



# *Mental Health & Substance Abuse*

First of all, when it comes to struggling with a mental health issue or substance abuse, you are absolutely not alone. A study done on AICs showed that out of the people the researchers assessed, almost 98% had faced substance abuse problems in their lifetime. Additionally, 39% had anxiety or depression, 78% had issues with coping mechanisms, and 41% had been physically or sexually abused as a child. Other research has shown that the overall recidivism rate is in the 50% range, but that number is 10% larger for people who struggle with addiction. The Treatment Advocacy Center adds that approximately 20% of AICs struggle with mental illness, and having an untreated mental illness can lead to being arrested again. A large number of AICs also suffer from PTSD as a result of solitary confinement, violence they've been exposed to inside of the prison, or even due to preexisting trauma that gets exacerbated throughout their incarceration.

It is not your fault if you struggle with a mental illness, and/or addiction. However, it is important to do whatever you are able to do to get help. Mental health struggles as well as addiction is criminalized and stigmatized both inside and outside of prison, but it is nothing to be ashamed of. You can apply for the Oregon Health Plan, which covers mental health and addiction treatment.

This is the link to the Oregon Health Authority where their application is located:  
<https://www.oregon.gov/oha/hsd/ohp/pages/apply.aspx>

An additional link that may be useful is the link to find AA Meetings, here is the link for in-state meetings: <https://www.aa-oregon.org/find-meetings/>

If you skip to page 54 in this guidebook, there will be a directory with rehab and mental health centers throughout the entire state so that you are able to find one close to you.



# *Mental Health Disorders, Symptoms, & Treatment Options*

## **Introduction:**

The information provided below will cover different types of mental health issues or disorders, followed by symptoms of addiction. If you are experiencing the symptoms discussed, it is encouraged that you seek out the best form of mental health or substance abuse care that you can. You can also most likely talk to someone covered by your medical insurance to find out whether or not you should seek out consistent treatment based on the symptoms you are describing to them. It's also important to keep in mind throughout this section that each and every mental health condition is experienced differently depending on the individual and their mind. This also means that treatment options are unique, and there's not a guaranteed method that will work for you, so it's okay if you have to try different techniques or seek out multiple different forms of help. The mental and emotional pain we feel as humans is much more complex than physical pain at times, so have patience with yourself and your doctor(s). Lastly, national statistics on each type of disorder will be cited rather than prison statistics, since they are not as readily available or gathered consistently.

## **Anxiety Disorders:**

There are multiple kinds of each and every form of a mental health disorder. The different types of anxiety disorders are: agoraphobia, generalized anxiety disorder, panic disorder, separation anxiety disorder, social anxiety disorder, and specific phobias. 40 million people in the U.S. above the age of 18 suffer from an anxiety disorder. Here are the symptoms of each disorder, as well as what treatment works to ease the symptoms amongst patients suffering from anxiety disorders.



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**Agoraphobia Symptoms:** symptoms of agoraphobia include fearing situations or avoiding places that cause you to panic, feel trapped, helpless, or embarrassed. It can also mean fearing an anticipated or actual situation, and typically results in a panic attack when someone has to confront these difficult situations that they fear. A panic attack is different for everyone, but the most common symptoms are: shortness of breath, rapid heart beat, feeling a loss of control or safety, chest pain, nausea, and dizziness.

**Treatment Options for Agoraphobia:**

- Therapy - helps to identify triggers, develop coping mechanisms or relaxation techniques, and how to alter your responses to the anxiety to live more comfortably
- Medications - typically antidepressants or anti-anxiety medication
- Alternative medicines recommended by your doctor

**Generalized Anxiety Disorder Symptoms:** symptoms of generalized anxiety can include feeling restless/on edge, easily tired or fatigued, struggling to concentrate or losing your train of thought frequently, irritability, muscle tension, unable to control feelings of worry or stress, or unable to get adequate sleep. Generalized anxiety disorder is the most common form of anxiety, and typically just referred to as anxiety.

**Treatment Options for Generalized Anxiety Disorder:**

Cognitive behavioral therapy, or CBT is the most common form of therapy used to treat generalized anxiety disorder

Medications such as antidepressants or anti-anxiety medications can also be used if necessary for generalized anxiety disorder

Changing your life style in accordance to your doctor's recommendations can also reduce symptoms of anxiety



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**Panic Disorder Symptoms:** Some symptoms of panic disorder are sensing danger, fearing death or losing control, rapid heart rate, sweating, trembling, or shaking, tightness in your throat or difficulty breathing, chills, hot flashes, nausea, abdominal cramping, chest pain, feeling dizzy, lightheaded, or faint, numbing or tingling sensations, and feeling detached from reality. Feeling these symptoms infrequently could just be a panic attack related to an underlying or separate mental health issue. Having them constantly without another condition would just be classified as a panic disorder, especially when the panic attacks are becoming frequent and/or unexpected.

**Treatment Options for Panic Disorder:**

- Cognitive behavioral therapy
- Specific medications meant to alleviate the patient of panic attack/disorder symptoms

**Separation Anxiety Disorder Symptoms:** Separation anxiety disorder is typically most common in children, however, adults still deal with this disorder. Rather than feeling anxious or fearful when separated from your parent or caretaker, you may instead feel anxiety when separated from your partner, children, or other close family. The way you respond to the disorder is also different from the way children act, which is normally just clinginess and crying excessively or acting scared when their parents are away from them. Adults with separation anxiety may be overbearing as a parent or partner, because they're afraid for their well-being. You may also experience creating hypotheticals in your brain about bad things that could happen to these people in your life, become extremely hesitant when being distant from your loved ones, have trouble sleeping when your loved one is away, and feel depressed or anxious due to any of the previous examples. The anxiety may also cause physical pains like nausea or stomachaches. In order to be diagnosed with this disorder, symptoms must be continuing for six months. This form of anxiety can also cause other mental health conditions, such as generalized anxiety, PTSD, panic disorder, social anxiety, or personality disorders.



# *Mental Health Disorders, Symptoms, & Treatment Options*

## Treatment Options for Separation Anxiety Disorder:

- Cognitive Behavioral Therapy (CBT) - CBT is a more focused type of therapy that provides more tools than the traditional talk therapy
- Group therapy - talking with others who also are coping with separation anxiety has been shown to be an effective way to decrease the severity of your symptoms
- Family therapy - going to therapy with your family may improve your ability to communicate with one another in a more productive way
- Dialectical Behavioral Therapy (DBT) - DBT is similar to CBT in what conditions it's used to treat
- Medications (antidepressants)

Social Anxiety Disorder Symptoms: Social anxiety is different from being shy, your ability to work, go to school, or go out and develop relationships with new people are all impacted by the disorder. An estimated 15 million Americans suffer from social anxiety disorder, and it causes both physical and emotional symptoms. The physical symptoms include: blushing, nausea, excessive sweating, trembling or shaking, difficulty speaking, dizziness, lightheadedness, and rapid heart rate. The emotional symptoms include: worrying about social situations, worrying before events, trying to blend in or be less noticeable to avoid social interaction, worrying about embarrassing yourself in a social situation, worrying that other people will notice you're stressed or nervous, missing out because of your anxiety, and relying on substances to get you through a social event. You may also find yourself avoiding very necessary, normal outings like shopping, dining or eating in public, asking a question, job interviews, talking on the phone, and using public restrooms.

