



SafeHouse

safe and sound at last

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Season 01. Episode 02

Podcast Title: Addiction is a family disease

Let's take a look at what happens when one of the family members, let's say a 37-year old dad has been drinking and doing drugs and his wife and children have been subjected to his absences, to his out of control temper when he happens to be home, and are now in despair over his ever getting clean and sober.

Perhaps without even realizing it, the whole family, not just the addict, has slowly but surely become dysfunctional. Dad's disease has a subtle but profound ripple effect on everyone on the family. The children don't have friends over anymore because they are afraid of what they might find when they get home. The addict's wife is tired of making excuses and covering for her husband when he can't make it to work that day. She is so ashamed, she spends less and less time engaged in her social life.

She feels she has to lie just to keep up appearances. She's tried everything from threats to arguments, to reasoning, to withdrawal of affection. She is seething

with resentment, believing the addict in her life has destroyed any hope of a decent life she's worked so hard for.

Ultimately, the whole family adopts a dysfunctional way of coping: don't talk, don't trust, don't feel. Even when the room is quiet, you could cut the tension with a knife.

Here's the thing about addiction:

There's no avoiding it, no denying it, no controlling it, and for sure no cure for it. Because it's progressive by nature, it only gets worse if it's left to take its natural course. Never, ever does it get better on its own. That last truth is the hard one... No cure is the truth, and that's bad news.

The good news, however, is this: there is such a thing as arresting the disease in its tracks.

The conventional wisdom – have you heard this one – is that the addict has to hit bottom before he will accept help, and there's nothing you or anyone can do about it. That idea has you believing you are helpless and the addict has all the power.

It doesn't have to be that way at all. The question really is: what will it take to make the addict ready to accept help? If you are the addict listening to this, what besides denial or shame or despair at ever getting better is stopping you? You have to get over the idea that your disease is a moral failing, even if you are ashamed of your behavior. If your loved one is the addict, you need a reason to believe that the addict can make the u turn. If not today, then tomorrow.

Addiction just breaks your heart. But there is hope, there is always hope of making an informed decision that improves that odds of success.

Let's talk about what we call poly-addiction, that is being addicted to more than one substance at a time, including alcohol.

There's a term we use called "drug of choice", which is part of our intake screener. We ask: "So, what *was* (past tense at this stage) your drug of choice and was there more than one substance involved? "

You would be amazed (maybe not) that it is almost unheard of for an addict or alcoholic to be addicted to only one substance these days. That's why the question is phrased as "drug of choice", because, sad to say, there are so so many substances available almost anywhere to addicts no matter where they live. If they want some, they're going to go out there and get some. Case closed.

Here's the thing about alcohol vs. other substances; it's legal, it can be relatively cheap, and you can use it under all sorts of legal circumstances out in the open.

The difference with other substances is either they're out and out illegal street drugs, or they are legit drugs that are being abused, like taking mom's pain killers, cruising them up and snorting them. Technically illegal, but chances are you won't be arrested.

You *will* get arrested if you start forging prescriptions for Oxycontin, oxycodone, tramadol etcetera...and there is a long list of legit prescription drugs that are being abused right now. Right this minute. Maybe even by the one you love.

Would you like some examples of poly addiction?

Ok, how about meth (methamphetamine? Aka as speed, AND heroin? Meth will keep the addict up for 4 days straight and heroin will then help him relax and zone out. Both are easily available on the street these days.

To make matters worse, heroin is now laced with and actually being replaced by fentanyl, a synthetic opioid that is 100 times – yes 100 times more powerful than heroin, and is causing a spike in overdose deaths by the thousands.

How about cocaine and alcohol?

Cocaine to get him way way up, but that may have been preceded by a night of drinking. Coke will keep him up all night and he'll need just a line or two to pick him up, and oh maybe a beer or two, too.

How about marijuana and hallucinogens?

Marijuana these days has up to 10 times the THC of the dope of the old days. So users get a much more intense high, because the genetics have advanced so far. Then add some hallucinogens because THC has that quality and it could use a boost, of course?

Then you could add gambling to the mix – not uncommon – and you have a real destructive combination that could ruin a family in a heartbeat.

Scary stuff, right? Well, we know all about these things and we know what it takes to get you or your loved one clean and sober and free of any and all of these horrible choices.

So the question we ask when it comes to being addicted to multiple substances is why are you playing Russian Roulette with your life when you just got started with living? And by the way, that gun you are holding to your head has 2 bullets loaded into a six shooter revolver instead of the usual one...if there is such a thing as usual in this deadly game.

You've surely heard - and if you haven't, you're not paying attention - that the biggest and scariest drug problem in the US is that of the abuse and illegal use of opioids – both those derived naturally from opium like heroin, and those created in the lab, like Fentanyl, now the scariest drug on the planet.

There is plenty of solid research available, mostly from the highly respected Centers for Disease Control, aka the CDC, and from NIDA, the National Institute of Drug Abuse, so this is as straight as the dope gets.

The purpose of this episode is to scare you into taking some action, and to offer you hope that no matter how bad it has gotten, the addict in your life (perhaps you are the addict tuning in now, too) is still alive, and therefore it is never too late for him to make the U turn and seek redemption.

In 2018 alone, more than 2/3 of the drug overdose deaths of 70,000, that is about 50,000 deaths, were opioid-related. That's about twice as many as died in vehicle accidents. You heard that right. That means that 130 people die every day from an opioid overdose. That's over 5 deaths every hour, on the hour.

