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## Coping With Drug Addiction In Your Family

By **Jordi Shoman**

Drug Addiction doesn't happen overnight for the person abusing the drug. Often, families never see

it coming. When someone you love begins their long journey down the road of drug addiction, it is a path that seems to have more twists and turns than a rollercoaster. The ups and downs occur every day and seem to be never ending. As a family, you start to doubt anything the family member has ever told you. If anything in your home was ever missing, you suspect they took it. If they go to the bathroom, you think they are doing drugs. There is absolutely no trust whatsoever and you begin to fear there never will be.

You talk to people about help and they tell you of another 12 step program support system or of something they know nothing about. You thank them smile and never hear a word they say because you are more concerned with where the family member is right at this very moment and you are wondering what they are doing or if they are even alive.

Young people are not just smoking pot anymore.

They are huffing, snorting, smoking drugs that you have never heard of and they don't plan to give it up. If they get caught, they're sorry, but they will look you in the eye and tell you they're sorry. After that they will be even more careful to avoid being caught.

These drugs allow the people on them an amazing level of self-confidence with authoritative people in their lives. They are going to do drugs and with the slack laws, well there is nothing you can do about it.

WRONG. There isn't anything you can do with your children once they turn 18. If they choose to do drugs after their 18th birthday, they can do just as much as they want to do and you will not be able to stop them and no one will help you control them, because legally, they are no longer under your protection - they are legal adults now. However if you are coping with a drug-addict that is under the age of majority, you can take drastic measures. In many cases you should.

The drugs that are available to kids these days are more dangerous than anything you ever experienced in your younger years. The kids opt for pain killers such as Oxycontin, Percocet, and Loratabs. Then when those highs don't cut it, they get turned onto methamphetamine (crystal meth). It is an extremely popular social drug that has devastating effects. No one seems to walk completely away from because the temptation is there each and every day for the rest of their life.

So when you get that phone call in the wee hours of the morning, you hang up the phone and decide right then, do you take action? Remember if you don't, it will mean you could be giving up someone you love.

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self-help information or have articles to distribute on self-help issues, visit our

<http://www.reprint-content.com/Category/Society/76>

social issues section for more addiction resources.

### **Drug Addiction And Recovery**

**By Ryan Bombard**

Several emotional or psychological reasons may drive you into taking drugs. At times it is mere curiosity that propels you to develop an addiction to drugs over time. Drug addiction refers to the compulsive use of psychoactive drugs to such a level at which the user of drugs has no other way out and continues to use it.

Though addiction to drugs like opium have been common since historical times it is in recent times that the problem has been exacerbated significantly. This is mainly due to the cultivation of plants yielding drugs, advancements in biochemistry and improvements in means of getting access to drugs. The introduction of purified forms of active biological agents and the synthesis of new substances like methamphetamine has made drugs more widespread. Clinically, the word 'addiction' has been replaced by the word 'dependency' in relation to drugs.

It may be noted that not all persons are equally prone to addiction. Some persons are psychologically or genetically more predisposed to drug addiction. Again, some kinds of drugs get the better of some particular types of persons more easily. Similarly, the manner of treatment and method of recovery

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from addiction vary widely according to the types of drugs, amount of drugs, duration of drug addiction, medical complications and social necessities of the patient.

There is the 12–step program among the many recovery methods. Alcoholics Anonymous and Narcotics Anonymous are prominent examples included herein. These are popularly used for a variety of addictions concerning the individual addicted and the family of the individual. Then there are the substance–abuse rehabilitation centers that frequently offer a residential treatment program for the seriously addicted and strive to isolate the drug addicts from other drug users and drug dealers.

The cognitive–behavior therapy, rational–emotive theory or other types of psychological behavior modification methods are employed in the treatment of drug addiction. Replacement drugs like methadone are also used. This methadone is in itself a drug but in order to reduce dependency on stronger drugs like opium it proves helpful. Acupuncture is also a treatment of choice that helps alleviate drug addiction symptoms.

Carrying out the suitable treatment from the various treatments available can bring about recovery from drug addiction. The object is to somehow bring about abstinence from the various addictive substances called drugs.

Ryan Bombard writes about addiction treatments, addiction causes and types and other drug addiction topics.

<http://www.rehab-your-addiction.info/relapsing-with-drug-addiction.htm>

and

<http://www.drug-addiction-battles.info/causes-of-drug-addiction.html>

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