependent people recognize the effects of their drug misuse or abuse. A trained counselor guides people through the formal intervention process.

A formal intervention should be carefully planned. The counselor usually holds a planning session before the intervention. The people who will be involved discuss the person's drug use and its consequences. The formal intervention is rehearsed. The trained counselor will make sure that a treatment program is selected ahead of time and that the appropriate arrangements are made. During

### Make the Connection

**I-messages** For more information on I-messages, see page 42 in Lesson 5.

A good way to stage an intervention is to have the person's family present.



Sometimes, a good option for ► treatment is inpatient care, during which a teen will stay at a treatment facility.



a formal intervention, family members, friends, and other significant people describe the behavior of the person who is drug dependent and explain how it affects them. Specific situations in which the person's behavior caused negative consequences are discussed.

The people involved in the intervention explain that they want the person who is drug dependent to get treatment. It is best for a person who is drug dependent to enter treatment immediately after the formal intervention. A person who is drug dependent is likely to come up with excuses not to enter treatment if he or she has time to think about it. Family members often have packed a suitcase and made plans to take the person to a treatment facility immediately following the formal intervention.

### Mini-Review

1. Discuss why a formal intervention sometimes is necessary.
2. How are honest talk and I-messages a part of a formal intervention?

**How honest talk helps** Family members, friends, and employers who use honest talk and I-messages often are successful at convincing a person who is drug dependent to agree to treatment.

The straightforward sharing of feelings is **honest talk**. A statement that contains a specific behavior or event, the effect of the behavior or event on a person, and the emotions that result is an **I-message**.

People who are healthy recognize when other people are drug dependent. They use honest talk and I-messages to express their feelings. For example, a teen might say:

- I feel that I cannot trust you when you lie about your drug use, and this stresses me.
- I cannot bring friends over because I don't know if you have been drinking; this makes me sad.
- I cannot relax when you are out drinking with your friends because I worry that you might have an accident.



▲ Honest talk and I-messages are a part of a successful intervention.

# Treatment

People who are drug dependent need help to discontinue drug use. It is important to make sure that a person uses the treatment approach that will work best for him or her. Treatment programs do not focus only on getting people off of drugs. They also try to teach people to live more effectively than before. This helps people avoid having a relapse. A **relapse** is a return to a previous behavior or condition.

## What to Know Before Selecting a Treatment Program

Before selecting a type of treatment, as outlined in this section, there are certain points to consider.

**Involvement of the person in need of treatment** The person needing the treatment can be involved in selecting the type of treatment he or she will follow. This person may have certain goals he or she wishes to accomplish. People who have a say in their treatment often have a greater chance of success because they know what their goals and values are. For example, a person who is a professional may want to try an Alcoholics Anonymous (AA) group with other members who are professional. A female may want to go to an all-female AA meeting.

**Sometimes treatment may not be necessary.** The most difficult step for a person who is a drug abuser, is to admit they have a problem. People may recover on their own. For example, a person may stop drinking alcohol without any help. However, this person may need reinforcement for his or her actions. Sometimes sitting down with a friend or family member may help a person share important feelings.

**A person's characteristics** A person who is married may have a support system in his or her spouse. A person's job may be a consideration in treatment outcomes. This person may not need to worry about finding work, which would resolve many problems.

**Follow-up procedures** In any treatment, the follow-up procedures need to be taken into account. For example, are there group therapy sessions periodically after treatment? Is a counselor available for advice?

**Environment** The recommended treatment should take into account an environment which increases the chances of success. For example, it may be best for a person to seek treatment out of town to get away from a poor environment. This is especially important for outpatient treatment. The person may need to change his or her physical environment so that he or she is not pressured by peers to use drugs and so that a source is not readily available. The individual needs to know if insurance will cover counseling expenses. A person may not be able to afford treatment unless his or her expenses are paid for by insurance.

### Make the Connection

**AA** For more information on Alcoholics Anonymous, see page 420 in Lesson 37.

### Mini-Review

1. What is a relapse?
2. Why should the person who needs treatment be involved in selecting the type of treatment he or she will receive?

## Treatment Options

There are many different kinds of treatment available to a person who misuses and abuses drugs.

**Detoxification** The first stage of treatment programs is **detoxification**. Detoxification is the process in which an addictive substance is withdrawn from the body. Detoxification often causes people to suffer from withdrawal symptoms. **Withdrawal symptoms** are unpleasant reactions that occur when a person who is physically dependent on a drug no longer takes it.

**Inpatient care** A treatment that requires a person to stay overnight at a facility is **inpatient care**. The main advantages of inpatient care are the medical supervision and the drug-free setting. Most adults spend 28 days in inpatient care, and most teens spend 10 to 14 days.

