



OLV HEALTH & WELLNESS MINISTRY

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Treatment for Alcohol Problems: Finding and Getting Help

No matter how severe the problem may seem, most people with an alcohol-use disorder can benefit from some form of treatment. Due to significant advances over the last 60 years, there are a variety of treatment methods. There is no one-size-fits all solution, and what may work for one person many not be a good fit for another.

Types of Treatment

Behavioral Treatments are aimed at changing drinking behavior through counseling. Treatments may include:

- Developing skills needed to stop and reduce drinking.
- Help to build a strong social support system.
- Working to set reachable goals.
- Coping with or avoiding triggers that might cause relapse.
- Several non-addictive medications are currently approved in the U.S. to help people stop or reduce their drinking and to prevent relapse. They work by offsetting changes in the brain caused by alcoholism and are prescribed by a licensed health additions professional along with counseling.
- Mutual-Support Groups-Alcoholics Anonymous (AA) or similar 12-step programs provide peer support for people quitting or cutting back on drinking. These programs can offer valuable added layer of support in combination with treatment led by health professionals.

Types of Professionals

- Primary Care Provider: M.D., D.O. (Doctor of Osteopathic Medicine)
- Nurse Practitioner or Physician Assistant who have credentials in Substance Abuse.
- Psychiatrist can be an M.D., or D.O. offering medications and Behavioral Treatment.
- Psychologist may have degrees, Ph.D., Social Worker (Master of Social Work), L.C.S.W. (Licensed Clinical Social Worker) offering Behavioral Treatment in Addictions.

Tips for selecting Treatment

Gather as much information as you can about the program or provider before making a decision on a treatment. When seeking professional help, it is important that you feel respected and understood, and that you have a feeling of trust that this person, group or organization can help you. **Resources to guide you toward other programs that may better suit your individual needs:**

Mutual-support groups:

- Al-Anon of Southeast Michigan 313-242-0300. Family support group is free.
- Alcoholics Anonymous (AA), www.aa.org 212-870-3400. Free.

Referral Sources for People without Insurance:

- Oakland County-PACE, (248) 858-5200
- Wayne County-SEMSAS, (800) 686-6543
- Wayne County Crisis Line,(313) 224-7000

Other Resources:

- Common Ground, (800) 231-1127 or (248) 451-2600
- Catholic Charities Services, (855) 882-2736
- Sacred Heart Rehab Center, Detroit, MI-Inpatient services, (888) 802-7472
- Brighton Hospital-Inpatient /Outpatient Services, (877) 976-2371
- Maplegrove Center at Henry Ford Hospital, West Bloomfield, MI, (248) 661-6100 or (248) 661-6170. Inpatient and Outpatient Programs available.
- Maplegrove Family Support Network-Skill Building Education Series, ongoing classes Tuesday and Thursday evening are free, (248) 661-6170.
- St. Mary Mercy-Livonia has Substance Abuse classes/support called "Livonia Save our Youth Coalition". For information, call (734) 338-9580. The program is free.

Source: *National Institute on Alcohol Abuse and Alcoholism* <http://pubs.niaaa.nih.gov/publications/treatment/treatment>