



### Riverton Office

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# Addiction and Substance Use Services

*Spring River*  
Mental Health and Wellness Inc.

<https://www.springrivermh.org/>

## Substance Use Disorder

Substance Use Disorder (SUD) is viewed on a continuum; of mild, moderate to severe use. Spring River Mental Health and Wellness, Inc. (SRMHW) treatment providers assist in developing a plan of care that works best for you and your specific needs.

Substance use oftentimes begins in an attempt to deal with mental health problems such as depression, anxiety, or past traumas. SRMHW offers Substance Use Counseling and Mental Health Services to help you deal with both of these issues.

Substance use treatment sessions are delivered individually, with family, as a couple, or in group.

### Common substances people can develop an addiction to:

- Alcohol
- Marijuana
- PCP, LSD and other hallucinogens
- Inhalants
- Opioid pain killers
- Sedatives, hypnotics and anxiolytics
- Cocaine, methamphetamine and other stimulants
- Tobacco

### People begin taking drugs for many different reasons, including:

- To feel good – feeling of pleasure, “high”
- To feel better – e.g., relieve stress
- To do better – improve performance
- Curiosity experimentation
- Peer pressure
- Family genetics/history
- Loneliness
- Recreationally or socially with friends
- Self-medication
- Prescription drugs – these can lead to addiction issues due to issues of tolerance and dependence, prescription drugs create a high risk for abuse



## Recovery Is Possible

Substance use is a treatable condition and recovery from the negative effects of substance use is possible. We realize there is more than one approach to recovery. We offer a variety of services to help you find the services that work best for you.

### Addiction and Substance Use Services include:

- Intake and Assessment
- One-on-one counseling
- Recovery Coach/Peer Support
- SUD Relapse Prevention Groups
- SB 123 Court-Ordered Individual and Group
- DUI Evaluation and Court Report
- Referral and connection to detox or inpatient, as needed
- Intensive Outpatient Treatment

SRMHW treatment providers understand that you are an individual and will work with you to create an individualized treatment plan that you help develop, to best meet your goals.