



CONNECTICUT CENTER FOR PSYCHIATRIC WELLNESS



ADDICTION



Q. How Do I Know If I Have a Substance Abuse Problem?

A. More often than not, if you're even questioning if you have a problem with substance abuse, it is likely a problem. Difficulties with your family, your employment or social life due to using, means it's time to have a discussion to see if these substances are, at the very least, partially responsible.

The first step is to answer this question honestly: "are these substances causing difficulty in my life?" Second, allow yourself to be vulnerable and ask for help from someone you know and trust. Third, be open to the resources around you and honest with yourself and healthcare providers about your drug use and mental health conditions. Being open and honest is often what is needed to recover and maintain recovery.

Q. How Do We Start Substance Abuse Treatment with Our Patients?

A. Treating a patient for substance abuse, just like treating any other illness, starts with understanding their goals, their life journey, and a complete medical history for physical and mental illnesses, the patient's family and genetic history, and blood work.

Once the medical history and symptoms are assessed, it guides us to what pathways in the brain may benefit from psychotropic medication. We, of course, always consider the use of medication that could help to alleviate cravings and begin the journey of recovery with some assistance and stabilization.

Q. How Can I Help A Family Member Struggling with Substance Abuse?

A. If the patient allows and gives permission, family members will have access to education about the illness and any medication provided, tools to support the patient on their journey to recovery, and education on the expected outcome of recovery.

Q. What is Suboxone?

A. Suboxone is a medically prescribed legal replacement for opioids. It is a combination of 2 medications: buprenorphine and naloxone. These medications attach to the same nerve receptors that opioids do and block the ability to intoxicate patient while giving some satisfaction to the brain so that the patient is not in withdrawal. Suboxone is been proven to be a very safe and effective treatment while reducing cravings, assisting with recovery and blocking dangerous opioids, especially those brought on the street, that have an indeterminate strength and can cause overdose.

Q. What are the benefits of using Suboxone or any medication assisted treatments (MATs)?

A. There are many benefits to using medication assisted treatment such as Suboxone. The medication is a very effective that can prevent overdoses and deaths with those addicted to opioids. It also allows the patient and their family to live without the fear of losing a loved one. It removes the criminal activity of abusing drugs and illegally obtaining those drugs, removes the stress of wondering how and when the next supply will be obtained.

Suboxone as most often covered by insurance and removes the financial burden of obtaining illicit drugs. Suboxone is prepared by a pharmaceutical company is pure, regulated at a predicted dose and free of any harmful substances, with a fairly predictable outcome of treatment.