## Treatment Options for Social Anxiety Disorder:

- Cognitive Behavioral Therapy (CBT) - cognitive behavioral therapy is a more focused therapy meant to treat more complex mental health issues
- Exposure Therapy - exposure therapy is meant to expose the patient to the cause of their anxiety, it's sometimes used if CBT isn't showing as strong of an improvement
- Group Therapy - talking to others experiencing the same disorder has been proven to be effective in managing symptoms of social anxiety
- Medications - antidepressants or anti anxiety medications may be prescribed



# *Mental Health Disorders, Symptoms, & Treatment Options*

**Specific Phobias Symptoms:** A phobia induces many of the physical and psychological symptoms described above, however, rather than being tied to a specific experience, the individual fears one or multiple specific objects, situations, or other odd circumstances. The fear around the situation is typically viewed as unwarranted or extreme by someone who doesn't experience the same phobia.

**Treatment Options for Specific Phobias:**

- Exposure therapy
- Cognitive Behavioral Therapy (CBT)
- Medications
- Other home remedies to manage the anxiety around the phobia

**Depressive Disorders:**

Like anxiety, there are multiple types of depression. The symptoms and treatment options for major depressive disorder and persistent depressive disorder will be discussed here. There are other forms of depression that your doctor may diagnose you with or treat you for, but major depressive disorder and persistent depressive disorder are the most common diagnoses and those are the ones that will be covered here.

**Major Depressive Disorder Symptoms:** feelings of emptiness, hopelessness, and/or sadness, angry outbursts, irritability even over something small, loss of interest over things you used to enjoy doing, sleeping too much or too little (insomnia), lack of energy, exhaustion/tiredness, struggling to complete tasks, reduced appetite or weight gain, anxiety, restlessness, agitation, slowness in movements or speaking, feeling worthless or guilty, fixating on past mistakes, self-blame, trouble with making decisions, remembering things, or concentrating, frequent or recurrent thoughts of suicide/death, suicide attempts, unexplained physical problems such as back pain or headaches.



# *Mental Health Disorders, Symptoms, & Treatment Options*

## Treatment Options for Major Depressive Disorder:

- Medications such as antidepressants, or another medication that boosts levels of serotonin
- Psychotherapy
- Independent forms of therapy that your doctor can recommend
- Hospital or residential treatment (only in extremely severe cases)
- Electroconvulsive Therapy (ECT) - used for patients who are unable to take medications for whatever reason, or who are at high risk of suicide
- Transcranial Magnetic Stimulation (TMS) - also used for people who are not responding well to medications, 50% of people who used this therapy felt all symptoms of depression subside after one round of treatment
- Lifestyle habits
  - Coping mechanisms & support systems
  - Mind-body connections (such as spirituality, art, music, meditation, etc.)

Persistent Depressive Disorder/Dysthymia Symptoms: loss of interest in usual activities, tiredness, sadness, low self-esteem or overly critical of yourself, feeling incapable, trouble concentrating or making decisions, irritability or anger, decreased productivity, avoidance of social events, feeling guilt over the past, poor appetite/eating problems, and struggling to sleep well.

## Treatment Options for Persistent Depressive Disorder/Dysthymia:

- Medications such as antidepressants, or another medication that boosts levels of serotonin
- Psychotherapy
- Lifestyle habits
  - Coping mechanisms & support systems
  - Activities to help manage symptoms



# *Mental Health Disorders, Symptoms, & Treatment Options*

## **Eating Disorders:**

Eating disorders are a type of psychological condition that can cause many different issues in your behavior in relation to the way you eat or your body image. There are multiple types of disordered eating and they all impact how much food you consume, as well as how you view yourself. An estimated 30 million Americans suffer from disordered eating (20 million women, 10 million men), so it is a very common condition and it is treatable as well. If you think that you may have an eating disorder, read on to learn about the various types of eating disorders.

**Anorexia Nervosa Symptoms:** There are different ways that people who have developed anorexia act when coping with this condition. People may either be avoidant and restrictive of what they're eating, or they binge eat or eat excessively before throwing up or using certain medications (such as laxatives) to flush the food out of their system. Some people may use laxatives or other methods to pass the food from their bodies, while others may use calorie counting and "dieting." Typically individuals who are diagnosed with Anorexia also experience depression, anxiety, struggles with perfectionism, hyperactivity, and impulsiveness. People also experience a distorted body image, usually believing that they are bigger than they actually are which causes the unhealthy motivation to lose weight. Oftentimes this is done by looking in the mirror excessively or obsessing over flaws that someone believes they have, which causes another common behavior being excessive exercise. It's common to feel guilty or ashamed when one misses a workout and is further damaging to their self esteem. Denying one's hunger and refusing to eat is also common, as well as engaging in "food rituals." This can include: eating foods in a certain order or pattern, eating slowly, counting calories before intaking any food, etc.. Alcohol and drug usage is also relatively common amongst people experiencing eating disorders, and more information on alcoholism and drug addiction can be found on page (page number here). Lastly, an obvious consequence of anorexia nervosa is an unhealthy amount of weight loss.





# *Mental Health Disorders, Symptoms, & Treatment Options*

## Anorexia Nervosa Treatment Options:

- Hospitalization - may be necessary if one's body is severely impacted by the methods that have been used as a result of anorexia, a patient may be able to receive treatment at a clinic that specializes in eating disorders rather than stay in a hospital
- Physical care - regular check-ups may be needed in order to see improvements in hydration levels, weight gain, etc.
- Therapy - cognitive behavioral therapy has been shown to help distorted self images of one's body that causes anorexia
- Medications - medications such as antidepressants can help with symptoms of anorexia
- Ongoing and consistent treatment (regardless of whichever treatment option(s) you choose) is typically necessary to avoid relapse within patients who struggle with anorexia

Avoidant or Restrictive Food Intake Disorder Symptoms: common symptoms of ARFID include lacking interest in eating food, avoiding food based on texture, or being concerned about the repercussions of eating/eating too much. It can cause drastic weight loss, constipation or other digestive issues, and abdominal pain. Additional mental and emotional symptoms of ARFID include: dressing in layers to stay warm and hide weight loss, restricting types or amounts of food, only eating foods with specific textures, feeling sick before you're supposed to eat, fear of choking or vomiting, and continuing to restrict more foods over time.

## Avoidant or Restrictive Food Intake Disorder Treatment Options:

- Therapy - addressing the fears one has of eating or eating certain foods can be addressed and improved through therapy to improve behavior around food
- Health Physician - checking in on the patient's body is extremely important to ensure that there aren't longterm physical consequences of ARFID that need treatment

# *Mental Health Disorders, Symptoms, & Treatment Options*

**Binge Eating Symptoms:** symptoms of binge eating can include eating unusually large amounts of food very frequently, feeling out of control over how much you do eat or want to eat, eating even when you're full or not hungry, eating quickly, feeling uncomfortable after you eat, hiding from others how often/how much you're eating, feeling shame, sadness, or disgust over your eating habits, and trying to diet without results.

**Binge Eating Treatment Options:**

- Therapy - cognitive behavioral therapy, interpersonal therapy, and dialectal behavior therapy have all been shown to have positive impacts on people who suffer from binge eating
- Medications - antidepressants as well as other drugs your doctor may recommend have been effective in managing the desire to binge eat
- Behavioral weight loss programs - a weight loss program may be recommended to someone who has started to make progress in curbing their binge eating symptoms
- Sticking to treatment plans outlined by yourself and your doctor, eliminating foods from your household that tempt you to binge eat, getting healthy nutrients, and making an exercise regimen that your doctor approves of are all useful practices

**Bulimia Symptoms:** symptoms of bulimia can include fearing gaining weight, often thinking about the size and shape of your body, feeling out of control when binge eating, excessively exercising or vomiting after eating, using medications such as laxatives, fasting, restricting food intake, counting calories, and using dietary supplements or other medications to lose weight more rapidly.

