

## Treatment Programs in the Cheyenne Area

**Pathfinder**  
(307)635-0967  
www.wpic.org

**VA- Substance Abuse Treatment Program**  
2360 E. Pershing Blvd.  
Cheyenne, WY 82001  
1-888-210-8237

**Foundations Counseling and Consulting**  
213 W. 18th Street  
Cheyenne, WY 82001  
(307)638-4092

**Peak Wellness Center**  
2526 Seymour Avenue  
Cheyenne, WY 82001  
(307)638-8257  
www.peakwellnesscenter.org

**WaterShed Addiction Treatment Center**  
www.thewatershed.com  
1-888-206-4150

**Cheyenne Regional Medical Center  
Behavioral Health Service**  
2600 E. 18th Street  
Cheyenne, WY 82001  
(307)633-7370

## Who can help?

The Victim Advocate within the Laramie County Sheriff's Office can provide assistance with information about your case status, Crime Victims' Rights, Crime Victim Compensation, navigation of the criminal justice system and referrals to appropriate helping professionals or organizations according to your specific needs.



## Helpful Websites

**Peak Wellness Center**  
(307)638-8257  
www.peakwellnesscenter.org

**Substance Abuse and Mental Health  
Services Administration (SAMHSA)**  
www.samhsa.gov

**WaterShed Addiction Treatment Center**  
www.thewatershed.com  
1-888-206-4150

## Substance Abuse

**Laramie County  
Sheriff's Office**  
Danny L. Glick, Sheriff  
307-633-4700



Name/ID Number:

Direct Number:

Mailing Address:

1910 Pioneer Avenue  
Cheyenne, WY 82001-

## What is Substance Abuse?

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Alcoholism, drug dependence and addiction (known as *substance abuse disorders*), are extremely complex problems.

People with these disorders once were thought to have a character defect or moral weakness; some people mistakenly still believe that. However, most medical researchers and scientists now consider dependence on alcohol or drugs to be a long-term illness, like asthma, hypertension (high blood pressure), or diabetes.

Most people who drink alcohol drink very little, and many people can stop taking drugs without a struggle. However, some people develop a *substance abuse disorder*—use of alcohol or drugs that is compulsive or dangerous (or both).

## What Are the Symptoms of Substance Use Disorders?

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One of the most important signs of substance addiction or dependence is continued use of drugs or alcohol despite experiencing the serious negative consequences of heavy drug or alcohol use.

Often, a person will blame other people or circumstances for his or her problems instead of realizing that the difficulties result from use of drugs or alcohol. Perhaps your loved one has even blamed you.

People with this illness really may believe that they drink normally or that “everyone” takes drugs. These false beliefs are called **denial**, and denial is part of the illness.

Other important symptoms of substance abuse disorders may include:

### Tolerance

A person will need increasingly larger amounts of alcohol or drugs to get high.

### Craving

A person will feel a strong need, desire, or urge to use alcohol or drugs, will use alcohol or a drug despite negative consequences, and will feel anxious and irritable if he or she can't use them. Craving is a primary symptom of *addiction*.

### Loss of control

A person often will drink more alcohol or take more drugs than he or she meant to, or may use alcohol or drugs at a time or place he or she had not planned. A person also may try to reduce or stop drinking or using drugs many times, but may fail.

### Physical Dependence or Withdrawal Symptoms

In some cases when alcohol or drug use is stopped, a person may experience withdrawal symptoms from a physical need for the substance. Withdrawal symptoms differ depending on the drug, but they may include nausea, sweating, shakiness, and extreme anxiety. The person may try to relieve these symptoms by taking either more of the same or a similar substance.

A person experiencing symptoms that are causing serious problems in his or her ability to study, work, or relate to others should be seen by a medical or mental health professional.

## Substance Abuse Treatment

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Treatment can help individuals addicted to substances stop using, avoid relapse, and recover their lives. Several types of treatment programs are available:

- Inpatient treatment
- Residential programs
- Partial hospitalization or day treatment
- Outpatient programs
- Intensive outpatient programs
- Methadone clinics (also called opioid treatment programs).

No single treatment type is appropriate for everyone.

## Treatment for Mental Disorders

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Many people with a substance use disorder also have emotional problems.

Treating both the substance use and mental disorders increases the chances that the person will recover.

Some mental health professionals think people should be alcohol and drug free for at least 3 to 4 weeks before a mental/emotional illness can be identified correctly. Mental health care and substance abuse treatment often include the use of medications.

If you or someone you know displays signs of a substance use disorder, there are resources that can help.

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“What is Substance Abuse?” through “Treatment for Mental Disorders” from Center for Substance Abuse Treatment.

*What Is Substance Abuse Treatment? A Booklet for Families.* DHHS Publication No.

(SMA) 04-3955. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004.

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