
Addiction Prevention and Treatment Resources

Rushford Center
877-577-3233

CVH Addiction Services
800-828-3396

Middlesex Hospital Behavioral Health
860-358-8760

River Valley Services
860-262-5200

The Connection
860-343-5500 (Ext.1: Helpline)

Project Courage, LLC
860-388-9656

Aware Recovery Care
203-779-5799

Alcoholics Anonymous www.ct-aa.org
Narcotics Anonymous www.ctna.org

Al-Anon (for families)
Adath Israel Synagogue, Middletown

Nar-Anon (for families)
Trinity Church, Middletown

Keep Kids & Teens Safe



- ◆ Monitor
- ◆ Secure
- ◆ Dispose

PLACE
STAMP
HERE

Middlesex County Dental Society
Middletown, CT 06457



DEPENDENCY and addiction

Middlesex County
Dental Society
2017

Body Chemistry

Coffee. Cigarettes. Marijuana. Prescription pain meds. Vodka. Heroin.

What do these things have in common?

All of them change our body chemistry. They contain substances that mimic the body's pleasure chemicals. A healthy body will try to adapt to any of these substances, from coffee to heroin.

Once a person has adapted to a substance, he or she begins to crave it. Craving signals a growing dependence.



Everyone is familiar with caffeine cravings. If you always begin your day with cup of coffee or tea, you just don't feel "right" without it.

When you're dependent on a substance,

- your body has adjusted to a strong, daily dose.
- you need it just to feel normal... and you want even more.
- living without the substance feels uncomfortable or even awful.

At this point you're addicted. What began as normal adaptation to a substance now controls your behavior.

So many addictions

Caffeine addiction requires an enormous amount of coffee to take hold. Withdrawal isn't too bad; usually just a headache.

Nicotine addiction happens quickly. Cigarettes are highly addictive and the heavy smoker will be miserable without one every hour. That's why it's so hard to quit!

Alcohol addiction is also called alcoholism. The alcoholic's brain has adjusted to a high, daily dose of alcohol. He or she needs a drink just to feel "normal." Withdrawal from alcohol is not only painful, but can be dangerous and should be medically monitored.

Opioid addiction is one of the fiercest addictions around. Opioids include prescription painkillers such as codeine, morphine, Percocet, Vicodin, OxyContin, and fentanyl. Heroin is another opioid.

Medical opioids are wonderful medicine. They are vital in treating serious injury and trauma. But too many prescriptions are being misused these days—not to mention illegal, diverted prescriptions, street heroin, and fake pain pills. Connecticut has lost thousands of people to opioid overdose.



Opioid addiction: it's a bad ride

Easing Pain

Over-the-counter drugs like Motrin, Tylenol, or Aleve are excellent alternatives to opioids. Ask your doctor about using them first. Opioids should be used for the short-term: a few days to a few weeks only.

With longer-term use of opioids your body will adapt. It will stop making its own pain-alleviating chemicals. You will become dependent on the medication. A doctor can "ease you off" sensibly so that you don't become addicted.

Warning Signs

Some people have a strong, positive reaction to opioids. They like the way the drug makes them feel. **If you enjoy an opioid medication or take more than necessary, this is a warning sign!** You may be headed toward addiction. Please talk with your doctor about using a different kind of pain reliever.

Addiction is a serious illness but it can be treated. Middlesex County families are fortunate in having many resources for treatment and family help. Please see the back of this brochure for a listing.

For more information

Middlesex County Substance Abuse
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Visit us on the web: www.mcsaac.org