

# In A Labor Union? See How They Can Help You Get Addiction Rehab

Date: 1 February, 2021 | By Robert Alexander Center

Addiction does not discriminate. It doesn't care about your race, how much money you earn, your gender, or any other of your personal circumstances. Addiction is a disease, and the unfortunate fact is that it can happen to anyone.

However, we are lucky enough to live in a society that provides plenty of access to additional centers, support networks, and help those living with addictions.

## Understanding Drug and Alcohol Addiction

Many people believe that both drug and alcohol addiction are the same. Yet, they have different physiological and psychological impacts on the user.

There is also a difference between being dependent on something and addicted to it. A dependency problem is when a person has developed a tolerance to substances. When they stop using the drug or alcohol, their dependency is broken. Dependency can be helped by slowly reducing how often someone uses the substance until they don't use it at all.

Addiction is where the extensive and prolonged use of alcohol and/or drugs has changed brain chemistry. An addiction is something that cannot be controlled, and the cravings will take over a person's thoughts and actions. They may do harm to themselves, others, property, and more. Addiction requires more **intensive treatment** than dependency – but both must be treated.

Almost all alcoholics are genetically predisposed to drinking disease. It has been shown that those in high-stress jobs, those who drank at an early age, and those who don't seem to have any ill effects the day after are more likely to develop an alcohol addiction.

Access to addicting opioids has been increasing in recent years, and many people who you wouldn't assume have an addiction to prescribed drugs. Although illegal drugs also pose a serious risk to millions. In general, most drugs stimulate the release of dopamine. Dopamine gives us a rush for happiness and pleasure.

This is where some of the issues lie. Initially, a small amount of a drug will work; over time, more and more of the substance will need to be used to get the same rush.

Over time a drug-addicted individual's brain will become altered tolerant.

Both alcohol and drug addiction are severe diseases and should be treated the same way as any other disease.

## A Support Network In Addiction Rehab With A Labor Union

One of the key things that people with an addiction need is a support network. It is this network that will be able to get through the hard days. And there will be some hard days. The support of friends, family, partners, and outside support is vital.

If you are in the midst of addiction, it can be easier to push people away in the hopes that you don't hurt them. However, this can be counterintuitive and isolate you further.

It is also a great idea to look for support networks outside of people that know you. This can give you the freedom and space, to be honest about things you might not be able to tell people that you see daily. Anonymous meetings can help you work through many issues.

It is important to remember that both dependency and addiction need to be addressed by professionals.

## Addiction Rehab Treatment Options

Addiction impacts everyone differently, and the treatment methods for addiction will differ too. What works for one person might not work for the other.

For both drug and alcohol rehabilitation, you can discuss the option of **outpatient treatment**, talking therapy, medication to help with withdrawal, and total detoxes.

**Detoxing is an important part of rehabilitation.**

When possible, lean on your support network when it gets hard, and share what you are going through. This can help to relieve much of the tension and likelihood of a relapse.

## How Your Labor Union Can Help You Get Addiction Rehab

Many people don't know that they can turn to their labor union for a range of support options.

Your labor union can help you personally, professionally, and financially. Labor unions often have the best insurance policies that you can get, and in that insurance policy, most often, there are options for drug and alcohol rehabilitation centers.

You can also check over your labor union insurance policy to see if you are covered for long term support to help with anxiety and depression. Depression and anxiety can arise during and after the treatment and increase the likelihood of developing an addiction in the first place.

You can contact your labor union to find out about the options you have and any support meetings, **outpatient options**, detox centers, and more that you can attend.



