



NASSAU ALLIANCE FOR ADDICTION SERVICES

Nassau Alliance For Addiction Services (NAFAS) is a not-for-profit coalition of community service providers committed to delivering affordable, accessible and comprehensive prevention and treatment services for individuals and families faced with the consequences of drug, alcohol and other addictions and abuses, including gambling.

NAFAS strongly and unceasingly advocates and educates to ensure that a full range of services are available to all those in need while preserving and enhancing the quality of treatment.

The NAFAS commitment is broad and encompasses dispelling myths and eliminating the social stigma associated with dependence and abuse through effective community education, public awareness and appropriate care.

Funding for the NAFAS Anti-Stigma Campaign has been provided by the Nassau County Department of Mental Health, Chemical Dependency and Developmental Disabilities Services.

## You're Never Alone On The Road To Recovery

Addiction is a disease that requires immediate attention. For many substance abusers, seeking treatment can be a frightening experience. Unfortunately, avoidance only makes the problem worse. There is no better time than now to take action. Each and every day a person makes the decision to get help. With one phone call, a person's life can be saved. Make that call today. NAFAS and its agencies will offer support and guidance every step of the way so you and your family are never alone on the road to recovery.

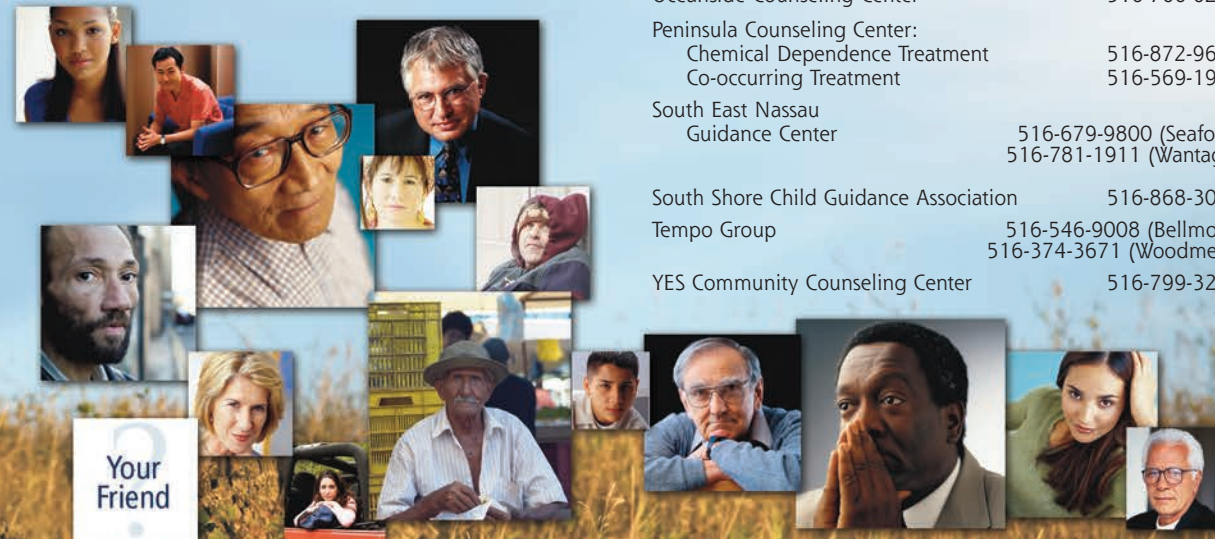
If you or someone that you care about is struggling with a drug or alcohol problem, NAFAS can provide immediate information and referral sources. Treatment and information is available in both English and Spanish.

Visit the NAFAS website at:

[www.nassaualliance.org](http://www.nassaualliance.org)

If you need immediate help, call the Nassau County Drug and Alcohol Hotline (24 hours a day, 7 days a week):

**516-481-4000**



## NAFAS Agencies & Phone Numbers

### Central Nassau

Central Nassau Guidance & Counseling Services	516-822-4060
Community Counseling Services of West Nassau	516-328-1717
Confide Counseling Center	516-764-5522
Education & Assistance Corporation (EAC)	516-539-0150
Family & Children's Association	516-935-6858 (Hicksville)
Hispanic Counseling Center	516-538-2613
REACT	516-623-7741
Reflections Counseling Center	516-576-3120

