

CMCA SUD Description

2021



Disease Concept

- + Substance use disorder is a disease that affects not only the person with the disorder, but their entire family, friends, and communities



Did You Know...?



Doctors do not use the terms abuse or dependence when talking about substance use

These words have a stigmatizing or negative tone that can lead to feelings of shame or blame

The term substance use disorder allows the disease to be seen as a medical condition that is separate from the person



What Are the Risk Factors for Substance Use Disorders?

How the teen brain develops

Family history

Family conflicts or stress in the home

Trouble in school

Access to substances in the home or community

Early substance use

Psychiatric illness

What Are the Signs of Substance Use Disorder?

Behavioral changes

Withdrawal from family and friends

Deficient performance in school

Change in friend groups

Loss of interest in favorite activities

Trouble controlling use of the substance

Risky situations with no regard for consequences

Signs of tolerance or withdrawal

How Can I Lower My Child's Risk of Substance Use Disorder?

1

Set clear expectations for substance use

2

Always keep clear lines of communication open

3

Get to know your child's friends, peer groups, their families and where they spend time together

4

If there is a history of a substance use disorder in your family, talk with your child about this so they know they are at increased risk of developing a substance use disorder

5

Have your child participate in positive social activities that do not involve substance use, such as exercise or sports

How Do Doctors Treat Substance Use Disorders?



Many teens and young adults do not receive treatment for substance use disorder



In many cases, there is a stigma against people who have substance use disorders




Most people seek help for their substance use disorder when there is an issue at home or in school

The background features a close-up of several white, round pills resting on a white, textured surface, possibly a tray or a piece of paper. The image is overlaid with a semi-transparent blue filter. White, dashed, wavy lines are scattered across the scene, and a solid orange line curves across the bottom right corner. The text "Common treatments include" is centered in a white, sans-serif font.

Common treatments
include

+



Teens and Young Adults

Adolescent community reinforcement approach

Motivational interviewing to help teens and young adults identify reasons to motivate them toward recovery

Therapy for improved communication, problem-solving skills and ability to cope with emotionally challenging situations or thoughts

Medications to treat mental health concerns





Families

- + Community reinforcement and family training
- + Programs such as Alanon and Alateen
- + Community outreach centers and Addiction Referral Centers
- + Online zoom meetings for parents
- + Choices Family programs and IHBT options to regain control in the home

Where Can I
Learn More
About Substance
Use Disorder?

Central Mass Clinical Associates Inc
Intakes@centralmassca.com

CHOICES

ADOLESCENT SUBSTANCE ABUSE
1-508-901-9930

OUTPATIENT SERVICE

STIGMA