

Treatment Programs in the Austin Area

In Texas, Outreach, Screening, Assessment and Referral Centers (OSARs) are the first point of contact for those seeking substance abuse treatment services. All Texas residents who are seeking substance abuse services and information may qualify for services. In the Austin area contact:

Bluebonnet Trails Community Services

(512) 255-1720 or 1 (800) 841-1255
1009 N. Georgetown Street, Round Rock
78664
Www.bbtrails.org

Treatment Programs

Austin Recovery (512) 697-8600

4201 S Congress Ave #202, Austin, TX 78745
www.austinrecovery.org

Oak Springs Treatment Center (Integral Care)

(512) 804-3526
5015 S IH-35 Ste 200D, Austin, Texas 78744
www.integralcare.org/

Salvation Army Adult Rehabilitation Center Men's Program (512) 447-2272

4216 South Congress Avenue, Austin TX 78745
www.salvationarmyaustin.org

For Adolescents

Phoenix Academy

1 (888) 761-0244
400 W Live Oak Street Austin, TX 78704
www.phoenixhouse.org

Who Can Help?

The Victim Services Unit within the Travis County Sheriff's Office can provide assistance with information about your case status, Crime Victims' Rights, Crime Victim Compensation, navigation of the criminal justice system and referrals to appropriate helping professionals or organizations according to your specific needs.



Helpful Websites

Austin AA Hill Country Intergroup:

Find a Meeting Online
www.austinaa.org

Austin Al-Anon: For Family and Friends

www.austinalanon.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov

Texas Department of State Health Services —

Mental Health and Substance Abuse
www.dshs.texas.gov

Substance Abuse

Victim Services Unit

5555 Airport Blvd
Austin, TX 78751
512-854-9709



Name/ID Number:

Direct Number:

Mailing Address:

PO Box 1748
Austin, TX 78767

What is Substance Abuse?

Alcoholism, drug dependence and addiction (known as *substance use disorders*), are extremely complex problems.

People with these disorders once were thought to have a character defect or moral weakness; some people mistakenly still believe that. However, most medical researchers and scientists now consider dependence on alcohol or drugs to be a long-term illness, like asthma, hypertension (high blood pressure), or diabetes.

Most people who drink alcohol drink very little, and many people can stop taking drugs without a struggle. However, some people develop a *substance use disorder*—use of alcohol or drugs that is compulsive or dangerous (or both).

What are the symptoms of Substance Abuse Disorders?

One of the most important signs of substance addiction or dependence is continued use of drugs or alcohol despite experiencing the serious negative consequences of heavy drug or alcohol use.

Often, a person will blame other people or circumstances for his or her problems instead of realizing that the difficulties result from use of drugs or alcohol. Perhaps your loved one has even blamed you.

People with this illness really may believe that they drink normally or that “everyone” takes drugs. These false beliefs are called **denial**, and denial is part of the illness.

Other important symptoms of substance use disorders may include:

Tolerance

A person will need increasingly larger amounts of alcohol or drugs to get high.

Craving

A person will feel a strong need, desire, or urge to use alcohol or drugs, will use alcohol or a drug despite negative consequences, and will feel anxious and irritable if he or she can't use them. Craving is a primary symptom of *addiction*.

Loss of control

A person often will drink more alcohol or take more drugs than he or she meant to, or may use alcohol or drugs at a time or place he or she had not planned. A person also may try to reduce or stop drinking or using drugs many times, but may fail.

Physical Dependence or Withdrawal Symptoms

In some cases when alcohol or drug use is stopped, a person may experience withdrawal symptoms from a physical need for the substance. Withdrawal symptoms differ depending on the drug, but they may include nausea, sweating, shakiness, and extreme anxiety. The person may try to relieve these symptoms by taking either more of the same or a similar substance.

A person experiencing symptoms that are causing serious problems in his or her ability to study, work, or relate to others should be seen by a medical or mental health professional.

“What is Substance Abuse?” through “Treatment for Mental Disorders” from Center for Substance Abuse Treatment.

What Is Substance Abuse Treatment? A Booklet for Families. DHHS Publication No.

(SMA) 04-3955. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004.

Substance Abuse Treatment

Treatment can help individuals addicted to substances stop using, avoid relapse, and recover their lives. Several types of treatment programs are available:

- Inpatient treatment
- Residential programs
- Partial hospitalization or day treatment
- Outpatient programs
- Intensive outpatient programs
- Methadone clinics (also called opioid treatment programs).

No single treatment type is appropriate for everyone.

Treatment for Mental Disorders

Many people with a substance use disorder also have emotional problems.

Treating both the substance use and mental disorders increases the chances that the person will recover.

Some mental health professionals think people should be alcohol and drug free for at least 3 to 4 weeks before a mental/emotional illness can be identified correctly. Mental health care and substance use treatment often include the use of medications.

If you or someone you know displays signs of a substance use disorder, there are resources that can help.
