

Renascent's **Guide to Coping with Addiction**



Renascent®

The road to recovery starts here.

What Is Addiction?

The Centre for Addiction and Mental Health (CAMH) defines addiction as the problematic use of a substance. We understand addiction to be the effects of a substance use disorder, as described by The Diagnostic and Statistical Manual of Mental Disorders.

Is it Addiction or Just Inappropriate Use of Drugs or Alcohol?

Substance use or abuse can take many forms, and in many cases, does not result in addiction. When the use becomes problematic, you can identify addiction through the Four Cs.

The Four Cs of Addiction

1. **Craving**
2. Loss of **Control** of amount or frequency of use
3. **Compulsion** to use...
4. ... despite **Consequences**.

Signs & Symptoms

People who are experiencing addiction will often isolate from their loved ones and withdraw from social activities, behave erratically with unexplained and sudden mood swings, have financial troubles, and be unstable in jobs, housing, and relationships.

Signs of a Problem with Drug Use

Do you or your loved one have:

- Feelings of anxiety, irritability, or depression?
- Trouble thinking clearly?
- Blackouts?
- Problems with relationships?
- Times when you/they spend money on substances rather than on food, rent, or other essentials?
- Legal problems related to substance use?
- Loss of hope, feelings of emptiness, or injuries while under the influence?

Answering yes to any of these questions signals a drug addiction.

Signs of a Problem with Alcohol

Are you or your loved one:

- Finding reasons or making excuses for drinking, including to relax, deal with stress or feel “normal”?
- Choosing drinking alcohol over other responsibilities and obligations such as work, family, and friends?
- Requiring more and more alcohol to feel the desired effect?
- Having withdrawal symptoms when you don’t drink – sleeplessness, tremors, nausea, and seizures within a few hours of your last drink?

Answering yes to any of these questions signals alcohol addiction and problem drinking.



What Can I Do?

If you or someone you love is experiencing addiction, reach out for help. Everyone impacted by addiction deserves their own recovery journey. Many people have been where you are, and are ready to help you find the peace and hope of lifelong recovery and freedom from addictions. Getting a loved one to treatment is only one part of the puzzle, and sometimes they aren't ready for help. Renascent can still make a difference by helping the family work together to fight the effects of addiction.

Get Support

Addiction is a complex and serious health disorder, and often requires comprehensive person-centred care. Our team of certified clinicians can help you and your loved ones work through the affects of the addiction, and find your own recovery.

Renascent's Addictions Counsellors can let you know what type of treatment might work best and help you compare different treatment options. We will support you in figuring out how to start a difficult but important conversation with the person that you know needs help.

Who are Experts in Addiction Recovery?

- Certification with the Canadian Addiction Counsellors
- Certification Federation (CACCF)
- Registered Psychotherapists
- MDs specializing in addiction medicine

Choose Treatment Wisely

In the current unregulated marketplace of addiction treatment providers, it is critical to find a treatment provider who is accredited, which means they routinely undergo an extensive review of practices and procedures to ensure they meet the rigorous standards for quality of care, and organizational performance. Renascent's accreditation by the Canadian Centre for Accreditation is how we set ourselves apart from less reputable providers.

Who Should You Trust?

- Treatment providers with a long history of high-quality, evidence-informed programs and services
- Organizations who are fully accredited

What can Renascent do?



Intensive Addiction Treatment

Our abstinence-based model integrates 12-step facilitation with other best practices in clinical and medical approaches, delivered by certified professionals with extensive experience. Renascent offers virtual and live-in treatment options.



Essential Family Care Programs

Addiction affects the whole family, which is why we treat it holistically with programs tailored to meet the distinct needs of children, parents, and other loved ones affected by someone else's addiction.



Continuing Care

At Renascent, we believe that ongoing support and care is a vital part of longterm addiction recovery. Our structured Continuing Care Program includes group and individual counselling, and intensive relapse prevention education.



Alumni Support

Alumni Care is a life-long recovery community that creates opportunities for alumni from all of Renascent's programs to maintain their connection to us and other alumni through meeting and service opportunities.

We're Here For Life



At Renascent, we help change lives by providing high-quality care for people who struggle with substance addiction and mental health issues. Our approach is driven by evidence and our clients are at the centre of all we do.

Since our doors first opened in 1970, we have offered hope and healing to more than 50,000 people impacted by alcohol and drug addiction. Renascent is proudly accredited by the Canadian Centre for Accreditation, reflecting our continuous commitment to best-practices.

What's Next?

Call Renascent: 1-866-232-1212

Our Client Care and Access Centre team is ready 24/7 to help you find the programs and services that best meet your needs.

Register for a Family Program

Parents, siblings, partners, and children can begin their own recovery journey immediately. Call 416-927-1202, ext. 4012.

12 Step Meetings

AA, NA, CA, and Al-Anon (for family members) meetings are ready to welcome you whenever you're ready. Search online for meetings that fit your schedule.

Alumni Support

Once you or your loved one has graduated from any Renascent program, you/they are a part of a strong alumni community, with regular alumni meetings.

How to Start Your Recovery

To begin receiving support for drug and/or alcohol addiction, call us:

Step 1 Call Renascent at 1-866-232-1212.

Step 2 Complete intake.

Step 3 Complete assessment to determine which program is best for you.

Step 4 Connect with appropriate community pre-treatment support while you wait to begin treatment.

Step 5 Receive 24/7 support with Breaking Free Online.

Step 6 Begin treatment.



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renascent.ca

Telephone: 1-866-232-1212 • Email: info@renascent.ca

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