**Bulimia Treatment Options:**

- Therapy - cognitive behavioral therapy and interpersonal therapy have been shown to improve symptoms of bulimia
- Medications - antidepressants are usually used to treat bulimia
- Nutrition education - dietitians can help to create a healthy diet and exercise regimen
- Hospitalization - may be needed in extreme cases where the patient is suffering from extreme physical side effects



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## **Mood Disorders:**

The most common types of mood disorders are depressive disorders (covered on pages 28-29) and bipolar disorder. This section will cover bipolar disorder, seasonal affective disorder, cyclothymic disorder, and premenstrual dysphoric disorder. While mood disorders, especially ones like bipolar disorder are overly stigmatized, they are very common. 1 in 5 Americans, or 20.9 million people above the age of 18 in the U.S. are diagnosed with a mood disorder. With the right treatment plans and a solid support system, you are very capable of learning how to manage symptoms that come with mood disorders.

**Bipolar Disorder Symptoms:** There are two different types of bipolar disorder, Bipolar I and Bipolar II. One is not worse or milder than another, but they have different ways of presenting themselves. People with Bipolar I have had at least one manic episode that is followed by hypomanic or major depressive episodes. Sometimes this mania can lead to psychosis (more information on psychosis on page ). Bipolar II is when someone has had at least one major depressive episode and hypomanic episode, but they've never had a manic episode.

Symptoms of mania and hypomania can include feeling overly upbeat or jumpy, increased activity, feeling abnormally energized or agitated, an exaggerated sense of self-confidence or euphoria, decreased need for sleep, talkativeness, racing thoughts, being easily distracted, and impulsiveness (spending a lot of money, taking sexual risks, overall poor decision making). Symptoms of a major depressive episode can include a depressed mood, loss of interest or sense of pleasure in things that are normally enjoyable, unintentional significant weight loss or decreases/increases in appetite, either insomnia or sleeping too much, restlessness or slowed behavior, fatigue, loss of energy, feeling worthless, feeling excessive and/or inappropriate guilt, decrease ability to think or concentrate, indecisiveness, and suicidal thoughts, tendencies, or plans.

A person with their arms outstretched stands in a vast, green mountain landscape under a blue sky. The person is silhouetted against the bright background. The title text is overlaid on this image.

# *Mental Health Disorders, Symptoms, & Treatment Options*

## Bipolar Disorder Treatment Options:

- Medications - medications are typically given to immediately begin regulating your moods
- Continued treatment - regular check-ups to ensure your medication and other treatment plans are working is an important aspect in managing bipolar disorder
- Hospitalization - in some cases when you're experiencing psychosis or suicidal thoughts, hospitalization may be necessary
- Therapy - interpersonal and social rhythm therapy can help with mood management, as well as cognitive behavioral therapy, psychoeducation (for both you and your loved ones to better understand your condition), and family-focused therapy are all recommended therapeutic options for managing bipolar disorder

**Cyclothymic Disorder Symptoms:** cyclothymic disorder is incredibly similar to bipolar disorder, it's just less severe. People with cyclothymic disorder still experience hypomanic and depressive episodes. Symptoms of hypomania and depressive episodes are listed on the previous page (page 33).

## Cyclothymic Treatment Options:

- Medications - your doctor may prescribe a medication used to treat bipolar disorder to prevent depressive episodes and/or hypomania episodes
- Therapy - cognitive behavioral therapy and interpersonal and social rhythm therapy are typically the two methods used to treat patients with cyclothymic disorder

**Premenstrual Dysphoric Disorder Symptoms:** premenstrual dysphoric disorder is not the same thing as PMS which is easier to manage alone. PDD causes extreme sadness, hopelessness, anger, irritability, anxiety, and overall moodiness in the week leading up to one's menstrual cycle. It continues throughout your period as well. Typically this condition aligns with other diagnoses such as depression.

# *Mental Health Disorders, Symptoms, & Treatment Options*

## Premenstrual Dysphoric Disorder Treatment Options:

- Medications - antidepressants, birth control, and nutritional supplements could all be possible medications that your doctor prescribes to treat the symptoms of PDD

Seasonal Affective Disorder Symptoms: seasonal affective disorder, usually referred to as SAD is a mood disorder that changes with the seasons. In most cases, people experience symptoms in the fall and winter. Symptoms of SAD can include feeling sad or depressed most of the day, losing interest in activities you usually enjoy, low energy levels, trouble sleeping, experiencing weight/appetite changes, feeling sluggish, irritability, difficulty concentrating, feeling worthless, guilty, or hopeless, and suicidal thoughts or behaviors.

SAD in the fall and winter has specific symptoms such as oversleeping, appetite changes and cravings for specific foods, tiredness, and weight gain. SAD in the spring and summer has specific symptoms such as trouble sleeping, poor appetite, weight loss, agitation, and anxiety. SAD can also be more prominent in people with bipolar disorder.

## Seasonal Affective Disorder Treatment Options:

- Light Therapy - light therapy works to treat people who experience symptoms of SAD in the fall or winter, it's a warm light that mimics being outside when it's sunny
- Medications - antidepressants are used in severe cases
- Therapy - standard talk therapy is usually recommended for treating SAD
- Mind-body Connection - relaxation techniques, meditation, and music/art therapy are also methods that have shown improvements in SAD symptoms and behavioral patterns



# *Mental Health Disorders, Symptoms, & Treatment Options*

## **Personality Disorders:**

Personality disorders are mental health conditions that impact someone's thoughts and emotions in a way that causes distress to them and other people in their lives. There are 10 different types of personality disorders and they all impact at least two of the following areas in someone's life: your way of thinking of yourself or others, your way of responding to things emotionally, your way of relating to others, and your way of controlling your behavior. The 10 different types of personality disorders are: antisocial personality disorder, avoidant personality disorder, borderline personality disorder, dependent personality disorder, histrionic personality disorder, narcissistic personality disorder, obsessive compulsive disorder (OCD), paranoid personality disorder, schizoid personality disorder, and schizotypal personality disorder.

**Antisocial Personality Disorder Symptoms:** the symptoms of antisocial personality disorder are no regard for right vs. wrong, lying to or exploiting others, disrespecting people, cynicism, using charm to manipulate people or for personal gain, arrogance, believing you're superior, violating others through intimidation or lying, impulsiveness, irritability, aggression, violent behavior, apathetic behavior, risky behavior that puts yourself or others at risk, abusive relationships, and not learning from negative outcomes of one's actions.

**Antisocial Personality Disorder Treatment Options:** antisocial personality disorder is one of the more difficult conditions to treat. Therapy is the largest recommended option, specifically with a specialist who specializes in treated people with this diagnosis.

**Avoidant Personality Disorder Symptoms:** The symptoms of avoidant personality disorder are avoiding work/school/social events in fear of being judged or rejected, feeling unwelcome at social events, low self-esteem, isolating yourself from others, afraid of speaking up and stumbling over your words, refuses to interact with people unless they know they are liked, showing restraint in intimate relationships in fear of being rejected, viewing yourself as unworthy, reluctant to take risks or try something enjoyable in fear of it going poorly.



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## Avoidant Personality Disorder Treatment Options:

- Medications - some medications such as antidepressants can work to treat avoidant personality disorder, but there is no approved drug to treat it directly
- Group Therapy - group therapy and discussing your symptoms and experiences with others has been shown to be effective in treating individuals coping with avoidant personality disorder
- Therapy - individual therapy is also highly recommended for people who have been diagnosed with avoidant personality disorder

**Borderline Personality Disorder Symptoms:** the symptoms of borderline personality disorder are fearing abandonment, going to extreme measures to avoid rejection, multiple unstable relationships, idolizing someone at one moment and then believing they're not good enough to you the next, having an inconsistent view of yourself (sometimes positive, sometimes negative), changing your goals or values frequently, stress-related paranoia, impulsive/risky behavior, threatening self harm or suicidal threats as a reaction to fear of abandonment, intense and long lasting mood swings, feeling empty, getting into physical fights, losing your temper, and ultimately struggling with anger issues.

