

Worried about a loved one?

The following signs may indicate substance abuse:

- , Anxiety or paranoia
- , Change of friends
- , Impaired mental function
- , Secretive behavior
- , Depression
- , Dazed appearance
- , Less concerned about grooming/hygiene
- , Loss of interest in friends/family or social activities
- , Dilated or constricted pupils
- , Nervousness, confusion
- , Slurred Speech
- , Inability to sleep/excessive sleep
- , Frequently needing money
- , Euphoria
- , Chills or sweating

Worried about yourself?

Ask yourself the following questions:

1. Have you ever felt you should cut down on your drinking?
2. Have people annoyed you by criticizing your drinking?
3. Have you ever felt bad or guilty about your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

Answering YES to any of the above may indicate a substance abuse problem requiring further assessment.

For additional information or an appointment, contact:
(941) 639-8300

Facts About Drugs

ALCOHOL - Causes impaired judgment, memory and coordination, high blood pressure and heart problems. Long term use can cause permanent damage to the brain, liver, stomach and pancreas. Overdose can result in unconsciousness or death.

AMPHETAMINES - Illegal. Produces anxiety, sleeplessness, nervousness, weight loss, rapid heartbeat and abnormal behavior. Possible permanent effects are damage to the brain, heart and central nervous system. Overdose can result in death.

BARBITURATES - Illegal. Habit forming, harmful to the brain and central nervous system. Even more dangerous when combined with alcohol. Large doses can cause coma and death.

COCAINE - Illegal. Highly addictive, mind-altering and extremely dangerous. Can cause heart problems, nausea, fever, chronic cough, depression, seizures, violent behavior and possible suicide. Overdose can cause death.

HEROIN—Illegal. Addictive. Causes drowsiness, nausea, vomiting, watery eyes and itching. Overdose can cause breathing problems, convulsions, coma and possible death.

INHALANTS - Very dangerous. Slows down heart and breathing and can cause hallucinations, confusion, violent behavior, unconsciousness, possible suffocation and death. Long term use can cause permanent damage to the brain, liver, kidneys and central nervous system.

MARIJUANA - Illegal. Habit forming, impairs brain function, memory, concentration and coordination. Damages lungs and can cause cancer. Smoking deprives the heart of oxygen.

We are funded in part through contracts with Florida Department of Children & Families, Charlotte County, United Way of Charlotte County, specialized grants, donations and annual giving. CBHC is licensed and audited by the State of Florida. Our programs and services are accredited by CARF—The Commission for Accreditation of Rehabilitation Facilities.



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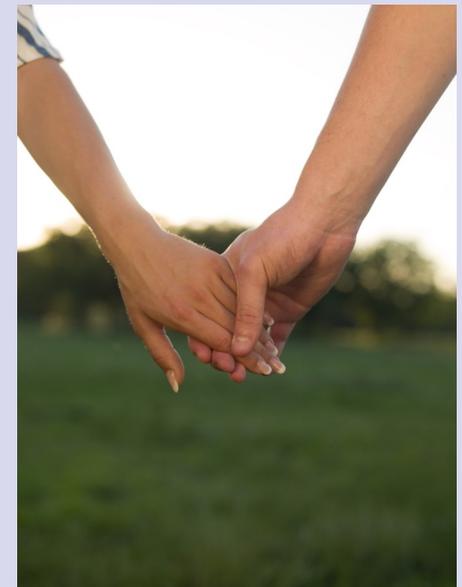


Behavioral Health Care

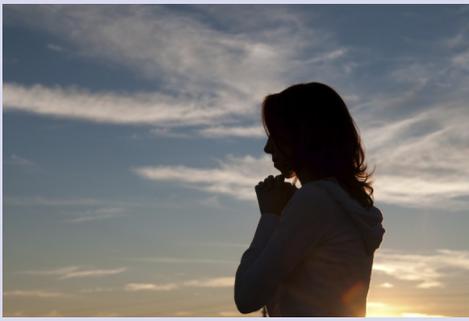
Substance

Abuse

Services



In 2006, an estimated 7% of Charlotte County residents, 18 or older, were classified as having substance dependence or addiction. Alcohol and drugs do not discriminate.



Substance Abuse Treatment Services

At Charlotte Behavioral Health Care, our goal is to assist people, adults and children, seeking help in dealing with chemical dependency and substance abuse issues by providing comprehensive treatment and counseling assistance.

The goal of treatment by our addictions specialist team is to return individuals to a state of being fully functioning and productive members of their families and the community.

A trained CBHC therapist/addiction counselor will conduct an assessment and speak with you to determine which treatment is right for you and/or your family member.

Outpatient Program:

The Outpatient Substance Abuse Program operates on the belief that most substance abuse problems are best understood as part of a process. This process affects each individual to a varying degree in all aspects of life including:

- Physical
- Emotional
- Social
- Psychological
- Spiritual

Treatment is designed to address problems in each area. Consumers are treated with dignity and respect, and are encouraged to view substance abuse issues not as evidence of personal failure and unworthiness, but as a highly treatable condition for which there can be successful resolution.

Detoxification:

Detoxification services are many times a critical first step towards recovery. Located at the CBHC Recovery Center, our state of the art detoxification services are medically supervised and are provided on an inpatient basis. Our inpatient facility is located in a scenic location of our forty acre campus, and offers a quiet and restful atmosphere to begin your recovery process.

Our Detox services are:

- Offered to individuals age 18 and older
- Led by a team of physicians, nurses, trained substance abuse professionals and recovery coaches
- Typically lasting 5-7 days, depending on the type of addiction
- Family and support-focused, offering information and support to not only the individual, but the family or support system as well
- State-of-the-art, utilizing Suboxone treatment for Opioid detoxification, as medically and clinically appropriate
- Spiritually-focused, with 12 step groups on site, in addition to yoga/meditation classes
- Affordable, with many insurance plans accepted

Residential:

The CBHC Recovery Center operates a licensed residential program in addition to detoxification services. The Recovery Center residential program provides intensive, structured treatment and therapy to chemically dependent adults. The residential treatment program is individualized to meet the needs of you and/or your family member, but typically lasts three to four weeks. Our treatment team will work with you or your family member to specifically target:

- Changing self-defeating thoughts, attitudes, and behaviors related to the addiction
- Development of positive leisure skills
- Improvement in family dynamics/interactions
- Relapse Prevention and developing supports for maintaining abstinence after discharge

Some specialty groups/services include:

- Education & Evaluations for DUI referrals
- Department of Corrections' referrals
- Juvenile Probation referrals
- Women with Sexual/Physical Abuse History and Substance Abuse issues

Drug Court:

An intensive substance abuse program for consumers with non-violent criminal drug charges. It lasts approximately 12 months and involves supervision by DOC Probation and intensive treatment. Treatment expectations include therapy (at least 4 times a week), involvement in 12 step recovery programs, weekly drug screens, and weekly court



“It does not matter how deep you fall, what matters is how high you bounce back.”