**Outpatient care** A treatment that does not require a person to stay overnight at a facility is called **outpatient care**. Outpatient care is offered by many hospitals and community treatment centers. People in outpatient drug treatment programs can work or attend school while recovering from drug dependence.

**Halfway houses** A live-in facility that helps a person who is drug dependent gradually adjust to living independently in the community is called a **halfway house**. Halfway houses provide food, shelter, drug treatment, job skills, and counseling. They provide a supportive, drug-free environment for living.

**Recovery programs** There are many recovery programs available for people who are drug dependent. In these programs, people receive feedback and support. Narcotics Anonymous (NA) is a recovery program that helps people deal with narcotics dependence. Cocaine Anonymous (CA) is a recovery program that helps people deal with cocaine abuse. There also are recovery programs for other specific drug dependencies.

**School resources** Many schools offer resources to help students with drug problems. Your school may participate in a **student-assistance program**, which is a school-based program to help prevent and treat alcoholism and other drug dependencies. Some schools also have recovery groups for students.

**Additional treatment options** Treatment programs are available for people affected by other people's drug dependence. These programs often focus on helping people who are codependent and enablers. It may be difficult for people to stop being codependent and enablers because they do not want to let the person who is drug dependent suffer the consequences of his or her drug use.

Outpatient care is a good option for people who cannot interrupt job and family responsibilities for hospitalization. ▼



detoxification  
halfway house  
honest talk  
inpatient care  
outpatient care  
relapse  
student-assistance  
program

## Key Terms Review

Complete these fill-in-the-blank statements with the lesson Key Terms on the left. Do not write in this book.

- When you return to a previous condition, you have a(n) \_\_\_\_\_.
- A person who receives treatment but does not need to stay overnight has \_\_\_\_\_.
- The direct sharing of feelings is called \_\_\_\_\_.
- A live-in facility that helps a drug-dependent person is a(n) \_\_\_\_\_.
- A school-based program to help prevent and treat alcoholism and other drug dependencies is called a(n) \_\_\_\_\_.
- The first stage of treatment programs is \_\_\_\_\_, the process in which an addictive drug is removed from the body.
- Treatment that requires a person to stay overnight in a facility is \_\_\_\_\_.

## Recalling the Facts

- Why should you tell an adult if someone you know is abusing drugs?
- How do halfway houses help people recovering from drug dependence?
- Why might a drug user not seek help?
- Discuss some things to know before selecting a treatment program.
- Why is the involvement of a trained counselor important in formal intervention?
- Why is it important for a trained counselor to be aware of the different types of treatment programs?
- Name the six types of treatment available to a person who misuses and abuses drugs.
- What is the goal of a formal intervention?
- Name and discuss two well-known treatment programs.
- How long do most inpatient drug treatments last?
- What is an I-message?

## Critical Thinking

- Why might a person go back to drugs when in detoxification?
- Why might a person in outpatient care continue to do well in school?
- Why would a person who has a serious drug problem best be served in an inpatient care program?
- How can family members and friends show an example of being honest in helping a family member during a formal intervention?
- If a person is in denial and you feel that person needs help, how can you make that person aware of his or her behaviors?
- What is an example of an I-message you can give to a classmate who did not return a book to you?
- If you thought a friend was abusing drugs, what steps would you take?
- What are some school resources you could use to help a student with a drug problem?

## Real-Life Applications

- If a person is in denial and you feel that person needs help, how can you make that person aware of his or her behaviors?
- What is an example of an I-message you can give to a classmate who did not return a book to you?
- If you thought a friend was abusing drugs, what steps would you take?
- What are some school resources you could use to help a student with a drug problem?

## Activities

### Responsible Decision Making

- Determine** Suppose you have a sibling who is drug dependent, but denies that he has a problem with drugs. Write a response to this situation. Refer to the Responsible Decision-Making Model on page 61 for help.

### Sharpen Your Life Skills

- Comprehend Health Concepts** At the library, find a book, video, DVD, or magazine article about a person who went through treatment to recover from a drug or alcohol addiction. Write a review of the material to share with your classmates.





## Key Terms Review

Match the following definitions with the correct Key Terms. Do not write in this book.

