

Return to Use Signs and Providing Support

Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. When supporting a loved one on their recovery journey, they will be at risk of returning to use for years and possibly for their whole lives. If they do return to use, it doesn't mean treatment has failed, rather, it indicates they need to speak with their doctor to resume treatment, modify it, or try another treatment. Recovery is not linear, it's a unique and possible journey!

Return to Use Signs

Although there is no one-size-fits-all solution for supporting a loved one during their recovery journey, research shows that family support can play a major role. This is because family members may be more likely to notice when their loved ones are experiencing changes in mood or behavior. These changes are often the first warning signs a person in recovery is at risk of returning to use:

- Not answering phone calls.
- Arriving late or not showing up at all.
- Not offering explanations for lateness or absence.
- Getting easily frustrated.
- Blaming others.

Providing Support

While it can be hard to understand your role in a loved one's recovery journey, the most important thing you can do is support them by letting them know there is hope and people do recover. This support can look like:

- Offering to help.
- Connecting to resources and services.
- Asking how you can support them.

At Seven Counties Services, we understand addiction recovery is a lifelong journey. Our team of support and resources are here to help! To schedule an appointment, call (502) 589-1100 or complete an online appointment request. If you or someone you know is in need of urgent help, please call our 24/7 Addiction Recovery Hotline at (502) 583-3951.



Seven Counties Services