## Borderline Personality Disorder Treatment Options:

- Therapy - there are multiple forms of therapy to treat borderline personality disorder, they include: dialectal behavior therapy, schema-focused therapy, mentalization-based therapy, systems training for emotional predictability and problem solving (STEPPS), transference-focused psychotherapy, and good psychiatric management. The method that is used for you would be determined by your symptoms and what appears to work best for your individual symptoms and experiences with BPD
- Medications - medications such as mood-stabilizing drugs, antidepressants, or others may be prescribed but there is no specific medication for BPD
- Hospitalization - hospitalization may be necessary if the symptoms you're experiencing are intense or putting you at risk of a psychiatric emergency

# *Mental Health Disorders, Symptoms, & Treatment Options*

**Dependent Personality Disorder Symptoms:** Signs of DPD are submissive behavior, allowing friends & family to make decisions for you, needing constant reassurance, feeling nervous when alone, being afraid of rejection, being overly sensitive to criticism, not being able to handle being by yourself (being nervous, anxious, having panic attacks, or feeling hopeless when alone) being naive, and fearing abandonment.

**Dependent Personality Disorder Treatment Options:**

- Therapy - personal therapy such as cognitive behavioral therapy have proven to show improvements amongst patients with DPD
- Medications - medications may be prescribed especially amongst patients who have overlapping conditions such as depression and anxiety disorders

**Histrionic Personality Disorder Symptoms:** The symptoms of HPD can include constantly seeking attention, trying to gain attention by being overly emotional, dramatic, or sexually inappropriate, having strong opinions and speaking dramatically but not having information to back up your claims, being easily influenced, having shallow emotions, having mood swings, being overly concerned with your appearance, and thinking that your relationships are stronger than they actually are.

**Histrionic Personality Disorder Treatment Options:**

- Therapy - the goal of therapy when treating HPD is to find the reason behind the patient's behavior so that they can be made aware of the cause and adjust their behavior accordingly over time
- Medications - medications may be used especially if a patient is experiencing HPD along with symptoms of depression and/or anxiety

**Narcissistic Personality Disorder Symptoms:** signs of narcissistic personality disorder can include believing you are superior to others or more special than they are, fantasizing about being successful, attractive, and powerful, not recognizing other peoples needs or emotions, exaggerating one's talents and/or achievements, expecting constant praise, being arrogant, believing that other people envy you, and taking advantage of other people or being manipulative.



# *Mental Health Disorders, Symptoms, & Treatment Options*

## Narcissistic Personality Disorder Treatment Options:

- Therapy - therapy will be able to help you learn how to regulate your behaviors and emotions to hopefully improve your relationship with yourself and others
- Medication - there's no medications for narcissistic personality disorder specifically, but if you experience symptoms of depression or anxiety as well, they may be prescribed

Obsessive Compulsive Disorder (OCD) Symptoms: someone with OCD may experience being extremely perfectionistic to the point of a lack of perfection causing distress. An example of OCD in relation to perfectionism is struggling to do something because it isn't meeting your own standards or the standards you believe you have to live up to. OCD can also create a need to be in control of tasks and people. Additionally, one may neglect their family and friends in order to perfect a task they are doing. Being inflexible about personal belongings, money/finance management, and stubborn overall are also symptoms of OCD.

## Obsessive Compulsive Disorder Treatment Options:

- Therapy - cognitive behavioral therapy is recommended as well as exposure and response therapy are recommended for patients with OCD. ERT gradually exposes the patient to whatever makes them afraid or uncomfortable until they are able to handle these fears in their day to day life on their own
- Medications - antidepressants may be prescribed and a doctor will evaluate which medication is best for you since some antidepressants are adequate at managing OCD symptoms
- Treatment Programs - programs incorporating multiple forms of therapy such as ERT may last several weeks and are typically recommended in severe cases of OCD
- Deep Brain Stimulation - DBS implants electrodes into certain part of the brain and is proven to be effective in treating OCD
- Transcranial Magnetic Stimulation - TMS is used when other methods have not provided any improvements in a patient's OCD symptoms. TMS is a noninvasive procedure that stimulates nerve cells in the brain to alleviate or at least improve symptoms of OCD



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## **Psychotic Disorders:**

Psychotic disorders are considered uncommon in the U.S., 1% of the population or 3.3 million people suffer from a psychotic disorder. Some studies have shown that the use of solitary confinement can create psychotic disorder symptoms, especially symptoms of schizophrenia or other hallucination experiences. If you've had hallucinations or symptoms of a psychotic disorder, you can read here about the different symptoms of various psychotic disorders including: brief psychotic disorder, delusional disorder, schizoaffective disorder, schizophrenia, schizophreniform disorder, and substance-induced psychotic disorder.

**Brief Psychotic Disorder Symptoms:** There are three different causes for brief psychotic disorder. The first cause is due to a traumatic event as a reaction to that experience, the second cause is unrelated to a clear trigger, and the third cause happens to women only within the first month after they've given birth. Symptoms include delusions, hallucinations, being unable to think clearly, speaking in a way that doesn't make sense, acting abnormally, being confused or struggling with your memory, changes in energy or sleeping patterns, weight fluctuation, and struggling with indecisiveness.

## **Brief Psychotic Disorder Treatment Options:**

- Therapy - therapy is used to talk through whatever may have potentially caused the symptoms the patient is experiencing
- Medications - medications used to treat schizophrenia may be prescribed

**Delusional Disorder Symptoms:** Delusional disorder has various forms of characteristics depending on what someone is believing to be true. There's erotomania which is when someone believes that someone is in love with them and tries to interact with that person. It can often lead to dangerous behavior such as stalking. The second type is grandiose which is when someone behaves egotistically. The third type is jealousy, having this type of delusion can cause someone to believe their partner is cheating on them in spite of a lack of evidence. The fourth is persecutory, this causes someone to believe they or someone they care for is in danger or being mistreated in spite of no such thing occurring. The fifth is somatic which is when someone believes they have a medical problem that they don't actually have. The last possible form of delusional disorder is when someone experiences two or more of these delusions.

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## Delusional Disorder Treatment Options:

- Therapy - therapy doesn't always guarantee an improvement in alleviating a patient of delusional disorder symptoms, but it is still typically recommended alongside medications
- Medications - medications have shown to be more promising in treating delusional disorder

Schizoaffective Disorder Symptoms: There are two types of schizoaffective disorder. The first is a bipolar type which includes experiencing mania (see symptoms on page 33), and the second is a depressive type which results in major depressive episodes. The symptoms can include delusions, hallucinations, incoherent speech, abnormal behavior, depression symptoms (see more on page ), periods of mania, struggling to function at your work or school, and struggling to maintain personal care.

## Schizoaffective Disorder Treatment Options:

- Therapy - individual and/or family therapy may be recommended to a patient with schizoaffective disorder
- Medications - antipsychotics, antidepressants, and mood stabilizers may be recommended to help with schizoaffective disorder symptoms
- Rehab or life skills training
- Hospitalization in extreme cases where symptoms become more severe
- Electroconvulsive therapy - electroconvulsive therapy may be considered if a patient is not improving with medications and therapy

Schizophrenia Symptoms: symptoms of schizophrenia can include delusions, hallucinations, disorganized thinking, abnormal behavior that makes it challenging to complete tasks, as well as experiencing social withdrawal, neglecting personal hygiene, and not enjoying activities that were once enjoyed.