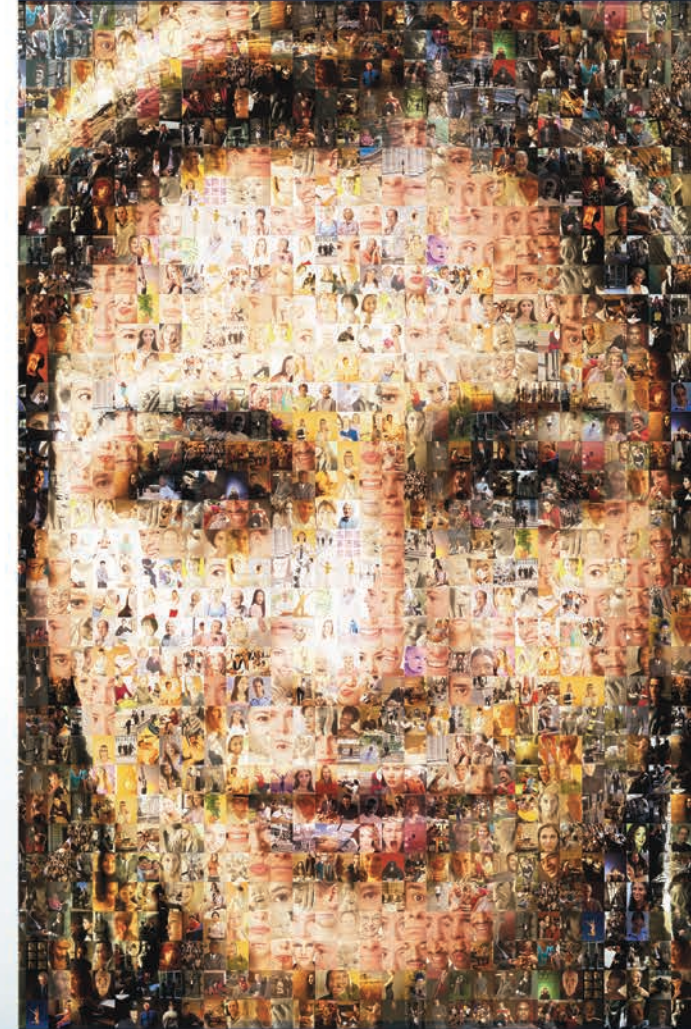
### North Nassau

COPAY	516-466-2509
Long Island Council on Alcoholism & Drug Dependence	516-747-2606
Melillo Center	516-676-2388, ext. 104
Port Counseling Center	516-767-1133
Tempo Group	516-921-3740 (Syosset)
Youth & Family Counseling Agency of Oyster Bay	516-922-6867

### South Nassau

Baldwin Council Against Drug Abuse (BCADA)	516-546-1771
Five Towns Community Center (CODA)	516-239-6244, ext. 256
Freeport Pride	516-546-2822
Friends of Bridge	516-825-4242
Long Beach Medical Center	
FACTS	516-897-1250
Inpatient Detox	516-897-1671
Long Beach Reach	516-889-2332
Long Island Crisis Center	516-826-0244 • hotline: 516-481-4000
Oceanside Counseling Center	516-766-6283
Peninsula Counseling Center:	
Chemical Dependence Treatment	516-872-9698
Co-occurring Treatment	516-569-1987
South East Nassau Guidance Center	516-679-9800 (Seaford) 516-781-1911 (Wantagh)
South Shore Child Guidance Association	516-868-3030
Tempo Group	516-546-9008 (Bellmore) 516-374-3671 (Woodmere)
YES Community Counseling Center	516-799-3203

ANYONE CAN BE AFFECTED BY DRUGS OR ALCOHOL



TOGETHER WE CAN OVERCOME THE STIGMA OF DRUG & ALCOHOL DEPENDENCE



NASSAU ALLIANCE FOR ADDICTION SERVICES

[www.nassaualliance.org](http://www.nassaualliance.org)

# OVERCOMING THE STIGMA OF DRUG & ALCOHOL DEPENDENCE & ADDICTION

## THE TRUTH ABOUT ADDICTION

Drug and alcohol dependence or abuse is not limited to any race, gender, religion, nationality or age. A person's economic status is not an indicator, nor is one's occupation. The truth is anyone can develop a serious addiction to drugs or alcohol.



Let's get the facts straight. Addiction is a chronic, but treatable disorder of the brain and body chemistry. Addicted individuals find it difficult to control their desire for drugs or alcohol despite serious health, social or legal consequences. This inability is the result of complex physical, genetic and psychological factors. Addiction results in changes in both behavior and judgment.

## STIGMATIZATION AND DISCRIMINATION

Many individuals suffering from drug or alcohol dependence or abuse, including those being treated for the disease, regularly encounter societal stigmatization and discrimination. While the reasons are numerous, the public generally views drug and alcohol addiction as a choice rather than as a serious health condition.

Stigma creates obstacles to proper treatment and hinders recovery. These obstacles perpetuate substance use and can lead to other serious problems such as family violence, poor academic performance, legal problems and the spread of infectious diseases. Individuals with drug or alcohol problems may be impacted by public and private policies that restrict their access to appropriate health care, public benefits, housing and jobs. Even after treatment, many individuals fear social embarrassment, or find it difficult to re-establish themselves in the workplace due to the stigmatization of public scrutiny.

## NAFAS: CHANGING AWARENESS & MINDS

Altering public perception regarding dependency and addiction means informing and educating one person at a time. The member agencies of Nassau Alliance For Addiction Services (NAFAS) are dedicated to increasing public awareness and understanding of drug dependence and alcoholism. The coalition's numerous public educational efforts, treatment services and support programs have helped many Long Islanders on the road to recovery.

## SPEAKING OUT

There are many ways for substance abusers to speak out and raise awareness. While anonymity is a cornerstone of most support groups and treatment programs, many recovering individuals want to share their stories. By joining recovery advocacy organizations in the community, former substance abusers can support individuals currently in rehabilitation.

On a broader scale, individuals can combat stigmatization by contacting local newspapers and elected officials on a host of topics; like expanding insurance coverage for treatment, or to make housing more readily available for people in early recovery.

