

## Drug and Alcohol Treatment Plans

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Drug and alcohol treatment is something I have become familiar with over the last ten years of my life. Not only have I spent some years training and working in the field, but I myself have been through the gauntlet of drug and alcohol treatments more than once. While it's certainly not a pleasurable experience, going through different forms of drug and alcohol treatment can teach you a lot about yourself. At almost five years of sobriety now, I feel almost grateful for the opportunity for personal growth.

When you're in the midst of an addiction or have just had a relapse, opportunities for personal growth don't really mean a whole lot. All you really want is the suffering to end. Unfortunately, the bad news is that the suffering does not stop with drug and alcohol treatment. If you're familiar with treatment you already know this. Though you will of course begin to feel physically better once you start a treatment program, the emotional and mental distress can often get much worse before it gets better.

There isn't any quick fix or pain free drug and alcohol treatment, so be prepared to do some work and be prepared to learn humility. While drug and alcohol treatment varies a lot these days, which is a good thing, they all have one thing in common; breaking down the old you and building up a new one. This sounds a little daunting and kind of scary, but don't worry, it's really not so bad. Essentially, the essence to every form of drug and alcohol treatment that I'm familiar with is training your brain to use new networks and patterns of thought instead of the old ones that got you into trouble.

Since the brain is involved in everything we do, there are a lot of routes one can take to retrain it and that is why drug and alcohol treatment is so varied. Writing, art, music, sports, exercise, prayer, meditation, counseling, and support groups are all common examples of tactics used in modern drug and alcohol treatment centers. To best improve your odds in getting and staying sober, it's a good idea to try as many things as you can because what works for some people doesn't work for others. Trying out a lot of new things boosts your chances of finding something you like.

In the end, drug and alcohol treatment is a personal battle, and it will be a unique experience for everyone. Therefore it's very hard to make sweeping generalizations or to provide advice that's sure to work. There is one Alcoholic Anonymous saying that stands out for me as summing up the key point in drug and alcohol treatment; "You don't have to change anything, except everything."