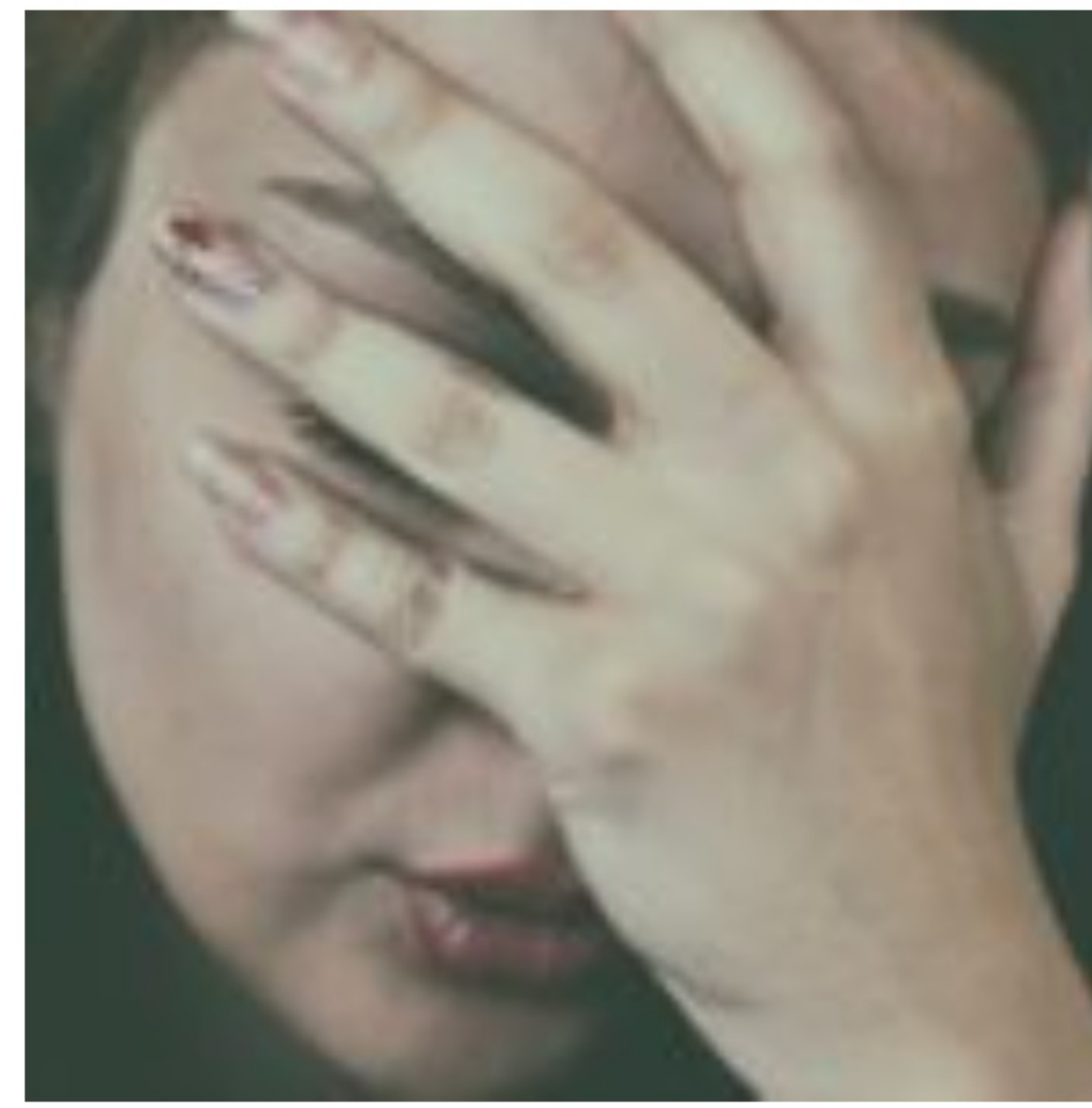
Understanding The Controversial Role Of Buprenorphine In Combating Opioid Addiction

[Read More](#)



How to Find Alcohol Detox Programs in Kentucky

[Read More](#)



Types Of Non-Traditional Therapy In Addiction Treatment

[Read More](#)



P: 1-844-328-8406

The Robert Alexander Center for Recovery is a brand new, state of the art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.



### Navigation

Home  
About  
Tour  
Admissions  
Blog

### Treatment Solutions

Detoxification  
Residential Inpatient  
Partial Hospitalization  
Outpatient Programs  
Aftercare & Alumni

### Get In Touch

130 Hope Street Mount  
Washington, Kentucky 40047

