

KNOW OPTIONS

Recovery has many different paths. You can help your loved one be aware of different options for support. These include:

- ❖ *Detox facilities:* designed to safely help someone with immediate withdrawal symptoms from substances.
- ❖ *Inpatient care:* licensed facilities providing intensive medical or therapeutic services.
- ❖ *Outpatient services:* offered by licensed facilities to provide services while a client remains living in the community.
- ❖ *Recovery Programs:* residential programs for a duration facilitating peer support. Some, such as ours, are structured and provide groups and require residents to engage in therapy services and meetings. Others may be more of a halfway house with or without optional program work
- ❖ *Medically Assisted Treatment:* medication designed to act on the brain chemistry to reduce cravings and urges to use.
- ❖ *Therapy:* used alone or in conjunction with other options to address personal struggles, or provide educational and process based groups to help someone learn recovery tools.
- ❖ *12 Step Meetings:* known best as AA, a variety of meetings are available. The steps are designed to walk a person through surrender, to deeper self awareness, usually with a sponsor.

KNOW THAT WE ARE HERE

The Rose Garden Recovery Community provides residential services for women over 18 who are seeking recovery from Substance Use.

We are located in Syracuse, Indiana and offer those early in recovery with a structured program, life skills, support, and opportunities for therapy and 12 step meetings.

We are less of a facility, and more of a home. With family dinners, community, friendships, and accountability.

For those further along the recovery journey, we offer a communal sober home, or non-residential support services.

If a woman you love wants to overcome her addiction, visit us online to get an application form, or call us.

ROSE GARDEN
RECOVERY COMMUNITY

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rosegardenrecovery.com

WHAT CAN I DO?



It is hard to face the choices of a loved one struggling with addiction.

Let us help.



KNOW TRUTH

There are many perceptions about addiction, but not all of them are correct. For centuries people have seen addiction as a moral failing, and relapse as inevitable or a weakness. People were wrong.

Science teaches us much about the chemistry of the brain, and why it is so hard to quit. Addiction is now understood to be a treatable chronic disorder, often accompanied by additional mental health challenges such as depression, anxiety, and PTSD. About 90% of people struggling with substance use have experienced trauma.

Brain imagery shows physical changes in the brain that are responsible for making judgments and decisions, memory, learning and behavior.

Put simply, addiction is not simply a choice, and quitting is not about willpower. Recovery is more than abstinence. True recovery is a hard journey, and may involve an entire network of services in the rehabilitation process. And it is possible.

Some resources for you to start with include:

- ❖ *Addiction: why can't they just stop* (HBO documentary on DVD)
- ❖ *Know the O facts* - available on youtube
- ❖ www.drugabuse.gov (The national institute of drug abuse)

KNOW THAT YOU ARE NOT ALONE

Whether the addict in your life is in recovery or not, it is important you get help and support for yourself. Addiction brings shame, guilt and frustration home, but talking to others who know the pain and struggles you are facing can help, and help you help your loved one.

AL-ANON /NAR-ANON

Both groups community of people who each have a person in their lives who struggles with drinking. The local Al-Anon welcomes friends and family of those struggling with any substance addiction. Groups exist for teens, or adults or in an online community.



Al-Anon meets locally at our Graduate House

al-anon.org

nar-anon.org

CELEBRATE RECOVERY

At CR you will gain insights into addiction and hear testimonies from those who have a loved one in recovery or active addiction. CR offers a life issues group for your support. These faith based meetings allow your faith to be part of your healing.



Celebrate Recovery
A CHRIST CENTERED Recovery Program

Celebrate Recovery meets Monday & Friday in Syracuse, IN

celebraterecovery.com

FAMILY COUNSELING

How can I help? What am I supposed to do? How do I help without hurting or enabling them? These are questions that you may wish to answer with a counselor alone, or together as a family to address how to unite in helping someone in their recovery journey.



Turning Points Counseling Center

Bowen Center

Or ask your pastor for resources and support