

Michele Lazcano: Choosing treatment for drug or alcohol dependency takes an awful lot of courage and though it's been said before it's worth repeating. You are not alone.

Katie Anderson: Demographics, Age, background, it doesn't matter. We're seeing people from all walks of life coming here to get help.

Michele Lazcano: I recently spoke with Katie Anderson, Clinical team lead of the acute residential program at Adcare Rhode Island, about the increased prevalence of prescription opioid abuse.

Katie Anderson: While we are a Rhode Island facility, we are seeing clients from all over New England. I think we're seeing firsthand the devastating toll the opioid crisis is having on all of New England.

Michele Lazcano: Do you have any advice for someone who's concerned about their home life, their work life, and incorporating treatment in that whole process?

Katie Anderson: I suggest people speak with their employers, I think most people find that there's, again, so much shame and stigma around the disease of addiction. But when you reach out and begin to have those conversations, you find that more people are in your corner than you ever knew. We offer a crisis stabilization unit, a detox, and an acute residential program. We do also have an intensive outpatient program in our facility. We provide a range of therapeutic enhancement activities, that can help people get to know one another and feel safe and comfortable. Whether it's yoga or acupuncture or some of the art therapies that we offer. When people are coming to the group setting, they already feel some bond and some commonality.

Michele Lazcano: It's a beautiful facility that you have here, and also the grounds are so nice, so this time of year, it's a perfect place to get outside and do therapy outside.

Katie Anderson: Yeah, the grounds are really beautiful, it's made for such great opportunities for our work. We can take people outside for meditation or for different activities out in nature to enhance the work that we do than the more traditional classroom setting. In our experience there is no such thing as a lost cause. We've seen people come to treatment 100 times, that 101st time something clicks. People are coming to us often in their darkest and most desperate hour. To watch somebody reconnect with themselves, with their goals, with their values, with their families, it's hugely rewarding. Everyday we're seeing change happen.

Michele Lazcano: For more information for recovery call 1-800-ALCOHOL or visit adcare.com.