

A close-up photograph of a woman with dark curly hair hugging a young child. The woman's eyes are closed and she has a gentle smile. The child's face is partially visible, also with eyes closed. The entire image is overlaid with a semi-transparent teal color. A white rectangular box with a thin teal border is centered over the image, containing the main text.

# Meridian Drug and Alcohol Rehab

**Find addiction treatment help  
today at Zelus Recovery**

**208.518.0797**

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## MERIDIAN DRUG AND ALCOHOL REHAB



In 2018, about 108,000 teens ages 12-17 struggled with opioid use disorder.



224,000 young adults ages 18-25 were diagnosed with a sedative or tranquilizer use disorder in 2018.



105,000 teens and young adults ages 12-25 were diagnosed with a heroin use disorder in 2018.

Could a Meridian drug and alcohol rehab center help you overcome your addiction? Call Zelus Recovery today to find out.

### WHY DO I NEED DRUG AND ALCOHOL REHAB?

Drug and [alcohol addictions](#) can take over your life. Even if it seems like you're hanging on at school or work, it still diminishes your quality of life. With over 23 million Americans addicted to substances, 75 percent don't receive necessary treatment according to the [National Institutes of Health \(NIH\)](#). This means millions of people are living their lives suffering from addiction symptoms, but you

don't have to.

Symptoms of addiction include:

Urges to use substances daily or several times a day

Intense feelings to use that take over your thoughts

Taking larger amounts than intended

Going through withdrawal when you stop taking drugs or alcohol

Spending money on drugs or alcohol that you can't afford

Engaging in risky behaviors, such as stealing and driving under the influence

If you want to not only break free from addiction but get your life back, you need drug and alcohol rehab. The many programs available help you through all stages of addiction.

## SIGNS OF SUBSTANCE ABUSE

Drug and alcohol rehab in Meridian also helps beyond the regular symptoms of addiction. There are signs of drug use that challenge your health and behaviors. And programs at rehab provide support for



improving the situation.

Individuals abusing drugs and alcohol experience problems at school or in the workplace. Usually, there are many failures to show up, a drop in grades or performance, and a general disinterest in activities. The appearance will also change to very untidy due to a lack of interest in personal hygiene.

A person's behavior will change in an effort to abuse substances in secret or go out to find friends or dealers who encourage the habit. The relationship between old friends and family members become strained. It is common that money issues will come up, whether it's asking for more money or finding money or objects stolen.

Physical health issues first start to appear depending on their substance of choice. However, red eyes, weight gain or loss, and lack of motivation and energy are common.

If you or a loved one experiences the signs and symptoms of addiction, reach out for help today. Together we can end the cycle of addiction. Generally speaking, teens are unaware that substances can't fix what could be long-term problems. As they use illicit substances, their grades and relationships begin to suffer. However, the biggest concern is the effects that drugs have on their bodies.

Brain development is crucial for middle school-aged teens, and drugs affect the brain in several ways. For instance, [alcohol abuse](#) has a negative impact on the memory center in the brain. This effect makes it difficult to remember and recall information.

Drug use delays the development of

functions such as planning, completing tasks, meeting goals, and judgment. These delays make it harder for young teens to deal with the stressors and pressures of daily life. Drugs also confuse the brain's reward center, which in turn makes teens feel bad when they don't use them. This effect makes them want to use more, making the situation worse.

Parents who think that their teens have started to use drugs can get help through Zelus Recovery's early intervention program. They might notice uncharacteristic drops in grades or changes in friends. In some cases, these changes are normal for teens. However, parents should stay vigilant of other warning signs such as sneaking around and mood swings.

Our approach gives teens a safe and comfortable place to share their concerns and thoughts. We utilize a range of therapies based on each teen's needs. The ultimate goal is to provide education and support to prevent drug use and the progression to addiction.



**Click on the image to see the video.**

CALL [208.518.0797](tel:208.518.0797) TODAY FOR  
DRUG AND ALCOHOL REHAB.

