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FREQUENTLY ASKED QUESTIONS OF NCADA COUNSELORS

What can I do when my loved one (or friend) has a problem with alcohol and/or other drugs and refuses help?

- A. **Gather Information** about the disease of addiction for example:
- ❖ The NCADA has a library full of pamphlets (some free and at low cost), books, books on tape & videos available to rent.
 - ❖ Attend an education/information class at local area hospitals.
- B. **Attend Al-ANON meetings** – Not only are these self-help groups good for support, they also have helpful literature (for additional information about these meetings please refer to the question ‘What is Al-Anon?’).
- ❖ Meetings occur at various locations and at a wide variety of times. Call NCADA for information or call AA/Al-Anon Central Services at 314-647-3677 or to request a “Where and When” for locations and times.
 - ❖ Various topics are discussed including the disease of addiction and issues related to it.
 - ❖ Helpful techniques are discussed involving how to take care of oneself even during the chaos.
- C. **Intervention** – this is a well-planned, formal gathering of significant others, who come together out of love and concern for the chemically dependent. This is designed to avoid defensiveness, express concern and lay out consequences and options for the chemical dependent. The goal of the intervention is to present reality in a clear and concise manner that the chemical dependent is most likely to understand. Far too often, the chemical dependent is approached about their problem in times of crisis and out of anger and pain. (For additional information about the process of intervention see the question: ‘What is an Intervention?’).

What is an Intervention?

As discussed in Intervention, this process is to present reality in a clear manner as to how a person’s drinking/drugging impacts others, how they feel and how to get help and support to deal with his or her chemical use. The NCADA offers a two-session intervention training to assist family and friends to implement this process. The first session focuses educating participants on basic information about the disease of addiction. A video is utilized portraying a family doing an intervention with a loved one to help capture the vision of what an intervention looks like. The participants then discuss what would be appropriate to share during the actual intervention with the identified chemical dependent. The second session is spent discussing the details of the actual intervention: rehearsing with the loved ones what they will say; where and when the intervention will take place; how to approach the identified chemical dependent; resources for treatment and/or help that will be presented. For additional information about intervention please call NCADA Monday through Friday, 9:00 am – 5:00 pm.

There are additional resources in the area where the professional accompanies the loved ones to the actual intervention. These numbers are available at the NCADA office.

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How do I know if my teenager is “a typical teenager” or if there is chemical abuse involved with his or her problems?

A few signs to look for if you think your child is abusing chemicals:

- ❖ You suspect chemical use (ie: alcohol and/or marijuana) or have found chemicals or paraphernalia in their possession
- ❖ Becomes easily irritated or depressed
- ❖ Doesn't tell you where they are going or with whom
- ❖ Secretive meetings, hang-up phone calls
- ❖ Withdraws from sports, hobbies, and/or friends
- ❖ Frequently borrows or steals money; missing items
- ❖ Grades decline/ conduct problems at school
- ❖ Has blackouts, memory lapses, tremors, hallucinations or delusions
- ❖ Withdrawal from family activities or staying out all night

Call the NCADA if you have concerns, questions or need information in this area.

What is AA and what happens?

AA or Alcoholics Anonymous is a self-help support group for people who have a problem with alcohol abuse and/or addiction. Meetings are generally categorized as “open” which can be attended by anyone or “closed” which are limited to people with previous experience attending this group. Members attend meetings for support, to ask questions, gather information, find resources for their personal struggle with this drug. People who abuse drugs other than alcohol may want to attend meetings specific to the drug abused: Narcotics Anonymous, Cocaine Anonymous, Nicotine Anonymous, etc. Numerous meetings are scheduled throughout the area. For a complete listing call NCADA counseling staff or the AA Central Office at 314-647-3677 .

What is Al-Anon and what happens there?

- ❖ Al-Anon is a self-help support group for family members, loved ones and friends of chemical dependents. The meetings offer help and support from others who have had negative experiences and consequences because of someone else's drinking and/or drugging.
- ❖ Try at least six Al-anon meetings; whether it's six different meetings or the same meeting six different times. Every meeting is a little different in that there are many different personalities and issues that arise. Some meetings offer different information and may meet your needs more than others.
- ❖ Al-anon is free. For a listing of times and locations please call the Al-anon office at 314-647-3677 or NCADA at 314-962-3456. The meetings are held 7 days a week and are located throughout the St. Louis and surrounding areas.

How do I (or someone I know) get into treatment?

If an individual has health insurance, contact the insurance provider to inquire what type of chemical dependency treatment coverage is available.

If no health insurance is available, there are state-funded facilities in and around the St. Louis area where someone can get in-patient and/or out-patient chemical dependency treatment. Due to the demand, there is generally a waiting list to get into one of these facilities. It is recommended that the person put their name on any of these lists. Often, the person won't have to wait quite as long as originally told, depending on the number of beds available in the unit. Call NCADA for a listing of state-funded facilities or refer to the Treatment and Recovery Services Manual published by the NCADA.

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