Here is a scary fact about heroin: the majority of addicts got their heroin start from prescription opioids like oxycontin (which they quickly learned could be crushed and snorted for a faster and more intense high), but in some places *heroin is actually cheaper and easier to get* than illegally acquired prescription

opioids. Heroin is cheaper and easier to get, so if you're an addict, why not make the switch? What could it hurt?

Well it could kill you because these days, heroin and other drugs like cocaine are very frequently laced with the sure-fire killer drug called fentanyl, which is 100 times more powerful than heroin. Just 2 to 3 milligrams – that's 2 or 3 thousandths of a gram = can be fatal. Dealers like fentanyl because it is much more addictive than heroin and they make a lot more money per unit of weight.

The dealer doesn't give a shit about human life. He could care less about you or you loved one's life. He wants the addict to stay addicted, he wants more customers, and he does need customers just to replace the ones his drugs have killed along the way. The incidence of heroin use, and overdose deaths, is highest among 18 – 25 year old men and women, or should we say boys and girls – if that doesn't get to you, what does?

Fentanyl is now being sold as pure fentanyl – which is one reason why more and more police and EMT's carry Narcan, or Naxalone to revive an overdosing addict. Problem is: how much do you give if the addict is overdosing on Fentanyl vs. Heroin...at that point he is down on the pavement and unable to speak.

But there is hope, there is always hope. So long as the addict is alive, there is still hope.

That's where we come in. We know this game, this dance with death.

You could ask why should I or my loved one go all the way to a rehab in Thailand - of all places - to get help for this addiction?

Have you heard of medical tourism – this is a big deal. This is a trend where people who need medical treatment travel to a foreign country like Thailand to get world-class treatment delivered by doctors educated in the best medical schools on earth, practicing in state of the art hospitals and clinics – all for a fraction of the cost for the same treatment in the US and other Western countries.

That explains why Thailand is now the world's leading medical tourism destination and attracts over three million medical tourists a year. It's an absolutely fantastic destination in and of itself. The kingdom of Thailand is one of the safest countries

in the world to visit, logging over 38 million visitors from all over last year, over one million from the US alone.

No other place on earth gives the visitor the amazing combination of warm year-round weather, pristine beaches, exotic wildlife, renowned cuisine, a respectful, vibrant culture steeped in Buddhist tradition contemporized by a thriving and young, hip, educated middle class. No other destination on earth offers the same high level of luxury and hospitality no matter who you are, where you come from or why you're here.

And what makes the experience so affordable for medical tourists especially is the very favorable exchange rate between Thai currency and the American dollar, British pound and the Euro, and that's held up for a generation with few wobbles up or down.

All of this makes for a perfect environment for our clients here at SafeHouse Rehab Thailand, located just an hour from Thailand's world-class international airport, and not far from the Gulf of Thailand.

We specialize in the modern challenges of addiction, including opioid addiction, and cross-addiction, offering our clients and their families genuine hope of long-lasting recovery, including clients who have experienced relapses in the past.

We offer best-practice treatment in a luxury environment at a fraction of the cost of in-patient treatment in the US, the EU or UK, and elsewhere in the developed world.

Our clients enjoy private luxury condos in a setting that offers them an active, modern lifestyle, wifi included, of course: world-class fitness, swimming pools, Thai massage, local coffee shops and convenient store, excursions to beaches, temples and parks, and other outdoor pursuits make for a stimulating and healing experience.

Our amenities include Thai and Western-style cuisine, laundry and maid service graciously provided by our amazing Thai staff.

All that said, SafeHouse is not a country club retreat. True, our clients are far removed from their usual triggers, but they come here to do the work vital to

their recovery; to get honest and face reality, and be held accountable perhaps for the first time in their adult lives.

We also know that you have choices, including other treatment centers in Thailand. You need to pay attention to this next part, because it's what sets us apart.

First, we will never disparage other treatment centers. It's not our way to look better by bringing others down – in fact that's a value we teach our clients for living a clean and sober life.

Second, and we've done our homework, SafeHouse Rehab Thailand has the most thorough intake, detox and treatment process and exceeds the highest professional standards of all rehabs in Thailand. Go to our website Safehouser rehab.com and take a close at our license issued by the Thai Ministry of Health. Standards for licensing were changed and upgraded recently, and we cleared the bar yet again.

Our English-speaking staff is UK-trained and fully accredited in addictions counseling. We have contracted with a regional hospital for intake medical exams and detox from alcohol, heroin and other substances as necessary. We have a rehab-trained nurse on staff and an MD on call in the event of any medical emergency. There is a regional hospital minutes away. All of these resources do indeed mean that clients are safe and sound when they come into our care. Hence our name SafeHouse Rehab Thailand.

And we are closer than you may think. We'll help you get a passport if you don't have one, help arrange your flight to Thailand, meet you at the airport and escort you to your new home only an hour away. We'll even contribute \$1,000 US to your airfare, knowing that last-minute trips can be a bit pricier. We want nothing to stand in the way of getting the help you or your loved one need right now.

So what did we learn in this episode #2?

1. SafeHouse Rehab Thailand is a serious option for treatment, a safe sanctuary in the perfect environment for recovery, dedicated to the modern challenges of addiction.

2. Addiction is a family disease, affecting not only the addict, but everyone in the family to the point where the family unit itself becomes dysfunctional over time.
3. Cross-addiction, or poly-addiction, is very uncommon today, and it takes sophisticated treatment to help detox and start the recovery process.
4. Opioids are the main cause of OD deaths, at least in the US, while pure fentanyl has fast become easily available on the street. Opioid addiction may start innocently enough as simple abuse of mom's pain pills but it can quickly turn to the use of street heroin and the risk of fentanyl overdose that comes with it. All the more reason to get the addict into a safe sanctuary like SafeHouse Rehab Thailand.

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