

# Substance Use Disorder



## Behavioral Health Program

### Contact a Health Care Provider If:

- You cannot take your medicines as told.
- Your symptoms get worse.
- You have trouble resisting the urge to use drugs or alcohol.
- You are experiencing active withdrawal symptoms (vomiting, dizziness, chills, sweats, blackouts)
- You are having thoughts to hurt yourself or someone else
- You relapse on drugs/alcohol

### Crisis Resources:

You can go to your nearest emergency department or call:

- Delaware statewide crisis line 1-800-577-2484
- National suicide crisis helpline 1-800-273-8255
- Your local emergency services 911

### Detox & Mental Health Resources:

#### New Castle County—Detox

Net Detox  
3315 Kirkwood HWY  
Wilmington, DE 19804  
1-800-359-1367

#### New Castle County—Detox and Mental Health

Mobile Crisis Center  
14 Central Ave  
New Castle, DE 19702  
302-577-2484

Recovery Response Center  
659 E. Chestnut Hill Rd  
Newark, DE 19713  
302-318-6070

Rockford Center  
100 Rockford Drive  
Newark, DE 19713  
302-996-5480

Meadowwood Behavioral Health  
575 South Dupont HWY  
New Castle, DE 19702  
302-213-3568

## **Kent and Sussex County—Detox**

Harrington Detox  
1 East Street  
Harrington, DE 19952  
302-786-7800

## **Kent and Sussex County—Detox and Mental Health**

Recovery Response Center  
700 Main Street  
Ellendale, DE 19941  
1-800-435-6785

Dover Behavioral Health  
725 Horsepond Road  
Dover, DE 19901  
302-741-0140

Sun Behavioral Health  
21655 Biden Ave  
Georgetown, DE 19947  
302-604-5600

## **What Is Substance Use Disorder?**

Substance use disorder happens when a person's repeated use of drugs or alcohol interferes with his or her ability to be productive. This disorder can cause problems with your mental and physical health. It can affect your ability to have healthy relationships, and it can keep you from being able to meet your responsibilities at work, home, or school. It can also lead to addiction.

The most commonly abused substances include:

- Alcohol.
- Tobacco.
- Marijuana.
- Stimulants, such as cocaine and methamphetamine.
- Hallucinogens, such as LSD and PCP.
- Opioids, such as some prescription pain medicines and heroin.

## **What are the causes?**

This condition may develop due to social, psychological, or physical reasons. Causes include:

- Stress.
- Traumatic Events
- Peer pressure.
- Anxiety.
- Depression.
- Poor impulse control

## **What increases the risk?**

This condition is more likely to develop in people who:

- Are stressed.

- Have been abused.
- Have a mental health disorder, such as depression.
- Do not seek help from a professional during difficult situations

## What are the signs or symptoms?

Symptoms of this condition include:

- Using the substance for longer periods of time or at a higher dosage than what is normal or intended.
- Having a lasting desire to use the substance.
- Being unable to slow down or stop your use of the substance.
- Spending an abnormal amount of time seeking the substance, using the substance, or recovering from using the substance.
- Craving the substance.
- Substance use that:
  - Interferes with your work, school, or home life.
  - Interferes with your personal and social relationships.
  - Makes you give up activities that you once enjoyed or found important.
- Using the substance even though:
  - You know it is dangerous or bad for your health.
  - You know it is causing problems in your life.
- Needing more and more of the substance to get the same effect (*developing tolerance*).
- Experiencing physical symptoms if you do not use the substance (*withdrawal*).
- Using the substance to avoid withdrawal.

## How is this diagnosed?

This condition may be diagnosed based on:

- Your history of substance use.
- The way in which substance abuse affects your life.
- Having at least two symptoms of substance use disorder within a 12-month period.

Your health care provider may also test your blood and urine for alcohol and drugs.

## How is this treated?

This condition may be treated by:



- Stopping substance use safely. This may require taking medicines and being closely observed for several days.
- Taking part in group and individual counseling from mental health providers who help people with substance use disorder.
- Staying at a residential treatment center for several days or weeks.
- Attending daily counseling sessions at a treatment center.
- Taking medicine as told by your health care provider:
  - To ease symptoms and prevent complications during withdrawal.
  - To treat other mental health issues, such as depression or anxiety.
  - To block cravings by causing the same effects as the substance.
  - To block the effects of the substance or replace good sensations with unpleasant ones.
- Going to a support group to share your experience with others who are going through the same thing. These groups are an important part of long-term recovery for many people. They include 12-step programs like Alcoholics Anonymous and Narcotics Anonymous.

Recovery can be a long process. Many people who undergo treatment start using the substance again after stopping. This is called a relapse. If you have a relapse, that does not mean that treatment will not work.

### **Follow these instructions at home:**

- Take over-the-counter and prescription medicines only as told by your health care provider.
- **Do not** use any drugs or alcohol.
- Keep all follow-up visits as told by your health care provider. This is important. This includes continuing to work with therapists, health care providers, and support groups.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.





