

A Message on Addiction and Treatment

Addiction is a complex brain disease that becomes more pronounced by compulsive substance use - despite the harmful consequences. People with addiction have an intense focus on using certain substances such as alcohol or drugs to the point that it takes over their life.

Getting professional help can really make a world of difference. [Care Resource's Licensed Therapists](#) can share

ideas to build the skills a person needs to solve their problems and find meaningful ways to cope. Moreover, they are trained to work with the sensitive issues faced by our diverse communities.

Issues of privacy and confidentiality are of the utmost importance and discussed with each client. Our clinicians come from different approaches including clinical social work, marriage and family counseling, and mental health. Styles range from client-centered supportive psychotherapy for addictions, cognitive behavioral counseling for depression, to assisted relaxation training and guided imagery for pain management or social anxiety. Our therapists come from a variety of different backgrounds and orientations just like our community.

For more information on addiction and treatment options available at Care Resource, or to make an appointment to speak with a licensed clinician, please call us at 305-576-1234. EXT: 315.



[VIEW VIDEO](#)