## Schizophrenia Treatment Options:

- Therapy - individual and family therapy are typically recommended to patients with schizophrenia
- Medications - there are specific medications for treating schizophrenia that may be prescribed
- Rehab or life skills training may also be suggested

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Schizophreniform Disorder Symptoms: symptoms of schizophreniform can include odd behavior, poor hygiene, not wanting to engage in usual activities or in social interactions, withdrawing from friends and family, hallucinations, delusions, lack of energy, and incoherent speech.

Schizophreniform Disorder Treatment Options:

- Therapy - therapy is typically the only thing recommended to treat schizophreniform because if symptoms don't improve with the help of a therapist after 6 months, the patient likely has schizophrenia

Substance-Induced Psychotic Disorder Symptoms: substance-induced psychotic disorder is caused by drugs or alcohol creating symptoms of psychosis. Typically people experience delusions, hallucinations, struggling to think clearly, and disassociation.

Substance-Induced Psychotic Disorder Treatment Options: most patients are first treated in hospitals or mental health clinics because a doctor has to determine if the patient's symptoms are fully due to substance abuse, or if they also have schizophrenia. Once this is determined, medications based on the patient's condition and diagnosis can be prescribed.

## **Trauma Disorders:**

Trauma disorders are extremely common in the United States. It's estimated that 3.5% of adults in the U.S. will be diagnosed with PTSD every year, and that 1 out of 11 people will be diagnosed with PTSD in their lifetime. Trauma disorders also impact formerly incarcerated people at high rates due to repeatedly witnessing violence, living in a confined space, experiencing punishments such as solitary confinement, and more. It is normal to have symptoms of a trauma disorder after you've been let out of prison, but if you find these symptoms to continue on for a long period of time after your release, it may be best to seek out professional mental health assistance. The following disorders will be discussed along with their symptoms and treatment options: acute stress disorder, adjustment disorder, post traumatic stress disorder or PTSD, and other unspecified trauma and stress related disorders.

# *Mental Health Disorders, Symptoms, & Treatment Options*

**Acute Stress Disorder Symptoms:** There are multiple types of ASD symptoms, disassociation, re-experiencing trauma, avoidance, anxiety and arousal, and distress. Disassociation symptoms include feeling like your environment is strange or unreal, depersonalization (or making your thoughts and emotions feel distant and like they're not yours), amnesia/struggle in memory caused by disassociation, reduced awareness of your surroundings, and feeling emotionally unavailable. Re-experiencing your trauma can mean having flashbacks in the form of images, thoughts, or nightmares about the traumatic event to the point of feeling like you're reliving it, and feeling distressed when someone or something reminds you of the event. Avoidance means one is avoiding people, conversations, places, objects, activities, or even thoughts and feelings that bring up memories of the traumatic event for you. Lastly, anxiety and increased arousal symptoms include struggling to fall asleep, irritability, struggling to concentrate, being antsy, being tense and on guard constantly, and being startled easily even when you shouldn't be.

**Acute Stress Disorder Treatment Options:**

- A psychiatric evaluation will be done first to determine the patient's specific condition
- Medications - anxiety, depression, and serotonin medications may be recommended
- Therapy - cognitive behavioral therapy, exposure-based therapy, and hypnotherapy may be recommended methods of treatment

**Adjustment Disorder Symptoms:** symptoms of adjustment disorder can include feeling anxious, frequent crying, increased feeling of sadness, not enjoying things that you normally would, difficulty sleeping, loss of appetite, struggling to concentrate, struggling to complete normal tasks, withdrawing socially, feeling overwhelmed, avoiding important things, and having suicidal thoughts or behavior.

**Adjustment Disorder Treatment Options:** Your treatment may be determined by whether or not you have acute adjustment disorder or persistent adjustment disorder. Persistent adjustment disorder is when symptoms last longer than six months. Treatment options include therapy, anti-anxiety or antidepressant medications, or lifestyle adjustments recommended by your doctor.



# *Mental Health Disorders, Symptoms, & Treatment Options*

Post Traumatic Stress Disorder (PTSD) Symptoms: there are different types of PTSD symptoms including intrusive memories, avoidance, negative changes in thinking and mood, and changes in physical and emotional reactions. There is also various intensity within these symptoms. Experiencing avoidance symptoms can include trying to avoid specific locations, activities, or people that remind you of the trauma or it can also mean trying to ignore it altogether. The symptoms of intrusive memories can include unwanted and reoccurring memories of the traumatic event(s), reliving the traumatic event(s) as if it's currently happening (flashbacks), having nightmares about the event(s), and having severe emotional or physical reactions to something reminding you of the trauma. Changes in your mood as well as your physical and emotional reaction to things can include having negative thoughts about yourself, other people or the world as a whole, feeling hopeless about the future, struggling to remember important details about the traumatic event(s), struggling to maintain relationships, lack of enjoyment in activities you once enjoyed, not feeling many positive emotions or emotionally numb, being jumpy or easily startled, feeling on edge or on guard, fearing danger often, self-destructive behavior, difficulty sleeping and/or concentrating, feeling guilt or shame, and having outbursts of anger or irritability.

Post Traumatic Stress Disorder (PTSD) Treatment Options:

- Therapy - cognitive behavioral therapy, group therapy, and exposure therapy are all forms that may be recommended to you in order to treat or help alleviate some symptoms of PTSD
- Medications - anti-anxiety medications may help a patient who has the severe anxiety around a sense of danger or being on edge. Antidepressants may also be recommended
- Treatment Plans - treatment plans are often developed with patients who have PTSD. Plans can include therapy, medications, as well as self help tasks or hobbies meant to improve your mood or give you other outlets to focus on. It's important to not turn to substances such as recreational drugs or alcohol to dull or numb your PTSD symptoms. While this is a common coping strategy amongst people who suffer from PTSD, it ultimately leads to more problems later on that make recovery, healing, and treatment much more challenging



# *Mental Health Disorders, Symptoms, & Treatment Options*

Unspecified Trauma Disorders & Other Trauma Related Issues: Sometimes if a patient does not meet all of the criteria for a trauma disorder such as PTSD they'll be diagnosed with a type of "other trauma disorder." One example is secondhand trauma which occurs in people who have witnessed other people experience firsthand trauma. This may be common amongst people who were incarcerated since you're often exposed to your friends or neighbors getting into fights or experiencing violence at the hands of correctional officers. Experiencing second hand trauma may result in symptoms such as feeling hopeless or helpless, feeling inadequate or like you're not doing enough to help others, hyper-vigilance, guilt, shame, fear, cynicism, negative outlook on life, and emotional fatigue. Another example of a different trauma issue is post traumatic stress. PTS causes the same symptoms as PTSD, however, it is self manageable. Symptoms no longer persist after days or at the most 3-4 weeks. If the symptoms of PTS/PTSD persist, then it is important to seek out help.

Your doctor may also diagnosis you with an "other/unspecified trauma disorder," this does not mean your symptoms are invalid or not severe enough. All it means is that you don't meet the full criteria for a distinct trauma disorder, and instead you may have symptoms that fall into different categories or only half of the symptoms of a diagnosis for example. Your trauma and your struggles will still be taken seriously by your doctor, regardless of whether or not you're classified with something more concrete. In some cases it may be easier to treat if you're experiencing less symptoms, and hopefully that means you won't need as many forms of treatment.

Unfortunately, trauma and mental health struggles are very common amongst people who are in prison. Most people in prison even had prior trauma or a mental health issue before their incarceration. This is a normal experience, and you're not weak or lesser than for having a struggle with trauma, or any of the previously discussed diagnoses. A lot of these mental health issues that people deal with are developed due to a product of one's environment, which is often out of our control - especially in prison. Hopefully reading through this information has helped, and you are ready to take the next steps to get the help that you deserve. Seeking out help for a mental health issue is brave and honorable, and will help you lead a better and healthier life.