- |                       |                         |                               |
|-----------------------|-------------------------|-------------------------------|
| a. AIDS (p. 471)      | e. dose (p. 405)        | i. prescription drug (p. 406) |
| b. blackout (p. 417)  | f. Ecstasy (p. 440)     | j. relapse (p. 477)           |
| c. cirrhosis (p. 414) | g. emphysema (p. 426)   | k. side effect (p. 407)       |
| d. cocaine (p. 444)   | h. peer leader (p. 466) | l. tolerance (p. 458)         |

- a condition in which the body becomes used to a substance
- a liver disease caused by alcohol
- a serious condition caused by blood from contaminated needles
- a drug you get at a pharmacy
- a return to a previous behavior or condition
- a highly addictive stimulant that can cause death by harming the heart
- a drug used at a rave
- the amount of a drug taken at one time
- student who teaches other students about drugs and how to resist them
- a lung disease caused by smoking

## Recalling the Facts

- What are the five ways drugs enter the body? (Lesson 36)
- How do you know the proof of a beverage? (Lesson 37)
- What is a toxin? (Lesson 37)
- Why is nicotine considered a stimulant? (Lesson 38)
- Name three kinds of stimulants. (Lesson 39)
- Why is using heroin particularly dangerous? (Lesson 39)
- What are two kinds of drug dependence? (Lesson 40)
- What are resistance skills? (Lesson 41)
- What is the purpose of a safe and drug-free school zone? (Lesson 42)
- What are four steps to take to get someone who is abusing drugs to stop? (Lesson 43)

## Critical Thinking

- Why do you think people would choose to inject a drug versus another method? (Lesson 36)
- Why would injecting a drug be dangerous to your health? (Lesson 36)
- Explain how alcohol enters the body. (Lesson 37)
- Why are there restrictions on tobacco ads in publications read by teens? (Lesson 38)
- Why would driving a car be dangerous while under the influence of a sedative-hypnotic? (Lesson 39)
- Discuss why codependence is not a healthful family relationship. (Lesson 40)
- Why is having resistance skills and good social skills important for living a drug-free lifestyle? (Lesson 40)
- Why is good character important in avoiding drug misuse and abuse? (Lesson 41)
- How does the selling of marijuana contribute to drug-trafficking and violence? (Lesson 42)
- Why is it important for family members to conduct a formal intervention? (Lesson 43)





## Health Literacy Activities



### What Do You Know?

**Self-Directed Learning** Write a factual question about drugs, alcohol, and tobacco that is intended to stump the class. Form teams with classmates and compete by answering the other teams' questions. Tabulate the correct answers to determine a winner.



### Connection To World Culture

**Critical Thinking** Identify another country in which drug use is a problem. The problem might be an increase in drug use or drug trafficking. Write an essay describing the problems this country is having with drugs, what is being done to resolve the problem, and if you think those solutions will work.



### Family Involvement

**Effective Communication** Write a list of top ten drug-free activities that you enjoy. Choose one of the items on your list. Ask your parents or guardian to participate in one or more of the activities with you.



### Investigating Health Careers

**Responsible Citizenship** Obtain permission from your parent or guardian to interview a professional who works with drug-dependent teens, such as a drug counselor from a hospital or drug treatment center. Ask the person about the effects of drugs on teens they have seen. Write an article about the interview for your school newspaper or a teen magazine.



### Group Project

**Problem Solving** Research an organization, such as SADD, that works to prevent drug use. Write down the address, telephone number, and a brief description of the goals of the program. Combine your information with your classmates to create a Directory of Programs to Promote a Drug-Free Lifestyle. Visit [tx.healthmh.com/intervention](http://tx.healthmh.com/intervention) for more information.



Reading and Writing TAKS: 1:6B, 3:7G, 3:10B, 4:1C, 4:2C, 5:2C, 5:3A, 5:3B, 5:3C, 6:2C

## Standardized Test Practice

Reading & Writing

Read the following selection and answer the questions that follow.

If the results from one state are typical, then tobacco prevention programs can make a big difference. Since tripling the tax on a pack of cigarettes in 1994, Arizona, with federal help, has funded TEPP, the Tobacco Education and Prevention Program. TEPP operates programs in both Spanish and English and also focuses on the state's large Native American population. In its first four years, the program claimed some dramatic results. In the 18–24 age range, the number of smokers dropped by 24 percent. For all adults, the number of smokers dropped by 21 percent. TEPP officials were especially encouraged by the results in two categories. People with incomes below \$10,000 a year and those with less than an eighth-grade education showed even steeper declines in smoking.

### Multiple Choice

- According to this paragraph, which one of these statements is true?
  - TEPP receives all its funding from the federal government.
  - TEPP is aimed only at people with low incomes.
  - TEPP directs its programs to both English-speaking and Spanish-speaking Arizonians.
  - Arizona began to tax cigarettes in 1994.
- In this paragraph, the word *declines* means
  - increases
  - drops
  - problems
  - arguments

### Open-Ended

- What kinds of programs do you feel would be most effective in preventing teenagers from starting to use tobacco or helping those who do use it stop? Support your answers with reasons.



[tx.healthmh.com/standardized\\_test\\_practice](http://tx.healthmh.com/standardized_test_practice)

