

IF YOU SUSPECT...

The following checklist may indicate the use of substances

- › Anxiety or paranoia
- › Change of friends
- › Impaired mental function
- › Secretive behavior
- › Depression
- › Dazed appearance
- › Less concerned about grooming/hygiene
- › Loss of interest in friends/family or social activities
- › Dilated or constricted pupils
- › Nervousness, confusion
- › Slurred speech
- › Insomnia/excessive sleepiness
- › Frequently needing money
- › Euphoria
- › Chills or sweating

An assessment can determine whether inpatient or outpatient treatment is needed. For additional confidential information or an appointment, contact:

Outpatient Substance Abuse Program

941-639-8300

CBHC Recovery Center
941-347-6444

Facts About Drugs

ALCOHOL - Causes impaired judgment, memory and coordination, high blood pressure and heart problems. Long term use can cause permanent damage to the brain, liver, stomach and pancreas. Overdose can result in unconsciousness or death.

OPIATES - Highly addictive narcotic. Includes most pain medications, Oxycodone, Roxycodone, Vicodin, Percocet and a number of others. Synthetics are opioids, non-synthoids are called opiates but included under general heading. Taken orally, snorted and injected. Induces excessive sleepiness (nodding out) or sedation. Overdose can cause breathing problems, convulsions, coma and possible death.

METHAMPHETAMINES - Produces anxiety, sleeplessness, nervousness, weight loss, rapid heartbeat and abnormal behavior. Possible permanent effects are damage to the brain, heart and central nervous system. Overdose can result in death.

BENZODIAZEPINES - legally prescribed medications with a high potential for abuse & addiction. Includes Xanax, Valium, Klonopin and several others. Are used to treat mood disorders, convulsions, seizures, insomnia, anxiety & panic attacks. Usually taken orally but can be abused by injection. Quickly cause dependency if taken at increasing or high doses. Side effects include muscle spasms, agitation, fearfulness and memory problems. Overdoses can cause cardiac arrest, coma, respiratory failure and deaths especially when mixed with alcohol. Withdrawal can be dangerous and should be monitored by a health professional.

COCAINE - Highly addictive, mind-altering and extremely dangerous. Can cause heart problems, nausea, fever, chronic cough, depression, seizures, violent behavior and possible suicide. Overdose can cause death.

INHALANTS - Very dangerous. Slows down heart and breathing and can cause hallucinations, confusion, violent behavior, unconsciousness, possible suffocation and death. Long term use can cause permanent damage to the brain, liver, kidneys and central nervous system.

MARIJUANA - Habit forming, impairs brain function, memory, concentration and coordination. Damages lungs and can cause cancer. Smoking deprives the heart of oxygen.



CBHC is licensed, audited and funded in part by FL Dept. of Children & Families. Funding also provided by the Charlotte County Board of Commissioners, United Way, specialized grants and donations. CBHC's Substance Abuse treatment services are accredited by CARF - the Commission for Accreditation of Rehabilitation Facilities.

CHARLOTTE



Behavioral Health Care

www.cbhcf.org

1700 Education Ave. Punta Gorda, FL 33950

CHARLOTTE



Behavioral Health Care

Substance Abuse Treatment Services

In 2006, an estimated 7% of Charlotte County residents, 18 or older, were classified as having substance dependence or addiction. Alcohol and drugs do not discriminate: 1 in 8 Americans has a significant problem with drugs or alcohol.

Main 941-639-8300

Recovery Center

941-347-6444

Crisis Line 575-0222

Substance Abuse Treatment Services

At Charlotte Behavioral Health Care, our goal is to assist people - adults, adolescents and children seeking help in dealing with alcohol and chemical substance abuse and dependency issues by providing comprehensive psychotherapeutic and counseling assistance.

The goal of treatment by our addiction specialists team is to return individuals to a state of being fully functioning and productive members of their families and the community.

Outpatient Program

The Outpatient Adult Substance Abuse Program operates on the belief that most substance abuse problems are best understood as part of a process. This process affects each individual to a varying degree in all aspects of life including:

- * Physical
- * Emotional
- * Social
- * Psychological
- * Spiritual

Treatment is designed to address problems in each area. Participants are treated with dignity and respect, and are encouraged to view substance abuse issues not as evidence of personal failure and unworthiness, but with the philosophy that chemical dependency is a treatable disease. Making the powerful decision to change direction to recovery requires courage and support with our professional staff focused on helping individuals achieve their goals.

Treatment includes:

- ◆ Individual Counseling
- ◆ Group Counseling
- ◆ Consultation with a Board Certified Addictions Professional

The program maintains a high rate of success, with 85% of individuals completing the program. Our program goals are to:

- ◆ help the rebuilding of relationships with family and friends
- ◆ assist individuals in developing support systems to help maintain sobriety
- ◆ assist individuals in developing skills to reduce relapse behavior

The Outpatient Substance Abuse Program provides both individual and group therapy services depending on the needs of the individual. Substance abuse groups for men and women meet weekly in the afternoons and evenings. Some individuals are referred into the program from DUI's, Dept of Children and Families, Dept. of Corrections and the Charlotte County judicial system. All are encouraged to seek community support with peer groups such as Alcoholics Anonymous, Narcotics Anonymous and Cocaine Anonymous.

Drug Court

People with substance abuse problems experience a variety of devastating losses and problems. With DUI's and felony drug arrests, many offenders face jail time. CBHC Drug Court program diverts offenders with substance abuse and drug related criminal activity from overcrowded local jails, by offering them an opportunity to deal with their dependence rather than face punitive charges.

Drug Court is an intensive substance abuse program for

adults with non-violent criminal drug charges. It involves supervision by DOC probations, group and individual substance abuse therapy (at least 4 times a week), involvement in 12 step recovery, weekly drug screens and weekly court appearances.

Individuals are held accountable for their behavior in an immediate and practical way and are given the opportunity to learn how to deal with life effectively without escaping into drug or alcohol use. Meeting regularly with the judicial and probations departments serve as a constant reminder of choices available - keep using and become a career criminal or stay sober and work your way out of the legal system.

This program goal is to help people move from a life dominated by substance use, increase the individual's wellbeing and achieve rehabilitation and reintegration in the community.

CBHC's Recovery Center

Our new state of the art Recovery Center is licensed by the State of Florida for 24 hour medically supervised detoxification and residential recovery care.

Personalized treatment programs focus on helping adults, 18 and older, achieve and maintain a drug and alcohol abstinent lifestyle in recovery.

The Recovery Center offers these services in a safe, respectful and therapeutic environment. We also provide integrated clinical expertise and care for individuals who may also have a dually diagnosed or co-occurring diagnosis.

*For more information, contact the Recovery Center **directly**
(941) 347-6444*