



TRANSFORMATIONS CARE

# helping a loved one get clean & sober

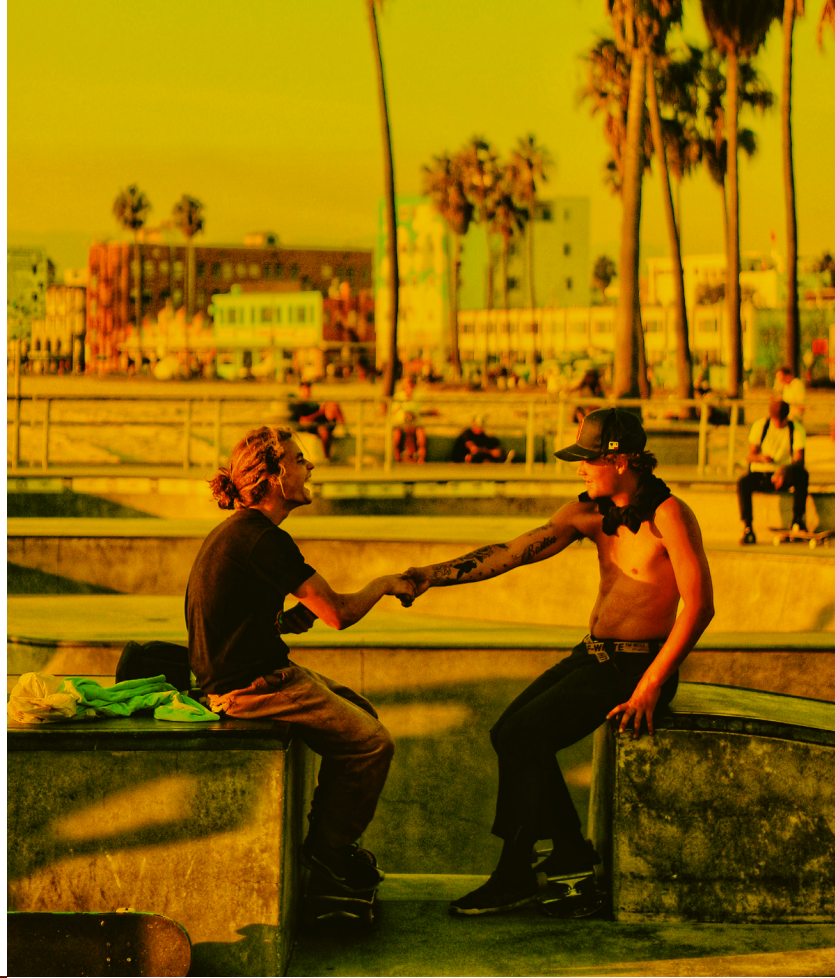
AN ADDICTION GUIDE FOR FRIENDS AND FAMILY



Watching a friend or family member battle addiction is a living nightmare—and it might seem like you'll never wake up. However, we're here to tell you that recovery is not an impossible dream. Anyone can get clean and sober with the right help and motivation. If you're willing to be that support for someone living in addiction, where do you begin? We can help.

## ADDICTION TREATMENT FOR YOUR LOVED ONE

Getting help for addiction doesn't just mean shipping off your loved one for 90 days under lockdown. There are many options when it comes to drug and alcohol addiction treatment.



## DETOX FOR DRUGS & ALCOHOL

Before your loved one can start working on the reasons they've been using and drinking, they need to get all the toxic chemicals out of their body. You can't work on your trauma while drunk or high.

If they've been drinking and/or using with any regularity, they should not attempt this at home—no matter how willing you are to play nurse. Withdrawals from drugs and alcohol can cause serious health issues and even lead to death.

At Transformations Care, our medical team can manage your loved one's withdrawal symptoms every step of the way, using the latest techniques and tactics to get them through as safely and comfortably as possible. Detox doesn't have to suck so much if you work with professionals.

However, detox on its own isn't enough to get your loved one to stay clean and sober. It's only the beginning.

