



IOP - RECOVERY TREATMENT SUPPORT

For New Mexicans, by New Mexicans

INTENSIVE OUTPATIENT TREATMENT

Support for Loved Ones in Active Addiction

When someone you care about is struggling

Concern for a partner, relative, or friend can be exhausting. You can offer support, protect your own well-being, and help open a path to care. You do not need to have every answer before reaching out.

What does addiction mean medically?

Addiction is a **treatable medical condition** in which alcohol or drug use becomes hard to control and continues despite harm. Clinicians use a substance use assessment to understand severity, safety concerns, and which level of care may help. A family member does not have to make the diagnosis.

SIGNS & RISKS TO WATCH

- Overdose or alcohol poisoning can affect breathing and consciousness, especially when substances are mixed.
- Stopping heavy alcohol use or regular benzodiazepines suddenly can cause dangerous withdrawal, including seizures.
- Injuries, impaired driving, health problems, or strains on work and relationships may grow over time.
- Depression, hopelessness, or talk of suicide deserves immediate attention.

HELPFUL FIRST STEPS

- Choose a calm, private moment. Share specific concerns without labels or blame.
- Listen. Ask what they think is happening and what kind of help they might accept.
- Offer one practical next step: an assessment call, a ride, or help finding a meeting.
- Set boundaries that protect your safety, and get support for yourself even if they are not ready.

Ask for an assessment and a plan

Call Life Healing Center to ask about an alcohol or substance use assessment and outpatient options. We offer in-person IOP in Santa Fe and online evening IOP statewide when clinically appropriate. If withdrawal or a higher level of care is needed, ask a medical professional about safe next steps.

You may contact us for general information even if your loved one is not ready. Sharing their private treatment details requires their permission.

**Please call with any questions
or to find out more.**

(505) 216-6366

www.life-healingcenter.com

info@life-healingcenter.com



SCAN



IOP - RECOVERY TREATMENT SUPPORT

For New Mexicans, by New Mexicans

INTENSIVE OUTPATIENT TREATMENT

Support for Them. Support for You.

A caring connection can help, and you deserve support too.

FOR FAMILY AND FRIENDS

- **Al-Anon** offers peer support when someone else's drinking affects you. al-anon.org/al-anon-meetings
- **Nar-Anon** is for people affected by a loved one's drug use. nar-anon.org
- A counselor or family support group can help with boundaries, stress, and your own well-being.
- You can ask questions and seek support even if the person you care about declines treatment.

FOR THE PERSON USING

- **A.A.** helps people seeking recovery from alcohol use. aa.org/find-aa
- **N.A.** offers peer meetings for people seeking recovery from drug use. na.org/MeetingSearch
- A clinical assessment can identify safe treatment options, including medication support where appropriate.
- **FindTreatment.gov** lists treatment providers across the United States.

When safety cannot wait

911 | Immediate medical danger

Call 911 for a person who cannot be awakened, has slow or stopped breathing, has a seizure, or may have overdosed. If opioid overdose is possible, give naloxone if available, follow the dispatcher's instructions, and stay with the person until help arrives.

988 | Crisis support 1-800-222-1222 | Poison Help

Call or text **988** for a suicide, mental health, or substance use crisis. Call **Poison Help** for a suspected ingestion or medication question when there is no immediate danger. When in doubt about a life-threatening emergency, call 911.

Withdrawal can require medical care

Heavy alcohol use and regular benzodiazepine use should not be stopped abruptly without medical guidance. Ask a clinician about a safe withdrawal plan.

Sources: NIDA, NIAAA, CDC, SAMHSA, ASAM, Al-Anon, Nar-Anon, A.A., and N.A. | Handout for general education; an assessment guides individual care.

**Please call with any questions
or to find out more.**

(505) 216-6366

www.life-healingcenter.com

info@life-healingcenter.com



SCAN