



Recovery Month Aims to Educate Public about Substance Abuse *Treatment Tips Offer Steps on Road to Recovery*

Mount Kisco , NY - (August 27, 2008) - One drink, one pill, one joint. Each of these may seem harmless in and of themselves, because many people think that not turning to alcohol and other substances is easy. Sadly, that is not always the case.

Lexington Center for Recovery, the largest provider of alcoholism and substance abuse treatment in the Hudson Valley, is reaching out to educate individuals about risk factors, signs and symptoms of substance abuse and to help them protect friends and family.

Dr. Adrienne Marcus, executive director and founder of Lexington Center for Recovery, points out the importance of family and friends and the impact they have on every individual.

"Close family relationships, consistent family rules and expectations, substance-free friends, and positive school experiences all help protect individuals against substance abuse," Dr. Marcus said.

A variety of factors contribute to substance abuse. Self-image and self-esteem affect personal decision-making, and a low self-image may contribute to an individual's propensity to experiment with drugs and/or alcohol. Friends who use substances are likely to encourage their peers to experiment.

A negative home environment is also a factor that contributes to substance use. If close family members suffer from alcoholism, other family members are more likely to abuse alcohol. Consequences of alcohol abuse can include decreased muscle control and coordination, loss of coordination, liver and other organ damage, and increased risk of cancer and chronic diseases.

Family members and friends can do a tremendous service for loved ones by being on the lookout for symptoms of alcohol or substance abuse. A person who engages in risky behaviors, drives under the influence, consistently misses school or work, or undergoes a drastic change in behavior may have crossed the line between use and abuse.

A reputable treatment program can help persons who abuse alcohol and other substances - and their family members - through the recovery process. One component of a successful program is that counselors thoroughly assess the individual and design treatment protocols accordingly. An effective treatment regimen should be delivered by an interdisciplinary staff of psychiatrists, psychologists, social workers and Credentialed Alcoholism and Substance Abuse Counselors (CASACs).

A combination of individual therapy and group support can be customized to meet the needs of each individual, with group sessions providing a stronger sense of community. Some patients are able to recover with individual and group counseling alone, while

others require medications and detoxification drugs to ease withdrawal symptoms.

It is important to note that the end of intensive treatment does not mean the end of recovery. "Recovery is a lifelong process. Effective programs offer support, strategies, and schedules for continuing recovery in the 'real world,'" said Dr. Marcus.

For more information about substance abuse and recovery, call Lexington Center for Recovery at 914.666.0191 or visit www.lexingtonctr.org.

LCR's Westchester County clinics and programs are located in Mount Kisco, NY; New Rochelle, NY; Yonkers, NY; White Plains, NY; and Peekskill, NY. The agency's Dutchess County clinics are located in Poughkeepsie and Beacon, NY. Rockland County treatment facilities are located in Airmont and Haverstraw. For additional information, call 914.666.0191 or visit www.lexingtonctr.org.

About LCR : Lexington Center for Recovery is one of the largest providers of alcohol and substance abuse treatment in the Hudson Valley. It has treated more than 50,000 people in its 26-year history and has 18 distinct programs throughout Westchester, Dutchess and Rockland counties. A vital community resource, LCR eliminates barriers to entry and success in an alcohol and substance abuse recovery program by providing support services to clients and their families. Its innovative programs are affordable and aimed at different needs and ages. LCR is licensed by the New York State Office of Alcoholism and Substance Abuse Services.

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