# *Drug Addiction Symptoms & Treatment Options*

Symptoms of Drug Addiction: feeling the urge to use the drug(s) regularly (whether it be daily or multiple times a day), thinking about using the drug(s) so much that other thoughts are blocked out, needing more of the drug(s) to get the same effect, taking a larger amount of the drug(s) over a longer period of time than you have planned, working to maintain your supply of the drug(s), spending money on the drug(s) even when you can't afford to, no longer fulfilling your responsibilities at work or attending social events due to drug usage, continuing the use of the drug(s) even when you're aware that it's causing problems in your life and/or damaging your health, doing things to get the drug(s) that you normally wouldn't do (such as stealing), driving or engaging in risky behaviors while under the influence of the drug(s), spending a lot of time using, getting, or recovering from the drug(s), failing to quit the drug(s), and experiencing withdrawal symptoms when you don't use the drug(s).

Symptoms of Withdrawal from Drugs:

- Marijuana - irritability, trouble sleeping, decreased appetite, anxiety
- Prescription Opioids - restlessness, muscle/bone pain, insomnia, diarrhea, vomiting, cold flashes with goosebumps, leg movements
- Prescription Sedatives & Tranquilizers - seizures, shakiness, agitation, anxiety, insomnia, overactive reflexes, increased heart rate/blood pressure/temperature & sweating, hallucinations, severe cramping
- Prescription Stimulants - depression, tiredness, sleep problems
- Steroids - mood swings, tiredness, restlessness, loss of appetite, insomnia, lowered sex drive, depression
- Tobacco - irritability, attention problems, sleep problems, increased appetite
- Heroin - nausea, vomiting, insomnia, agitation, diarrhea, dilated pupils, sweating, anxiety, abdominal cramping, muscle aches
- Methamphetamines - fatigue, agitation, insomnia, meth cravings, red & itchy eyes, dysphoric mood, suicidal thoughts, increased appetite, vivid, & unpleasant dreams
- Hallucinogens - stiff muscles, slow & ineffective breathing, convulsions, rapid heart rate, extreme changes in body temperature, cravings, headaches, sweating, seizures, flashbacks
- Cocaine - difficulty concentrating, slowed thinking, physical fatigue after activity, exhaustion, restlessness, inability to experience sexual arousal/inability to feel pleasure, depression, anxiety, suicidal thoughts/actions, vivid & unpleasant dreams/nightmares, chills, tremors, muscle aches, nerve pain, increased craving for cocaine, increased appetite



# *Mental Health Disorders, Symptoms, & Treatment Options*

**Paranoid Personality Disorder Symptoms:** someone with paranoid personality disorder may hold grudges, be distrusting and/or suspicious of other people and their motives when it's not justified, being hesitant to confide in people, feeling threatened or personally attacked by a comment or action that was harmless or nonthreatening, and getting angry when feeling slightly insulted.

**Paranoid Personality Disorder Treatment Options:** It is recommended that therapy and medications are administered together, because the symptoms of PPD can very hard to treat when the patient struggles to recognize that their thoughts are irrational. However, when one or both of these treatments are taken, symptoms typically improve drastically.

**Schizoid Personality Disorder Symptoms:** the symptoms of schizoid personality disorder can include preferring to be alone and/or having little to no interest in building relationships, being limited in your range or capacity to feel emotions, little to no desire in having a sexual relationship, coming across as cold to others and struggling to enjoy most activities.

**Schizoid Personality Disorder Treatment Options:**

- Therapy - cognitive behavioral therapy has been successful in helping patients with this disorder improve the development of their relationships
- Group Therapy - group therapy is useful in learning how to improve one's social skills with people who are understanding of and experiencing the same symptoms that you have
- Medications - antidepressants and anxiety medication may be prescribed

**Schizotypal Personality Disorder Symptoms:** symptoms of schizotypal personality disorder are behaving, dressing, speaking, or thinking in odd ways, abnormal perceptual experiences such as hearing voices calling you, lacking emotional responses or having inappropriate emotional responses, experiencing social anxiety or discomfort within close relationships, and believing in impossible things such as thinking you can influence others with your thoughts.

**Schizotypal Personality Disorder Treatment Options:**

- Therapy - cognitive behavioral therapy, family therapy, and supportive therapy have proven to be effective
- Medications - medications that improve stress, anxiety, and depression sometimes work by helping ease odd/irrational thoughts and behaviors

# *Drug Addiction Symptoms & Treatment Options*

## Symptoms of Drug Overdose:

General Symptoms: hyperthermia or hypothermia, passing out, unresponsiveness, loss of consciousness, skin color changes, abnormal breathing, fast, slowed, or irregular pulse.

Hallucinogens Overdose Symptoms: psychotic features, agitation, delirium.

Inhalants Overdose Symptoms: loss of consciousness, stupor or coma, sudden death.

Marijuana Overdose Symptoms: profound drowsiness, unsteady gait, vomiting, agitation, psychosis

Opioid Overdose Symptoms: depressed level of consciousness, respiratory depression/arrest, cold/clammy/bluish skin, constricted pupils (dilated if anoxic brain injury has occurred)

Stimulants: hyperthermia, tachycardia, hypertension, arrhythmia, agitation, hallucinations and other psychotic features, seizures, cardiovascular emergencies.

**Call 9-1-1 immediately if you suspect you are having a drug overdose.**

## Treatment Options for Drug Addiction:

- The National Institute on Drug Abuse reports the following options on how to treat drug addiction:
  - "Behavioral counseling
  - Medication
  - Medical devices and applications used to treat withdrawal symptoms or deliver skills training
  - Evaluation and treatment for co-occurring mental health issues such as depression and anxiety
  - Long-term follow-up to prevent relapse"
- Typically, this treatment is provided through rehab programs or within rehab facilities
  - It is important to find out what your health insurance covers for rehab and drug addiction treatment if you are suffering from drug abuse

# *Alcohol Addiction Symptoms & Treatment Options*

Symptoms of Alcoholism: drinking more or drinking for a longer time than you had originally planned, struggling to stop drinking, spending a lot of time being sick or hungover, spending a lot of time drinking, the craving for alcohol takes over all other thoughts/desires, having life problems because of your drinking and continuing to drink in spite of those problems, no longer partaking in activities as frequently or at all so that you have more time to drink, having to drink more and more to achieve the desired effect, continuing to drink even though it's damaging your health, makes you feel anxious or depressed, or has resulted in a black out, and experiencing symptoms of withdrawal.

## Symptoms of Alcohol Poisoning:

- Confusion
- Vomiting
- Seizures
- Slow breathing (less than 8 breaths per minute)
- Irregular breathing (a gap of 10 seconds or more between breaths)
- Blue or pale skin
- Low body temperature or hypothermia
- Becoming unconscious or passing out, and being completely unresponsive

## Symptoms of Withdrawal from Alcohol:

- Trouble sleeping
- Shakiness
- Restlessness
- Nausea
- Sweating
- Increased heart rate or feeling like your heart is racing
- Seizures
- Seeing, hearing, or feeling things that aren't there or happening

**Not all symptoms of alcohol poisoning have to be present in order for the persons' life to be at risk. Call 9-1-1 if you develop any of these symptoms after consuming a large amount of alcohol.**

## Treatment Options for Alcoholism:

- Detox - some people choose to do this at a rehab facility due to the severe symptoms of withdrawal
- Seeing a counselor or therapist - helps to deal with triggers, set goals, and manage whatever feelings are causing you to drink
- Medications - some help with cravings, others make drinking undesirable by making you sick or blocking the buzz that alcohol gives you when you consume it
- Group therapy/A.A. Meetings - gives you a small community of people who understand you and you're all expected to hold each other accountable as you work towards your recovery goals and milestones



# *Healing & Moving Forward*

## **Intro:**

It can be challenging to know where to begin when trying to heal from whatever experiences you may have had before or during your time in prison. This section will discuss self improvement, maintaining relationships, community engagement, as well as different tips on how to take care of yourself mentally and how to remain sober if you struggle with addiction.

