



WEEKLY NEWSLETTER



LOVING SOMEONE WITH A SUBSTANCE USE DISORDER

by Lisa Bergstraesser

Statistics indicate that nearly 22 million people are struggling with a substance use disorder, and the likelihood is that we all know and potentially care about someone that meets criteria for a substance use disorder (SUD). According to the DSM 5 (Diagnostic and Statistical Manual of Mental Disorders), an individual would meet criteria for a substance use disorder based on the following:

1. Taking the substance in larger amounts or for longer than intending to
2. Wanting to cut down or stop using the substance but not managing to do so
3. Spending a lot of time getting, using, or recovering from use of the substance.
4. Cravings and urges to use the substance.
5. Using interferes with managing to do what you should at work, home, or school .
6. Continuing to use despite problems created in relationships.
7. Giving up important social, occupational, or recreational activities because of substance use.
8. Repeated use despite being placed in high risk situations
9. Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance.
10. Needing more of the substance to get the effect you want (increased tolerance).
11. Development of withdrawal symptoms, which can be relieved by taking more of the substance.

Generally speaking, meeting two or three symptoms indicate a mild substance use disorder; four or five symptoms indicate a moderate substance use disorder, and six or more symptoms indicate a severe substance use disorder.

“Substances” are defined as falling into the following 10 classes of drugs: alcohol; caffeine; cannabis; hallucinogens; inhalants; opioids; sedatives, hypnotics, and anxiolytics; stimulants; tobacco; and other unknown substances.

Caring about someone with a SUD can often lead to daily bouts of fear, depression, anxiety, worry, anger, frustration, and despair. The individual may become emotional, defensive or appear to outright lie when confronted with concerns of their use, and you may find yourself spending a lot of time thinking about how to get them to change or stop using. This can create a cycle, in that as they continue to get lost in their addiction, you are mirroring them by getting lost in “helping” them, which may resemble an addiction in itself. There are times when in trying to help a person with a SUD, you may actually engage in behaviors that enable them to continue to use, and even begin to neglect your own self-care by putting their well being ahead of your own. Examples of this include covering up for consequences of their use, or trying to rescue them financially.

SUD is very treatable, however getting someone the help they need can be very challenging. There are many “do’s and don’ts” when it comes to helping someone with a SUD, and it starts with educating yourself about the disorder and finding support through groups such as Alanon, or through individual or group therapy with a trained addictions professional.

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Social Club
- Mom's Support Group
- Parenting Teens Support Group
- Support Group for Substance Abuse
- Anxiety Management 28+
- Intensive Outpatient Program

SUPPORT GROUP FOR PARTNERS, PARENTS, AND PALS: COPING WITH A LOVED ONE'S SUBSTANCE USE PROBLEM (21+)
LISA BERGSTRAESSER, LCSW



Topics addressed:

- Understanding addiction and the recovery process
- "Do's and Don'ts for helping
- Practicing good self care
- Healthy Communication
- Rebuilding trust
- Coping with relapse or resistance to treatment
- & more

DAY:
TIME:
\$200 DEPOSIT
\$50 PER SESSION
@krippafamilypsychological

ANXIETY MANAGEMENT GROUP (28+)
LISA BERGSTRAESSER, LCSW

START DATE: NOVEMBER 1ST, 2021
MEETING: VIRTUAL, WEDNESDAYS FROM 5:00-6:00 PM

YOU ARE NOT ALONE.

BENEFITS OF GROUP:

- REDUCE ISOLATION
- IMPROVE COMMUNICATION AND SOCIAL SKILLS
- GAIN CONFIDENCE
- DEVELOP A MORE POSITIVE AND MINDFUL MINDSET
- LEARN HOW TO MANAGE PHYSICAL SYMPTOMS
- AND MORE!

\$200 DEPOSIT
\$50 PER SESSION
@krippafamilypsychological

DEPRESSION & ANXIETY GROUP (16-18)

IN PERSON
THURSDAY FROM 6:7:00 PM
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP
LEARN TO:

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Website

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