



Family support and motivation are the most important things in making treatment work!

Find out about treatment options: There are many treatments that work for addiction. Talk to your counselor about these treatments.

**Outpatient Services
Extended Outpatient
Intensive Outpatient
Residential Services
Access To Recovery
Gambling Services
Prevention**

**ADDs Burlington
1340 Mt. Pleasant St
Burlington, IA 52601
319-753-6567**

**ADDs Mt. Pleasant
122 N. Main St.
Mt. Pleasant, IA 52641
319-385-2216**

**ADDs Wapello
304 Highway 61 North
Wapello, IA 52653
319-523-8436**

**ADDs Keokuk
928 Main St.
Keokuk, IA 52632
319-524-4397**

**ADDs Ottumwa (SIEDA)
310 West Main Street
Ottumwa, Iowa 52501
Phone: (641)683-6747 x201**

Alcohol and Drug Dependency Services



ADDs MISSION: To provide high quality treatment, rehabilitation, prevention and education services for persons involved in and/or concerned with substance abuse problems, problem gambling, and other behavioral disorders using a Recovery Oriented System of Care.

www.addsiowa.org



Effects of Addiction on Friends/Family

Addiction causes stress on the family which can lead to many family problems.

Friends may find themselves investing money and time in helping you cope that they cannot afford, or puts undue strain on them.

Children whose parents have an addiction disorder have an increased risk of the following problems:

–Substance use: They are four times more likely to develop a substance use or gambling disorder.

–Conduct problems: They may be more frustrated and have an increased risk of aggressive behavior and crime.

–Academic problems: They may have learning difficulties, lower concentration and disruptiveness.

–Emotional problems: They may be angry and develop poor self-esteem, withdrawal and sadness.

Marital problems: When a family member has an addiction disorder, divorce is seven times more likely than in families who are free from addiction disorders.

Emotional abuse or violence: More than 50 percent of family abuse stems from substance abuse.

Legal problems: Addictions can lead to problems such as unpaid bills, driving under the influence, and crime.

Involve Family and Concerned Others!

ADDs recognizes that family and concerned other involvement in your treatment program will increase the likelihood that you get into long-term recovery. Make sure to ask about how to get help for your support system. Your counselor will also assist you in finding how best to involve supportive persons of your recovery into your treatment program. Treatment is effective! Getting a loved one into care and finding support services for your family or support system are the next steps toward recovery.

*ADDs Concerned Other Outreach:
Wednesdays 5pm – 5:45pm
Group Room at ADDs Burlington*



Recovery:
It's a Family Affair -
and Everyone's Invited!

Join us on Facebook:
Search: Alcohol & Drug Dependency
Services

facebook

A Reminder for Concerned Others:

Every family and social system is different, but in many cases the individuals close to you can be in their own recovery process. The following reminders can help them to start their recovery process now.

Remember The Seven Cs

I didn't	Cause it
I can't	Cure it
I can't	Control it
I can take better by	Care of myself Communicating my feelings
Making healthy and	Choices Celebrating myself

