

Proposing A Solution

There are a significant amount of families that are being affected by drug addiction. Attention should not only be placed on showing people why not to take drugs, but also on helping those who need to get better. It's frightening that "40-60%"¹ of drug addicts relapse, and it's often dismissed because people believe it doesn't affect them. It may not directly affect someone now, but it more than likely could affect them later. Many people don't fully understand the negative effect that drugs have on the body both physically and emotionally.

Drugs are chemicals that affect the brain by tapping into its communication system and interfering with the way neurons normally send, receive, and process information. It can also cause heart disease, liver problems, stroke, infectious diseases, depression, and suicide. Injection of drugs such as heroin, cocaine, and methamphetamine currently account for almost "12% of new AIDS cases"².

In addition to physical effects, drugs also have an effect on the home. "In 2007, 53% of prisoners in Federal and State prisons were reported having children under 18"³. Children with parents who use drugs are considered high risk for physical and behavioral problems, including substance use. As many as

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<https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/how-effective-drug-addiction-treatment>"How Effective Is Drug Addiction Treatment?" *How Effective Is Drug Addiction Treatment?* | National Institute on Drug Abuse (NIDA). N.p., n.d.

² <https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/addiction-health>"Addiction and Health." *Addiction and Health* | National Institute on Drug Abuse (NIDA). N.p., n.d.

³ <https://www.drugabuse.gov/related-topics/criminal-justice/drug-addiction-treatment-in-criminal-justice-system>"Drug Addiction Treatment in the Criminal Justice System." *National Institute on Drug Abuse (NIDA)*. N.p., 27 Apr. 2014. Web. 20 Nov. 2016.

two-thirds of juveniles who have been arrested have a substance disorder. In which case can not be helped for the situation they are in.

In the other hand for those who can afford programs which could help, some don't offer the results most would like to see. Most programs only run a 90 day rehabilitation course. Researchers suggest it should be closer to a year to receive the aid most need. Along with them having the motivation to change their drug using behavior. When people start to believe that there is no helping them or no motivation to get help, that is when one should beyond doubt start to worry.

When people start to build a tolerance for heavy drugs. They start to try new drugs cause the others weren't satisfying the fulfillment they're are looking for. That is when there will start to be a bigger problem, people will just start with new and untested drugs.

With the new creations arise new problems. When the right testing never had taken place, no one knows the effect it could have on the body. It could be that we won't see the effects for years after. People might try to say we were blind sighted but the truth is that we can help this and make the difference now.

We need to create affordable, sustainable and hopeful rehabilitation centers that will allow people to become the best of themselves. Where people grow and identify that they have a addiction, plan out their recovery and see to it. Have someone with them throughout the process to know they are not alone and help make sure they will not just relapse when they leave. That person could also inform the family to make sure they are rooting the results they hope to see.

The problem is it's easy to say but more than often harder to do. In this case like any other there is always the question of finances. Who will pay for this and how can we make a profit? But in this situation the bigger problem is recovery is not for the people who need it, but for those who want it. It's hard to help someone if they don't want to be helped. It's tough to say that everyone will want to use these centers cause the hardest part about recovery is when you're not so sure that you want to recover.

In conclusion, everyone needs help in one way or another. But it's important that we keep these families together and make sure we don't let this problem grow any bigger. The way I see it is if one person can be helped it makes all the difference in more than one person's life.