

## Addiction does not just harm the person using chemicals. It also affects many other people; recovery is a journey for all involved...

Now that your family member/friend has started the treatment process, it is important to learn how you can help. You will discover that doing what is best for you is usually what is best for the individual in treatment. At The Counseling Center Inc., we believe it is essential that family/others have an opportunity to ask questions, discuss concerns, and receive information regarding treatment and recovery.

The Loved Ones Group is an educational series that helps people understand the addiction process, typical responses to addiction, and



Addiction is a family disease. We can help.

ways to help the addicted individual throughout their treatment and recovery process.

In addition, someone familiar with family concerns is able to speak with you privately. Reading and video materials are available if you are unable to attend the Loved Ones sessions. Do not hesitate to contact the number provided if you have questions or concerns.

Visit us online to find more information on support groups.



Loved Ones Group Video Sessions can be found on our website, YouTube and Facebook. DVD copies are also available. For more information please visit: [TheCounselingCenter.org](http://TheCounselingCenter.org)

## Outpatient Services Frequently Asked Questions

### What can we expect at the first appointment?

The first appointment is approximately two hours in duration and is an opportunity for the counselor to get to know the person who is requesting treatment. Recommendations for the types of services that could be helpful are made at that time. Family or friends are offered information about programs and resources that are available for loved ones.

### What type of services might be offered?

Community outpatient treatment typically consists of weekly individual sessions with group counseling a few times per week. Because clients often have many needs and may benefit from 24 hour support, supportive housing can be provided through our affiliated agency, Compass Point Housing. Those in housing will participate in a more frequent and structured treatment regimen. We recognize that each person is different and a plan will be made to address that

individual's needs.

### What is available if the client has additional physical or behavioral health problems?

The person can be connected with behavioral health services within the agency if it appears they could benefit from this type of treatment. Physical health problems may be addressed through Compass Community Health Care Center, our primary health care center.

### How long will the person be involved with The Counseling Center, Inc.?

Because recovery is a process and everyone progresses differently, length of time will vary. Individuals typically participate in frequent services for a period of ninety days with intensity decreasing slowly over the following months. Transitional living, employment assistance, and other services may be available in later phases of treatment to assist clients in reconnecting to their community and maintaining a sober lifestyle.



THE counseling center, INC.  
*we believe in miracles*

### How can you help if the addicted person has physical withdrawal symptoms when they attempt to stop their use of drugs or alcohol?

It is not unusual for the person who has been abusing chemicals to need some level of medical assistance to stop. Persons abusing certain types of chemicals may be referred for brief hospitalization. Compass Community Health Care Center may be utilized if the individual experiences withdrawal from opiates/pain medication. The counselor can share more specific information about this medical service.

### In addition to treatment, what can the addicted person and others do to aid recovery?

We strongly encourage 12-step program attendance, such as Alcoholics Anonymous or Narcotics Anonymous. Family or friends may attend the support group of Al-Anon. Many communities offer faith-based support programs such as Celebrate Recovery. Your participation in support groups combined with

Loved Ones programming, could greatly increase the addicted person's opportunity for recovery. It will almost certainly benefit you.

### How can the recovering person best occupy some of their time?

In addition to treatment services and support programs, the recovering person is welcome to use the program The Clubhouse. The Clubhouse is supported by The Counseling Center, Inc. and holds various support meetings. The Clubhouse's group meetings are an opportunity to build relationships with others in recovery from addiction.

### What is Recovery?

At The Counseling Center, Inc., we believe recovery involves abstinence and a restoring of one's physical, emotional, and spiritual well-being. All these issues must be addressed to create an opportunity for a person to reach their full potential and heal damaged relationships.

## Some Truths about Addiction and Recovery

- Addiction is a disease. It has a predictable pattern of symptoms and must be treated. You did not cause it, and you cannot fix it. You can learn new ways to help the person who abuses chemicals.
- Recovery is a process. It is not unusual for people to begin using again after a treatment episode. Relapse can be part of getting better if lessons are learned from the experience. Persons are always encouraged to return to treatment if they are having problems.
- The person newly admitted to treatment will have a difficult period of adjustment in the beginning. It is common for people to want to leave the program. Be cautious about listening to complaints and encourage them to stay in treatment.
- The addicted person will need to learn how to recover from their disease and be responsible in other areas in their life. Please read, "10 Ways a Family Member Can Help" for more guidance.
- The addicted person can benefit from building sober relationships and may spend much time in support group meetings. Family/others can sometimes feel "left out" in early stages of the person's recovery. This is normal as you learn how to have a new and different relationship with your family member.
- In the first few months, you can expect your recovering person to display a variety of moods and attitudes as they work toward getting better. Treatment is not a "quick fix." Recovery takes time.
- Addiction takes its toll on everyone involved. It is very important that family and others take care of themselves. Some examples are eating well, getting enough sleep, addressing health issues, participating in activities/hobbies and getting support from others.
- Most importantly, the addicted person has a much improved opportunity for recovery when family/friends seek information, support, and become involved in Loved Ones programs and/or Al-Anon.



### Address

816 4th Street  
Portsmouth, OH 45662

### Admissions

(740) 354-6685  
(800) 577-6685



Monday - Friday | 8:00 AM - 4:00 PM

### Loved Ones Information

For more information on the Loved Ones Group, visit our website:  
[www.thecounselingcenter.org](http://www.thecounselingcenter.org)



Case Management/Services Coordination: Integrated: AOD/MH (Adults)  
Crisis and Information Call Centers: Integrated: AOD/MH (Adults)  
Outpatient Treatment: Integrated: AOD/MH (Adults)  
Prevention: Integrated: AOD/MH (Children and Adolescents)

The Counseling Center is certified to provide alcoholism and addiction services by Ohio Mental Health and Addiction Services (OMHAS).

Partial funding is received from The Alcohol Drug Addiction and Mental Health Services (ADAMHS) Board serving Adams, Lawrence, and Scioto Counties.

## The Client & Family Experience What To Expect

