

Each person's recovery path is unique. But, in general, here is what you can expect along the way:

Assess treatment level you will need

- Outpatient
- Day treatment/intensive outpatient
- Residential
- Medication for Addiction Treatment (MAT)

Determine the need for detox

- Emergency room (referral may be made to the KARE Center)
- Self-detox (never recommended for alcohol or benzos)

Begin recovery program

See next panel for provider list.

Consider a Certified Peer Specialist

who uses lived experiences to provide support and show recovery is possible. For more info call Oakwood Clinical Associates at (262) 652-9830

TREATMENT/RECOVERY OPTIONS

The Kenosha area has many excellent options to help. If you do not have insurance, call the Mental Health & Substance Abuse Resource Center at (262) 764-8555.

These places accept medical assistance, MA/HMO, and/or private insurance.

Aalto Enhancement Center (262) 654-9370	Oakwood Clinical Associates (262) 652-9830
Aurora Behavioral Health (877) 666-7223	Professional Services Group (262) 652-2406
Birds of a Feather (262) 605-8442	Psychiatric & Psychotherapy Clinic (262) 654-0487
Children's Hospital of Wisconsin (262) 652-5522	Rogers Behavioral Health (262) 942-4000
Kenosha Community Health Center (262) 656-0044	West Grove Clinic (262) 909-6008

SELF-HELP RESOURCES

Help is available. Treatment works. Recovery is possible.

Our community offers many excellent options for support resources for your recovery journey.

Reach out to any of these organizations to find the right fit for you.

Alcoholics Anonymous	(262) 554-6611
Cocaine Anonymous	(414) 445-5433
Narcotics Anonymous	(262) 552-6879
Celebrate Recovery	(262) 764-1876
SMART Recovery	(440) 951-5357

For crisis, call (262) 657-7188
For questions and/or resources, call (262) 764-8555

Addiction is a chronic, progressive, lethal disease, but there are services to reduce the risks.

Needle exchange and fentanyl test strips are available. Call Vivent Health at (262) 657-6644

If your loved one won't seek help it can wreak havoc on friends and family.

YOU ARE NOT ALONE.

Many local organizations are available to support and guide you through encouraging a loved one to get help.

The Hope Council on Alcohol & Other Drug Abuse offers a variety of excellent resources and services ranging from tips for general conversations to facilitating an intervention with your loved one.

LOVED ONES GROUP Tuesdays, 6 PM

Call (262) 658-8166 or visit hopecouncil.org for more information.

RECOVERY IS POSSIBLE

SIGNS OF OVERDOSE

Know the warnings signs and what to do if you see someone showing them:

- Will not wake or respond to voice or touch
- Breath is very slow, irregular, or undetectable; may sound like snoring
- Fingernails and lips are blue or purple
- Pupil of the eye is very small, even "pinpoint"

All of these signs may not be present.

If you see signs of overdose, call 911.

NARCAN

You could save a life by knowing how to administer NARCAN.

What is NARCAN? NARCAN is the only FDA-approved nasal form of naloxone for emergency treatment of a known or suspected opioid overdose.

ANYONE can learn to use NARCAN. NARCAN users are protected under the Good Samaritan Law. Call (262) 605-6741 for training.

TALKING TO YOUR KIDS

1. They are curious people. Your kids crave a real conversation WITH you, to explore ideas and gain understanding.
2. Clearly communicate that you do not want your kids using substances.
3. Talk about the short- and long-term effects alcohol and other drugs can have on mental and physical health.
4. Explain to your kids that experimenting with alcohol and other drugs during this time can be brain damaging.
5. Make sure your kids know your rules and the consequences for breaking them.
6. Keep in mind that kids say that when it comes to substances, their parents are the most important influence. That's why it's important to talk — and listen — to your kids.
7. See our online resources to help you with accurate, factual drug information, as well as communication strategies.

SO, TALK TO YOUR KIDS. A LOT.

START 3 MEDICATION HABITS

DISCUSS; SECURE; DISPOSE.

DISCUSSING treatment options with your health care provider and being an informed consumer is the first step. It's OK to ask your doctor for more info before making your medication choice.

SECURING your medications is an important and easy way for you to help keep your family and friends safe. While children are more susceptible to accidental ingestion, anyone experimenting with drugs or struggling with a substance use disorder may sneak your medications.

DISPOSING of your medications properly is the last step in safe medication habits. Visit our website for locations.

By starting these three medication habits, you really may SAVE A LIFE.

Today is a great day to start talking to your friends and loved ones about substance use, especially if you notice some of these behaviors or attitudes.

General warning signs of substance use disorder include use of alcohol and/or other drugs that cause:

- Risk-taking while high or in dangerous conditions
- Legal trouble
- Relationship problems

Some signs that a substance use disorder has become severe include:

- Use to avoid or relieve withdrawal symptoms
- Lack of control over use
- Abandoning previously enjoyed activities due to use
- Continuing use despite knowing the harmful consequences

TODAY'S THE DAY

Today is a GREAT day to start TALKING to your friends & loved ones about SUBSTANCE use.



saveliveskenosha.org/gethelp

GOOD NEWS!

When you are READY to accept it, HELP is available and RECOVERY is POSSIBLE.



saveliveskenosha.org/gethelp