## **Self Improvement:**

You may have the urge to complete a large amount of goals or tasks after being released from prison. However, this can be overwhelming and may not be the best strategy. There's going to be a lot for you to do and adjust to once you're released, and you shouldn't bite off more than you can chew. Instead, try making realistic goals and reasonable deadlines for yourself. Also, make sure you have time to include doing activities and being around people that create positivity in your life. It's important to give time and attention to both your work and your relationships. Another important thing to practice is to no longer label yourself as a criminal. Try your best to manage the labels that have been given to you during and maybe even before your incarceration. Do your best to ignore or tune out whatever negative stigmatism you hear about people who have served time in prison, you get to define yourself and choose which identities you align with.

It's also important to praise yourself for all of your accomplishments - no matter how small. Praise yourself when you've remained sober for a certain amount of days, weeks, months, or years. Praise yourself when you've started counseling, got a job interview, secured a job, moved into your first place, enrolled in classes or even one class, anything that you're proud of yourself for doing. Work everyday at becoming the person that you want to be, but do this at your own pace. Achieve your goals in a way that's mentally healthy and exciting for you, not in a way that is draining or exhausting.

# *Healing & Moving Forward*

## **Maintaining Relationships:**

Maintaining your relationships with others is one of the main contributors to a successful reentry. Surrounding yourself with people who make you feel supported, safe, and loved will all make a positive difference. Building healthy relationships with your friends, family members, partner, and/or children are all important in making a better reentry experience for you, and also in helping you to heal and move past what you have experienced in prison.

## **Community Engagement:**

Giving back to your community may be a way to help you to see yourself in a more positive light. As written earlier, the stigmatism and shame associated with incarceration can be really hard to cope with. Doing positive work to benefit others may make you feel better about yourself, and could also change how people view you or formerly incarcerated people as a whole. Finding somewhere that you can volunteer your time, use your skills, or apply your knowledge can be helpful in making connections with your community as well as boosting your own self-confidence. Working with or for an organization that you care about is one way to do this. You can search for community organizations online, or search for an issue you care about and how that issue is being addressed in your community. Some good examples of community organizations or nonprofits that typically need volunteers are homeless shelters or donation centers, animal shelters, environmental cleanups or organization, women's shelters and church groups.

## **Coping with Shame & Stigma:**

Brené Brown writes and speaks on shame and guilt, and how debilitating it can be to move past your feelings of shame. She once said: "Shame is 'I am bad,' guilt is 'I did something bad' . . . Guilt: I'm sorry. I made a mistake. Shame: I'm sorry. I am a mistake." Feeling shame is a normal emotion to experience while you're serving time, and also thereafter. But it can be incredibly debilitating to allow the shame to stay with you without an end to the pain you may be feeling. It may be helpful to get involved with organizations, such as the ones listed above to work towards believing you're a good person and worthy of your second chance. If the feelings of shame and guilt persist, it may also be best to talk with a therapist or counselor who can help to ease your emotions surrounding the crime(s) you may have committed. Some people also benefit from going to a church and talking with a religious leader, support groups, or even seeking out meditation between you and the victims of the crime to receive mutual closure. Just keep in mind, that you are more than your worst mistake, and you deserve to heal and lead a better life.

# Healing & Moving Forward

## Tips on How to Maintain Mental Wellness:

- Write down your achievements and what you're thankful for in a journal
- Drink tea or coffee in the morning (this habit is linked to lower rates of depression)
- Do things that you're good at that boost your confidence
- Set your goals but meet them at your own pace - don't overwhelm yourself
- Experiment creatively
- Surround yourself with love, give love to others
- Care for yourself hygienically
- Writing about upsetting experiences can reduce stress, depression, and other negative emotions surrounding those events
- Adopt a pet if you can
- Explore the places nearby you
- Prep your clothes and meals for the night or days before so that you feel more control over the week ahead
- Forgive yourself and others as much as possible
- Send thank you notes or give verbal thank you's to people who are positively impacting your life in small or large ways
- Make time for friends and family
- Enjoy sunshine when you can
- Connect with people that support you and make you feel like you belong
- Don't rely on technology to keep you connected to people, visit in person when you are able
- Maintain physical activity, do exercises that are enjoyable to you
- Give back to people/your community
- Practice mindfulness
- Learn or try something new, it gives you the opportunity to meet new people and can boost your self-esteem if it becomes a new talent or hobby

# *Healing & Moving Forward*

## **Tips on How to Maintain Sobriety:**

- Figure out what your personal triggers are, such as:
  - Stress
  - Something around you that makes you want to use again
  - People who aren't sober
  - Relationship troubles
  - Struggles with work or money
- Spot relapse signs early:
  - Trying to be around the substance(s) that you struggle with using
  - Irrational thinking or behavior
  - Compulsive behavior
  - The substance starts to feel like your only coping mechanism or escape
  - Having similar thoughts that you did when your addiction started, or when you began to battle your addiction
- Recognize other physical or emotional symptoms pushing you to use
- Avoid things that remind you of times when you used (locations, people, events, etc. that make you want to use the substance you struggle with)
- Surround yourself with supportive relationships, be with people who encourage you to remain sober
- Have structure in your life - goals, a schedule for each day, things you want or plan to do, etc.
- Care for yourself mentally and physically
- Don't be afraid to ask for additional help throughout your recovery
- Celebrate achievements and milestones, example: 1 month sober, 6 months sober, 1 year sober, etc.

# Directory

## **Mental Health & Substance Abuse Resources:**

Be sure to find out how much your insurance will cover before booking & paying for an appointment, some offices will be more affordable than others. You can also contact your insurance company directly to get a list of offices you can go to for the most coverage. If you can afford a speciality service, some doctors may be more knowledgeable or specialize in your diagnosis compared to others. Lastly, if you're a veteran, it's a good idea to look for clinics provided by the VA.

### Beaverton:

PDX Mental Health Resources (<http://www.pdxmentalhealth.com/>)

Sequoia Mental Health Services (<https://sequoiamhs.org/>)

Western Psychological & Counseling Services - multiple locations  
(<https://www.westernpsych.com/>)

### Bend:

Cascade Psychological Services (<https://www.cascadepsychological.com>)

Central Oregon Suicide Prevention Alliance (<https://preventsuicideco.org/>)

Deschutes County Mental/Behavioral Health (<https://www.deschutes.org/health>)

Peak Wellness Services

Sage View Psychiatric Center - psychiatric hospital

Still Serving Counseling & Services - ran by veterans and first responders  
(<https://www.iamstillserving.com/>)

Vista Counseling (<https://vistapsych.com/>)

### Brookings:

Curry Community Health - does not deny services due to inability to pay  
(<https://www.currych.org/services>)

### Christmas Valley:

La Pine Community Health Center (<https://www.lapinehealth.org/services/behavioral-health/>)

New Beginnings Intervention Center - crisis center for victims of domestic violence and their children  
(<https://www.newbeginningsinterventioncenter.com/>)

### Corvallis:

Acme Counseling (<https://acmecounseling.com/index.html>)

Center for Developing Hope (<https://www.centerfordevelopinghope.com/>)

Corvallis Clinic (<https://www.corvallisclinic.com/integrated-behavioral-health/>)

Corvallis Youth Psychology ([http://corvallis-youthpsychology.com/?utm\\_source=gmb&utm\\_medium=referral](http://corvallis-youthpsychology.com/?utm_source=gmb&utm_medium=referral))

