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You shouldn't wait till it gets worse (Alcohol/drug abuse)

Many people view having an addiction is because you want to. At first it might start as "it's just a first time thing" but realistically an addiction can turn your life upside down. The person wouldn't notice that they have become addicted. In a drug report "In 2020, more than 93,000 people overdosed, an increase of nearly 30 percent over the previous year." [1] by Michael Gold(ny times). This 30 percent increase is a result of during the pandemic, come to think of it how many other people are on drug substances now that haven't overdosed. "New York City experienced a record-breaking rise in such deaths, with more than 1,600 people dying over the course of the year and about five dying every day, according to the Office of the Special Narcotics Prosecutor for the City of New York." [1] by Michael Gold(ny times). Imagine how many loved ones were missed in just New York City. I have experienced face to face how hard it is to care for someone that just wouldn't listen and I was one of those people saying "just stop doing it, it's not that hard". In fact, as a result, "memory of previous rewards can trigger craving or increased "hunger" for drugs or rewarding experiences, in negative consequences." [2] by Elizabeth Hartney (verywellmind). Withdrawal and tolerance is pretty hard to every person with addiction, even harder without getting treatment right at the moment.

As a person with experience, I had a loved one that no one knew had

started but little by little saw some type of suspicious behavior.”When your addictive behavior comes to the point of creating conflict, it is out of balance with other parts of your life. Even after making a commitment to quit and going through the withdrawal phase, these conflicts don't simply go away.”[2] by Elizabeth Hartney (verywellmind). Once found out , I confronted them, the person was in complete denial and lying to me. When you catch them in the act that's when they will tell you that it will never happen again. It's hard not to trust someone that you think wouldn't lie to you but don't believe them and start treatment right away the sooner, the better. I wish I could've done it faster because then the process of recovery would've been a lot faster.

There are many many rehabs that offer inpatient treatment which is a lot better. because then they have no access to drugs, they help detoxify the body from alcohol or drugs. The benefits of going to rehab allows patients to better themselves, allows them to improve their lives and build that up again. It is designed to provide resources and tools to overcome their addiction where they normally would not get back in their personal life and provide support where they might not have in their regular lives. The process was “A typical course of treatment may include: Medical detox: In medical detox, a patient receives round-the-clock care for withdrawal symptoms that occur when their body removes drugs and alcohol from its system Residential/inpatient treatment: The patient lives onsite and attends therapy sessions, receives counseling and learns strategies for long-term success. Outpatient treatment: The patient transitions back into their day-to-day life while still attending treatment at the facility. Aftercare: The patient follows a personalized relapse prevention plan and participates in alumni programs and support groups. They are given a variety of resources that help them when long-term recovery becomes difficult.”[4] by Melissa Carmona (The Recovery Village Drug and Alcohol Rehab).

The rehab I convinced my loved one to attend was Cornerstone of Medical Arts Center. It was the best thing I could've done. They attended for about 4 months. All you have to do is convince them into going at first. It might be hard because it wasn't easy for me to convince them but little by little they will start to notice what effect they are having on their family and their own life. The rehab I went to was very supportive, I could visit at any time before 12am and visiting hours started at 8am "Cornerstone Treatment Facilities Network has been helping people change their lives by providing them with the tools for a healthy, happy and drug-free life. Together we are building a strong foundation for a lasting recovery." [3] by Cornerstone Treatment Facilities Network. Being able to communicate to young adults or individuals at an early age has a positive impact towards substance abuse in which it exposes them to the negative effects when dealing with drug-related and alcohol-related problems and brings awareness to the arising issues leading to less deaths overall and minimizes the risk of substance abuse. Parents being and staying involved in their teens' lives help reduce this issue by having a two-way communication about substances. Having communication overall addresses these problems with an aim of lowering health issues and raising awareness no matter the age. Individuals will gain new knowledge about the topic running from teens to adulthood.

Lastly, Substance abuse affects mentally, physically, and causes depression and the person who gets affected also is the one trying to get them better. Substance abuse can also have long-lasting effects where the individual's brain is affected in both the long-term and short-term which leads to depression, anxiety, aggression, etc. developing into mental disorders. There is a lot of aggressive behavior when it comes to people that come to drug or alcohol use , changing them isn't going to be easy. I'm offering to help and develop a community where it is safe to share your things that you're dealing with either a friend or family member. We help teach you or

help talk with you to tell them in a positive way. It's not a good thing to criticize, you have to have patience and be understanding. There would be many options for Rebabs, we would help set everything up for you till you get the help you need. Please help your loved ones or the people who are close to you.

Sincerely,

Valentina Castrillon

Resources

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- 2.Elizabeth Hartney, BSc. "Why Quitting an Addiction Can Be so Challenging." Verywell Mind, Verywell Mind, 1 Sept. 2021,
<https://www.verywellmind.com/how-can-i-quit-my-addiction-22390>.
- 3."Cornerstone Treatment Facilities Network." Cornerstone, <https://www.cornerstoneny.com/>.
4. "Drug Rehab: Success Rates and Statistics." Edited by Melissa Carmona, The Recovery Village Drug and Alcohol Rehab, The Recovery Village Drug and Alcohol Rehab, 17 Nov. 2020,
<https://www.therecoveryvillage.com/treatment-program/related/drug-rehab-success-rates/>.