

A GUIDE TO PEACE OF MIND

Kalamazoo Hope

Addiction Booklet

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About the Addiction Booklet

Capable of subtly sneaking into one's life, addiction can not only destroy an individual, but also their family and friendships. While easy to be drawn into, letting go of various cravings can be extremely difficult – cravings that can take the form of alcohol, narcotics, food, sex, gambling, and many other substances and behaviors.

Kalamazoo Hope is meant to act as a directory, and is not intended to be used as a substitute for working with a trained and certified/licensed professional.

Of Importance:

A) Because of the significant amount of data relating to various health topics, it is recommended that for specific information, an individual search several of the medical databases listed in this document, along with discussing concerns with a trained and certified medical health professional.

B) Please keep in mind that treatments and interpretations of data may vary from source to source.

C) Be sure to note how recent the information one is reviewing is; it may be outdated and no longer valid, and even dangerous to pursue.

D) Some websites may contain material discomfoting to certain individuals.

E) This document is by no means meant to be comprehensive; addiction is a highly complicated area which can involve any number of substances and/or behaviors; the purpose of this material is to present one with a starting point towards various resources that may help one strive to succeed in living a healthier life.

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About Kalamazoo Hope

Kalamazoo Hope's purpose is to provide support to individuals in the area of psychological health. It seeks to do this by acting as an online guide, and showing ways for individuals to better understand mental health, so that individuals can better care for themselves, be there for those close to them, and improve the lives of those in the Kalamazoo County, Michigan area.

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Disclaimer

Kalamazoo Hope is an online mental health service intended to help individuals begin to understand psychological health and connect with related resources; however, as a disclaimer, it is not meant to be used as a substitute for working with a trained and licensed psychological health professional.

Furthermore, Kalamazoo Hope is not a part of any government body in Kalamazoo County or elsewhere; in addition, the presence of any business, organization, or other party on this website does not mean that it endorses Kalamazoo Hope, or vice-versa, merely that Kalamazoo Hope sees it as providing a service that could assist certain individuals.

Finally, Kalamazoo Hope disavows responsibility for the practices of any organization or individual listed on this website, as well as any outcome which may arise from the use of this website or the services found on it.

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Sections:

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- 2) Change
- 3) Having a Child
- 4) Helplines
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- 6) Organizations and Resources
- 7) Support Groups

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1) Am I Addicted?

[Am I Drug Addicted? \(National Council on Alcoholism and Drug Dependence, Inc. – NCADD\)](#)

[Definition of Addiction \(American Society of Addiction Medicine – ASAM\)](#)

[Drug addiction \(substance use disorder\) \(Mayo Clinic\)](#)

[Signs and Symptoms \(National Council on Alcoholism and Drug Dependence, Inc. – NCADD\)](#)

[Understanding Drug Use and Addiction \(National Institute on Drug Abuse\)](#)

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2) Change

One thing that can significantly help in breaking an addiction is to establish new life patterns – what one does, how one goes to place (such as one’s route), who one spends time with, and even, if possible, where one lives, for example. Ideally, these new routes, people, and homes would distance one from addictive substances (liquor stores, tobacco shops, friend who use narcotics, etc.).

For finding individuals who might be able to relate to one’s life and difficulties, and provide support, please see the Support Groups section. In addition, the Access, Mobility, and Transportation document will have addition information related to travel.

[ApartmentFinder](#)

[Google Maps](#) – for planning routes, and learning what sort of places they go by (such as liquor stores); one can estimate the time to their destination by foot, bicycle, bus, and car.

[The LIFT Foundation](#)

[Metro Connect](#)

[Metro Transit](#)

[Michigan Housing Locator \(MSHDA\)](#)

[Rental Help: Michigan \(HUD\)](#)

[U.S. Department of Housing and Urban Planning \(HUD\)](#)

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3) Having a Child

[Alcohol during pregnancy \(March of Dimes\)](#)

[Fetal Alcohol Spectrum Disorder \(FASD\) – Center for Disease Control and Prevention – CDC\)](#)

[Pregnancy and Substance Abuse \(Medline Plus\)](#)

[Street drugs and pregnancy \(March of Dimes\)](#)

[Substance Use While Pregnant and Breastfeeding \(National Institute on Drug Abuse\)](#)

[Tobacco Use and Pregnancy \(CDC\)](#)

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4) Helplines

[Gryphon Place Crisis Services](#)

[Michigan Tobacco QuitLine \(Michigan\)](#)

[National Problem Gambling Hotline \(National Council on Problem Gambling – NCPG\)](#)

[National Suicide Prevention Lifeline](#)

[SAMHSA \(Substance Abuse and Mental Health Services Administration\) National Helpline](#)

5) Needles

In and of itself, an addiction can threaten one's general health and life; those that involve the use of needles can add even more danger through the risk of contracting various diseases, such as HIV/AIDS and hepatitis, among other conditions. This data is meant to help better understand these risks, as well as how to minimize them.

[Sharing Needles to Inject Drugs and HIV \(AVERT\)](#)

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6) Organizations and Resources

[AddictionResource](#)

[Compulsive/Problem Gambling \(Michigan Gaming Control Board\)](#)

[Disassociated Persons List \(Michigan Gaming Control Board\)](#) – allows one to voluntarily and permanently be prevented from using casinos in Detroit, Michigan.

[Drive Safe Kalamazoo](#) – provides no-cost rides home to Western Michigan University students within the Kalamazoo city area and to student housing; the organization pledges a non-judgmental approach towards those it assists.

[Free or Low-Cost Help for Quit Smoking Medication in Michigan](#)

[Integrated Services of Kalamazoo \(ISK\)](#)

[Interact of Michigan, Inc.](#)

[National Institute on Drug Abuse](#)

[Recovery Institute of Southwest Michigan, Inc.](#)

[Substance Abuse and Mental Health Services Organization \(SAMHSA\)](#)

[Victory Clinic](#) – provides therapy assistance and methadone treatments.

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7) Support Groups

Along with information, the following organizations can help individuals connect with support groups in their area.

[Al-Anon](#)

[Nar-Anon](#)

[Gam-Anon](#)

[OutFront Kalamazoo](#) – has LGBTQ-friendly support for those working with addiction.

[Overeaters Anonymous](#)

[Recovery Institute of Southwest Kalamazoo](#) – offers social support [individually and in a group](#).

[Sex Addicts Anonymous](#)