

FOUR COUNTY
BETTER CARE, BETTER TOGETHER

NO WRONG DOOR TO RECOVERY

Four County can help you in your recovery journey!

Our clinicians provide an array of services including individual, family, groups, recovery coaching and Medication Assisted Treatment (MAT) to assist individuals that want to eliminate substance abuse or an addiction from their life.

We adhere to two mottos in our system-wide approach to recovery:
No Wrong Door and
We Ask Everyone

Four County was the FIRST community mental health center in the state of Indiana to implement Screening, Brief Interventions, and Referral to Treatment (SBIRT). This means that all clinicians who work at Four County are trained to screen and effectively triage to the appropriate level of care for individuals impacted by substance use disorder. We have adapted our approach to SBIRT to include not only screening for alcohol, illegal drugs, misuse of prescription drugs, but also tobacco and gambling.

FOURCOUNTY.ORG
800-552-3106

UNDERSTANDING DRUG USE AND ADDICTION

Information provided by the **National Institute on Drug Abuse**. To read full article click HERE

- Drug addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences.
- Brain changes that occur over time with drug use challenge an addicted person's self-control and interfere with their ability to resist intense urges to take drugs. This is why drug addiction is also a relapsing disease.
- Relapse is the return to drug use after an attempt to stop. Relapse indicates the need for more or different treatment.
- Most drugs affect the brain's reward circuit by flooding it with the chemical messenger dopamine. Surges of dopamine in the reward circuit cause the reinforcement of pleasurable but unhealthy activities, leading people to repeat the behavior again and again.
- Over time, the brain adjusts to the excess dopamine, which reduces the high that the person feels compared to the high they felt when first taking the drug—an effect known as tolerance. They might take more of the drug, trying to achieve the same dopamine high.
- No single factor can predict whether a person will become addicted to drugs. A combination of genetic, environmental, and developmental factors influences risk for addiction. The more risk factors a person has, the greater the chance that taking drugs can lead to addiction.
- Drug addiction is treatable and can be successfully managed.
- More good news is that drug use and addiction are preventable. Teachers, parents, and health care providers have crucial roles in educating young people and preventing drug use and addiction.



VIRTUAL SERVICES

Community and Family Recovery Support Group

This Facebook group was created to provide support and resources to those suffering directly or indirectly from a substance use disorder. This group is staffed ever Wednesday at 6:00PM and Saturday at 11:00AM if you need to chat.

JOIN FACEBOOK GROUP HERE

JOIN US LIVE!

WEDNESDAY
12/09/2020

Recovery Within Reach

Members of the #FourCountyTeam will host a panel discussion focused on Substance Use and Recovery.
Tune in for a half hour on Wednesday, Dec. 9th at 12:00PM Noon ET to listen, comment, and ask questions.

JOIN FACEBOOK LIVE EVENT HERE

MEET YOUR PANELISTS!



BERT STOVER
Lead Licensed Outpatient Therapist

WHITNEY MERRELL
Therapist, MSW





ERIC REGAN
Peer Recovery

ONLINE MEETING DIRECTORY

IN THE ROOMS®
A Global Recovery Community

TEXT "IN" to 741-741 for 24/7
anonymous, free crisis counseling

CALL 1-800-273-8255
National Suicide Hotline

HELP WITH SUBSTANCES

ALCOHOL

- Alcoholics Anonymous Website
- National Office Phone: (212) 870-3400

For friends and/or family of people who have alcohol problems:

- Indiana Al-Anon.org
- National Al-Anon.org
- National Office Phone: (757) 563-1600

TOBACCO

- 1-800-QUIT-NOW
- QuitNowIndiana.com

DRUGS

- Narcotics Anonymous Website
- National Office Phone: (818) 773-9999 x771

For friends and/or family of people with drug problems:

- National Website
- National Office Phone: (800) 477-6291
- Indiana Website for Nar-Anon