



RiMa Serene Medical Centre Ltd
Rehabilitation and Recovery - With you every step of the way

Family Support

RiMa Serene Medical Centre is dedicated to working with families struggling with a family member with addiction. We have policies, practices and a residential rehab programme in place that both encourages family involvement in their loved-one's recovery and will provide support and counselling to families who are struggling to cope themselves. We will always be there to answer questions and give updates on progress too. Provided the patient agrees, the more a family wants to get involved in their loved-one's recovery, the better for everyone.

Interventions for Addictions – Sending a Family Member into Rehab

It's never easy to send a family member to rehab. Staging an intervention and asking a loved one to enter treatment means that the individual either is unaware of a substance abuse problem or aware but has so far declined or neglected to seek treatment. The experience is typically stressful and emotional, but without treatment, an addicted person is very unlikely to be able to quit using the substance or function normally in society.

For those seeking help with getting a reluctant family member into rehab, we have a professional intervention team who can lead you through the entire process. Interventions for drugs or alcohol can be stressful or potentially volatile situations if not handled correctly. Our team can discreetly plan and coordinate the intervention based upon many years of experience in handling these situations calmly and sensitively

When Is Help Needed?

The first step is spotting an addiction in the first place. Addiction affects a person mentally therefore regarded as mental illness. It can happen to anyone regardless of age, gender, race, or financial situation. Most people who become addicted to a substance will either be unaware or in denial of their problem. Addiction tends to happen gradually, starting with substance abuse, or in the case of legal prescription drugs, long-term use. Even those following dosage instructions perfectly can become addicted to habit forming medications, though it's less likely. Regular substance use will often lead to a tolerance, meaning that more and more of the substance will need to be taken to get the same effect. As time goes on, it becomes more and more likely that dependence will develop.

For most drugs and for alcohol, addiction comes in both physical and psychological forms. Physical addiction involves the changes that take place in the user's body and mind to accommodate the frequent presence of a foreign substance. This aspect of addiction results in withdrawal symptoms when the intake of the drugs is significantly reduced or stops altogether. These symptoms are generally very unpleasant – so much so that the prospect of withdrawal can deter someone from trying to get clean – and they can even be dangerous. Psychological addiction is the emotional aspect of dependence. It involves psychological cravings and a general feeling that the drug is needed for the individual to get through the day. The lack or anticipated lack of access to the substance will cause emotional distress, such as anxiety and depression.

Once you understand addiction, it's easier to spot the signs. Common signs of a substance addiction include:

- Changes in social circle
- Changes in hygiene and grooming habits
- Change in ability to meet work, school, and family responsibilities
- Avoidance of situations in which the substance is unlikely to be available
- Preoccupation with how, when, and where the substance can be obtained and taken
- Unpleasant symptoms upon stopping intake of the substance
- Anxiety and unease when the substance is not available
- Inability to stop using the substance even in the face of social, financial, and legal consequences

Any of these signs can point to a substance abuse problem, but they don't necessarily mean an addiction has occurred. Deciding to intervene in a person's drug or alcohol use can be something of a judgment call and may require a second opinion from other loved ones or health professionals. Luckily, there is a common procedure for confronting an addicted loved one and getting that person into a rehabilitation centre.

RiMa Serene treatment centre will prepare for new arrivals to take them in as soon as they accept treatment. However, this means that anyone looking to send a reluctant family member to rehab will have to do some planning first. Contact RiMa Serene Rehab today, for some private advice from our admissions team.

Residential Treatment

Most experts agree that residential addiction treatment is the most effective. This involves staying in a specialized facility for several weeks and participating in daily treatment programs, such as support group meetings and individual counselling. Individuals in these programs are not allowed to leave until the treatment period is complete and not allowed any substances other than those prescribed by a doctor. This eliminates the problem of temptation and allows for around-the-clock care for withdrawal symptoms and any psychological issues that arise.

Interventions

When planning an intervention for an addicted loved one, this is typically the type of program that should be selected. The intervention is an intense process in which addicted persons will often agree to accept treatment, but they can change their minds once the emotions of the intervention pass. The most effective method is to contact and decide with RiMa Serene first, so we are ready to take in the addicted person immediately after the intervention. This way, minds can't be changed. Read more about RiMa Serene Interventions in our website.

Rehab for Teenagers

Your teenager will be treated by a team of clinical psychiatrists, psychologists and counsellors with specialties and qualifications in dealing specifically with teenage addiction. Addiction is troubling in adults, but if your child is affected, it may cause extra anxiety and stress. It is important to remember that there are many options, available for you or your loved one. A comprehensive approach to substance abuse is most effective at treating addiction at its core.

Each teen drug abuser is unique in his or her recovery needs. Some may need extra therapy, while others may need medication. Throughout treatment, it is important that the patient is periodically assessed to ensure that the current treatment remains the best to assist his or her ongoing sobriety. It is important that a user stays in treatment for as long as necessary. Addiction cannot be cured overnight and requires a sufficiently lengthy treatment for best results.