

Where Can I Find Resources On Substance Abuse?

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Alcohol abuse and addiction are prevalent issues in many communities. The National Survey on Drug Use and Health (NSDUH) reveals that in 2019, an estimated 14.5 million adults aged 18 or older had Alcohol Use Disorder (AUD) in the past year. This statistic highlights the need for effective resources and support for individuals struggling with alcohol abuse and addiction. Whether you're just starting your journey to recovery or asking, 'Where can I find resources on substance Abuse?,' the resources outlined here can help.



National Institute on Alcohol Abuse and Alcoholism (NIAAA)

The NIAAA is a government organization and is part of the National Institutes of Health. It was established to research alcohol-related issues and to provide information and resources to the public on:

- the dangers of excessive drinking
- the effects of alcohol on the body
- treatment options for individuals who are struggling with alcohol abuse or addiction

Their main functions revolve around the following:

- research
- information & education
- treatment referral and support
- public awareness campaigns

How does the NIAAA operate?

The NIAAA conducts and funds research on a wide range of alcohol-related topics, including alcohol addiction, the effects of the substance on the body and brain, and the effectiveness of different treatment options. Their research findings are used to develop effective treatment strategies while raising awareness about the dangers. Meanwhile, the information and education function provides a wealth of information and resources by issuing fact sheets, brochures, and online resources for public awareness.

Meanwhile, their treatment referral and support function primarily help individuals seeking help for alcohol abuse or addiction. They can guide individuals to find treatment programs and support groups in a convenient local area. The NIAAA will also ensure that you are aware of the different treatment options available wherever they suggest. As the name suggests, NIAAA's public awareness campaigns are vibrant parts of this organization. So, this institution is worth considering if you're struggling with addiction and need help.

Local rehabilitation centers



They are popularly known as rehab facilities, and a typical example is the Indiana Center for Recovery. They provide treatment and support to individuals struggling with substance abuse and addiction. These centers offer many services, including detoxification, counseling, therapy, and aftercare, to help individuals overcome their addiction and achieve long-term recovery. Rehabilitation facilities vary in size, scope, and approach to treatment, but most provide a comprehensive and structured program. The purpose is to help individuals address addiction's physical, psychological, and social aspects.

Treatment at a local rehabilitation center

Treatment may include individual and group therapy, medical and psychiatric care, and various recreational and educational activities designed to promote recovery and healthy living. These local rehabilitation facilities often work with healthcare providers, support groups, and other institutions in the community to provide a comprehensive network of support for individuals in recovery. It often includes referrals to community-based resources, like support groups, job training programs, and housing assistance, to help people reintegrate into society and maintain their recovery over the long term. If you know someone struggling with alcohol abuse or addiction, it's important to know that help is available. Sometimes, all people need is a facility that offers partial hospitalization to help them on this journey without staying at the facility.

Alcoholics Anonymous (A.A.)

Alcoholics Anonymous is a non-profit and widely recognized support group for individuals struggling with alcohol addiction. Founded in 1935, A.A. has grown into a global organization with thousands of local chapters and millions of members worldwide. Alcoholics Anonymous aims to help individuals achieve and maintain sobriety by providing a supportive and non-judgmental environment where you can share your experiences. A.A. deliberately creates a non-judgmental environment where everyone feels comfortable telling their stories. More importantly, you will feel supported because each member can identify with your struggles.

How does A.A. function?

A.A. holds regular meetings, often daily or weekly, where members can come together to share their experiences and support each other. Meetings are open to anyone dealing with alcohol addiction and seeking help. The group has the 12 Steps, which provides a roadmap for recovery. These steps help you understand and overcome your addiction and develop a supportive network of peers and a strong spiritual foundation.

Finding a sponsor is crucial when you join any A.A. group across the country. That is a more experienced member who can provide guidance and support throughout the recovery process. Sponsors can offer advice and support and provide accountability. There is always a sense of confidentiality within A.A. groups. That is why many individuals that join are encouraged to maintain anonymity and respect for others. Unlike the NIAAA, Alcoholics Anonymous is a self-supporting group.

Substance Abuse and Mental Health Services Administration (SAMHSA)



This branch of the Health and Human Services Department in the U.S. was established to improve the quality and availability of substance abuse and mental health treatment services. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities and to help individuals struggling with these issues get the needed help and support to recover.

SAMHSA Resources

The organization maintains a confidential National Helpline, where you can get information, support, and referrals to local treatment services. SAMHSA also offers various online resources, including information and tools for individuals, families, and healthcare providers, to help support recovery and improve access to treatment.

Conclusion

It's crucial for individuals and families affected by alcohol abuse and addiction to know that help is available. Whether through support groups, rehabilitation outpatient centers, or government organizations, numerous resources on substance abuse can provide the support and guidance necessary for a successful recovery. By seeking the right resources and support, you can take the first step towards a healthier, happier life free from alcohol abuse.

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