# RESIDENTIAL ADDICTION TREATMENT

Residential addiction treatment (a.k.a. rehab) is a 30- to 90-day program, customized to your loved one and designed to get down to the root of the emotional issues that have been fueling their addiction for all these years. It's important to remember that drug and alcohol abuse is only a symptom of deeper problems—problems that we can treat.

During a typical day, your loved one will take part in a wide array of treatments such as:

**Individual therapy**

**Group therapy**

**Life skills class**

**Relapse prevention class**

**Art therapy**

**Music therapy**

**An introduction to the 12-steps**

**Yoga**

**And More**

While we're teaching your loved one the tools they need to stay clean and sober, they'll be living in our private residence located in the South Bay. Living at the facility gives them time away from any distractions or temptations from the outside world, so they can focus on turning their life around. They'll have a support system in place 24/7 to help them through those challenging early days of recovery. At the same time, you'll have the break you need to get your own heart, mind, and life back together.



# outpatient treatment

For people with addictions that are less severe, outpatient services may be an option. All outpatient services offer the same addiction treatment modalities as our residential addiction treatment program, but your loved one lives at home during their treatment. Of course, we only recommend outpatient services for people who have a safe and stable living situation for that reason.

If a fit, outpatient services can be a great way to get addiction treatment on your own terms. At Transformations Care, we offer three types of outpatient care with both daytime and nighttime tracks.

## **PHP (PARTIAL HOSPITALIZATION)**

In our PHP program—which is more intense than OP—your loved one will spend five days a week, and eight hours a day in addiction treatment at our facility. However, they still will return home at night. This is an option somewhere in between residential treatment and OP.

## **IOP (INTENSIVE OUTPATIENT PROGRAM)**

IOP is a good supplementary option for people who already have gone through residential, or for people who do not need as much treatment and support. In IOP, you can expect your loved one to be treated by expert clinicians who are supporting your loved one as they find their path to recovery. Our IOP program offers treatments modalities like life skills and relapse prevention, but isn't as long of a weekly commitment as PHP.

## **OP (OUTPATIENT PROGRAM)**

In our outpatient program, your loved one will spend a shorter time commitment with us (typically 3 days a week for a couple hours a day), receiving the same quality care we give to all addiction treatment levels. Since this is a shorter time commitment, we typically suggest our clients start with our residential or PHP program and then gradually work their way through each of the levels. This helps prevent relapse and make their transition into early recovery easier.



Still unsure what type of addiction treatment your loved one will need?

Give us a call and we can walk you through the options.

# supporting a loved one after rehab



Even after your loved one has completed an addiction treatment program, they'll still need support to help them stay clean and sober. You can create a recovery-friendly environment by:

**Getting rid of all drugs and alcohol in your home**

**Locking up prescription medications**

**Getting rid of other intoxicating household items**

**Giving your loved one positive affirmations**

**Asking them what you can do that will help make staying sober easier for them**

**Getting your own treatment or counseling**

Creating a recovery-friendly environment for your addicted loved one is an important, but often overlooked, tool to help with relapse prevention. Someone who's a "normie" (aka, not an addict or alcoholic) is usually clueless as to what kind of items and actions can be triggering for someone in early recovery. If you're concerned, Transformations Care is here to help answer any questions you may have about making a recovery-friendly environment—or anything else related to early recovery. Call us any time.

SUPPORT FOR THE LOVED ONES



# of addicts & alcoholics

After your loved one has completed their addiction treatment program, they're not "healed." It's only the beginning of a life lived in recovery. To set them on the right path, we'll help them find their sober community outside of the treatment center. Whether that's through our alumni meetings or other fellowship groups, support is key.

Don't forget: Healing your relationship will also require some work on your end. You deserve support as you heal your own emotional wounds caused by addiction. At Transformations Care, we understand that addiction hurts everyone it touches. We are happy to make suggestions for Al-Anon meetings and other family support groups. At Transformations Care, we consider you and your family part of ours.

If you have a friend or family member that's struggling with drug or alcohol abuse, you can help them find the right residential addiction treatment center by giving us a call at 424.339.0965. Or, chat us confidentially at [www.transformationscare.com](http://www.transformationscare.com).



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