Oregon Counseling ([oregoncounseling.com](http://oregoncounseling.com))

Yes House (<http://www.milestonesrecovery.com/yes-house-residential-program/>)

### Eugene:

Center for Autism & Related Disorders (<https://www.centerforautism.com/>)

Center for Community Counseling (<https://www.ccceugene.org/services/>)

Eugene Center for Anxiety & Stress (<https://www.eugeneanxiety.com/>)

Insight Northwest Counseling (<https://www.insightnorthwest.com/>)



Eugene, Continued:

Oasis Mental Health (<http://www.oasismh.com/>)

Oregon Psychiatric Partners (<https://oppclinic.com/>)

White Bird Clinic (<https://whitebirdclinic.org/>)

Gladstone:

Avamere Rehabilitation of Clackamas (<https://www.avamere.com/avamere-rehabilitation-of-clackamas/>)

Brave Souls Counseling (<http://www.bravesoulsounseling.net/>)

Clackamas County Urgent Mental Health Walk-In Center  
(<https://www.clackamas.us/behavioralhealth/urgentmentalhealth>)

Everyday Counseling (<https://www.everydaycounselingpdx.com/services.html>)

Hilltop Behavioral Health Center (<https://www.clackamas.us/healthcenters/hilltop.html>)

Lifeworks NW - multiple locations (<https://www.lifeworksnw.org/>)

Klamath Falls:

People's Counseling & Consulting (<http://www.counselingpeople.com/>)

La Grande:

Blue Mountain Associates & Grande Ronde Recovery - addiction treatment  
(<http://bluemtassociates.com/>)

Grande Ronde Recovery - addiction treatment (<https://www.grrumatilla.com/>)

New Day Enterprises (<https://www.newdayenterprises.org/>)

Madras:

Best Care Treatment (<https://www.bestcaretreatment.org/>)

Madras Family Care Clinic (<https://www.stcharleshealthcare.org/locations/madras-family-care-clinic>)

Medford:

Aspire Mental Health & Wellness (<http://aspiremhw.com/>)

Family Solutions (<https://familysolutionsoregon.org/programs/outpatient-therapy>)

Paradigm Mental Health & Wellness (<https://www.paradigm.clinic/>)

Rogue Mental Health Solutions (<https://rmh-solutions.com/>)

Trinity Counseling Center (<https://www.trinitycounseling.net/>)

Wellspring Counseling of Southern Oregon  
(<https://www.wellspringcounselingcenter.com/index.html>)

Wild River Counseling & Consultation (<https://wildrivercounseling.com/>)

Newport:

Oceanmist Counseling & Wellness (<https://www.oceanmistcounseling.com/>)

Ontario:

Lifeways (<https://www.lifeways.org/treatment>)

TFP Therapeutic Services - veterans and families (<http://tfpservices.org/>)

### Pendleton:

Enrich Therapy (<https://www.enrichtherapy.org/>)

Good Samaritan Ministries (<https://www.gsmpendleton.com/>)

Mind Matters Child & Family Psychiatry (<http://www.mindmatterspc.com/>)

Psychological Services of Pendleton (<https://www.pendletonpsych.com/>)

### Portland:

A Healing Intention (<https://www.ahealingintention.com/services-fees>)

Amenda Clinic (<http://amendaclinic.com/>)

Anxiety & Panic Treatment Center (<https://www.anxiety-treatments.com/>)

Awakened Heart PDX (<https://www.awakenedheartpdx.com/>)

Cascadia Whole Health Care (<https://cascadiabhc.org/>)

Cedar Hills Hospital (<https://cedarhillshospital.com/>)

Central City Concern (<https://www.centralcityconcern.org/services/health-recovery>)

Coalesce Counseling Services (<http://coalescecounselingservices.com/>)

Crestview Recovery - addiction treatment (<https://www.crestviewrecovery.com/>)

David J. Ebaugh Trauma Recovery Specialist (<https://www.traumafocusedtherapy.com/>)

Heal Thrive Grow Behavioral Health (<http://healthrivegrow.com/>)

Mental Health & Addiction Association of Oregon (<https://www.mhaoforegon.org/>)

Mind Solutions (<https://www.mindsolutionsusa.com/>)

Native American Rehabilitation Association (<https://www.naranorthwest.org/>)

OHSU Intercultural Psychiatric Clinic ([https://www.ohsu.edu/brain-institute/ohsu-intercultural-psychiatric-clinic-portland?utm\\_source=gmb&utm\\_medium=organic&utm\\_content=8535d7be-3b4f-5d67-b285-37591b16bb67](https://www.ohsu.edu/brain-institute/ohsu-intercultural-psychiatric-clinic-portland?utm_source=gmb&utm_medium=organic&utm_content=8535d7be-3b4f-5d67-b285-37591b16bb67))

Oregon Integrated Health - multiple locations (<https://www.oregonih.com/>)

Portland Anxiety Clinic (<https://portlandanxietyclinic.com/>)

Portland Mental Health & Wellness (<https://www.portlandmh.com/>)

Portland Mental Wellness (<https://www.portlandmentalwellness.com/>)

Portland Professional Counseling & Psychotherapy (<https://portland-counseling.com/>)

Portland Psychotherapy (<https://portlandpsychotherapy.com/>)

Portland Psychiatric Alliance (<https://www.portlandpsych.com/>)

Prism Health - specializes in LGBTQ (<https://prismhealth.org/>)

Providence Health & Services (<https://oregon.providence.org/our-services/p/providence-behavioral-health/>)

Shanti Recovery & Wellness (<https://shantipdx.com/>)

The North Portland Growth Place (<http://www.thegrowthplace.com/>)

Trillium Family Services (<https://trilliumfamily.org/programs-and-services/>)

Unity Center for Behavioral Health (<https://www.unityhealthcenter.org/>)

### Redmond:

Brightways Counseling Group (<https://www.brightwayscounseling.com/>)

Brooks Respite & Recovery Center (<https://www.brooksrrc.org/>)

### Roseburg:

Adapt Oregon (<https://www.adaptoregon.org/>)

Lifecare Collaborative Counseling Team (<http://lifecarecounselors.com/index.html>)

Mill Street Psychiatric (<https://millstreetpsychiatric.net/>)

Roseburg Counseling & Wellness (<https://roseburgcw.com/>)

Roseburg Therapy (<https://www.roseburgtherapy.com/>)

Valley View Counseling (<https://www.valleyviewcounseling.com/index.html>)

### Salem:

Center for Addiction and Counseling Services (<https://cacssalem.com/>)

Salem Psychiatric Associates (<https://salempsych.com/>)

### The Dalles:

Mid-Columbia Center for Living (<https://www.mccfl.org/services/>)

Mid-Columbia Medical Center (<https://www.mcmc.net/our-services/wellness-services/>)

One Community Health (<https://www.onecommunityhealth.org/behavioral-health>)

### Tigard:

ADHD Child & Family Services - offer support for individuals and their family that are diagnosed with ADHD (<https://adhdchildandfamily.com/>)

MGA Crisis Intervention (<https://www.mariongatleyassociation.com/our-locations/oregon/intervention-drug-rehab-association-12442-southwest-scholls-ferry-road-portland-or-97223/>)

Rose City Counseling & Services (<https://www.rosecitycounseling.com/>)

Willamette Anxiety Clinic (<https://www.willametteanxietyclinic.com/>)

### Tillamook:

Tillamook Family Counseling Center (<http://tfcc.org/>)

### Warm Springs:

Bestcare Treatment - addiction treatment (<https://www.bestcaretreatment.org/>)

IHS Health & Wellness Center - confederated tribes of Warm Springs (<https://warmsprings-nasn.gov/program/warm-springs-health-wellness-center/>)