## BENEFITS OF SPECIALIZED TREATMENT

For the best recovery possible, our addiction specialists provide specialized [substance abuse treatment programs](#). These programs aim at reducing the signs and symptoms of drug and alcohol addiction.

In addition to addressing the previously mentioned symptoms, you'll get the benefits of individualized attention, professional and peer support, and relationship building programs.



In rehab, you will break the cycle of addiction, uncover underlying issues, and build new coping skills. Programs also teach yourself and your loved ones about addiction itself and how to establish healthy boundaries.

Specialized substance abuse treatment programs include:

- Alcohol addiction treatment
- [Heroin addiction treatment](#)
- [Marijuana addiction treatment](#)
- Opiate and opioid addiction treatment
- [Cocaine addiction treatment](#)

Meridian drug and alcohol rehab provides a further specialization of treatment by offering young adult rehab programs for these substances.

## THE PROBLEM WITH DRUG AND ALCOHOL ABUSE

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Drug and alcohol abuse doesn't just affect the individual, someone loved and cared about. It affects entire families and communities. They turn into epidemics for cities and even whole countries, such as the opioid epidemic.

While [early intervention](#) prevents a lot of the strain of addiction, many don't reach out for help. This leads to many of the following problems in teens found by a [survey from the National Institute on Drug Abuse \(NIH\)](#):

38% OF 12TH GRADERS USED AN ILLICIT DRUG WITH OVER 35% BEING MARIJUANA

AN INCREASE IN ADDERALL MISUSE AMONG 8TH GRADERS

OVER HALF OF 12TH GRADERS REPORTED USE OF ALCOHOL, ALMOST 15% OF WHICH BINGE DRINK

Addiction costs billions of dollars in health care, but the real problem is how many lives it costs from addiction-related deaths and overdoses. With so many teens abusing illicit substances and alcohol, [teen drug rehab](#) is as critical as ever.

## HEALTH PROBLEMS CAUSED BY ADDICTION

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Addiction causes many health problems in our loved ones including:

- Heart disease
- Lung disease
- Stroke
- Cancer, including lung and throat
- Dental problems, such as "meth mouth"
- Damage to the brain and peripheral nervous system
- HIV or AIDS

"Very professional. Their experience really shows. I am impressed with how well they work with young people."

– Palmer P.

A major health problem of drug and alcohol abuse are the resulting mental health disorders. Although many who have a substance use disorder began by self-medicating with drugs or alcohol, substance abuse can lead to a mental health disorder. In fact, about half of those suffering from a substance use disorder will experience a mental health disorder and vice versa.

Drugs and alcohol affect neurotransmitters in the brain. When the body and brain adapt to being on different substances, it stops making these chemicals on their own. This causes a chemical imbalance when substances are in and not in use.

When you or a loved one enters the Meridian drug and alcohol rehab center, your body gets the care it needs to heal from the health consequences of addiction. [The dual diagnosis treatment program](#) addresses substance use and mental health disorders to repair the natural chemicals in your brain. As healing continues, you'll gain the coping skills and support needed to reduce the symptoms of each disorder.

## FIND HELP AT ZELUS RECOVERY

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Zelus Recovery is an adolescent addiction treatment center in Meridian, Idaho. Our drug and alcohol rehab programs provide the individualized care teens require when overcoming substance abuse. Teens and young adults face different challenges than older people who have an addiction and our treatments reflect that fact.

With early intervention, we strive to help individuals overcome the pain and stress of their addiction. The following programs help those both physically and psychologically:

- [Outpatient rehab programs](#)
- [Medication management services](#)
- Individual, group, and [family therapy programs](#)
- Cognitive-behavioral therapy (CBT)
- [Multisystemic therapy program](#)
- Relationship therapy program

Together, we can stop the cycle of addiction. [Contact Zelus Recovery](#) for more information about any of our programs for drug and alcohol rehab in Meridian, Idaho. Gain the benefits of rehab today when you call [208.518.0797](tel:208.518.0797) and speak with our addiction counselors and specialists.



CALL ZELUS RECOVERY TODAY  
FOR A POSITIVE CHANGE:

[208.518.0797](tel:208.518.0797)