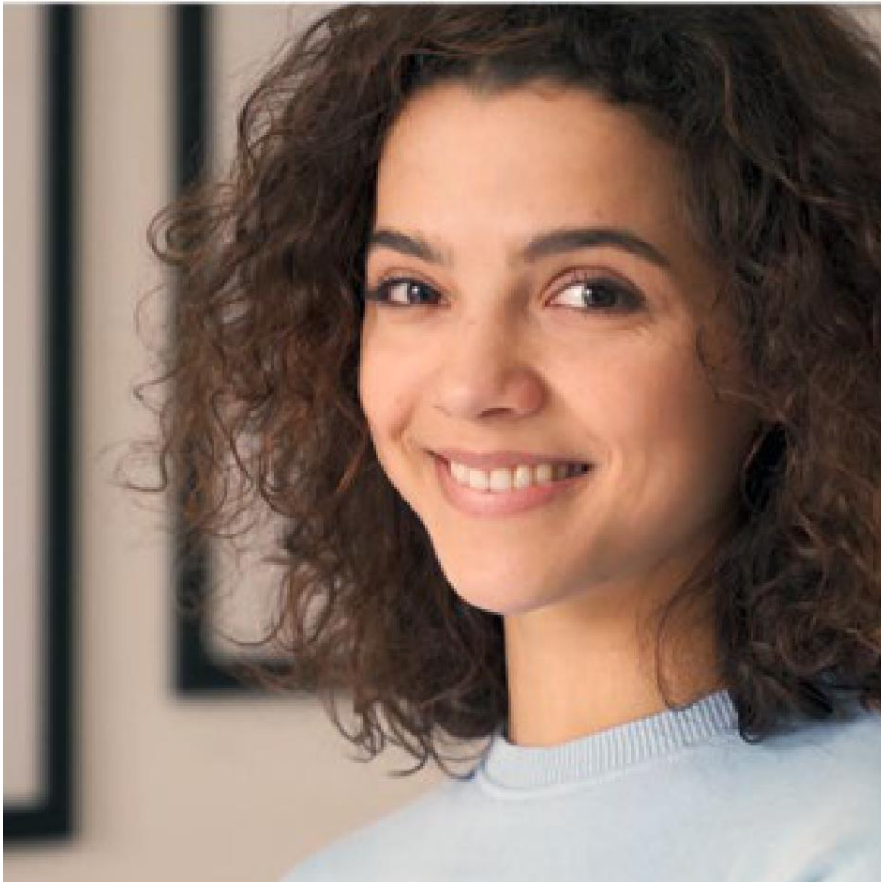




Substance Abuse Treatment (a Guide for Teens)



Overview

You have a substance abuse problem. You feel like it's taking over your life, and you need help. So let's learn about treatment.

Different paths

At first, you'll probably be talking to your doctor. They diagnose your problem. They may refer you to a therapist, who can give you some basic strategies to help you stop using. But if you're addicted, expect to go to a treatment center. We also call it "rehab." This is where you get specialized care.

Outpatient treatment

Some treatment centers let you come in for the day. These are called "outpatient" centers. You may be able to keep going to school while being treated as an outpatient.

Inpatient treatment

There are also centers you live in while being treated. These are called "inpatient" centers. You stay at the center, away from distractions and temptations. Some people do better with inpatient treatment, because it's more controlled.

Your team

What's rehab like? You work with a team of specialists. Your team may include doctors, nurses, therapists and social workers. They help you learn to manage addiction and withdrawal. You learn coping skills and life skills. You learn how to live a life free of drugs.

Medications

Treatment may also involve medications. Some medications wean you from hard drugs. Some make those drugs less appealing. And, you may need medication for other reasons. Do you abuse substances to cope with depression or anxiety? If so, treating those issues with medication may be a big part of your care.

Conclusion

Getting a handle on substance abuse is one of the best things you can ever do. With proper care, you can break the cycle. So don't wait.