

Jackie Nitschke Center: Know when it's time to seek help

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(Green Bay, Wis.) – Addiction can happen to anyone. There's really no "type" of person who is more likely to face an addiction to alcohol or other drugs.

That's just one thing to consider during National Drug & Alcohol Facts Week.

"One key sign of an addiction is that a person continues to use drugs or alcohol even when it is having a harmful impact on their life or the lives of those around them," says Michelle Pierquet-Hohner of the Jackie Nitschke Center in Green Bay. "It reaches a point where they feel they can't stop, no matter what happens or who they are hurting."

The Jackie Nitschke Center offers treatment, support and education to individuals and families through residential and outpatient services for those facing substance addiction.

Pierquet-Hohner says it's important to be aware of other signs of addiction, including:

- Hanging around with a different group of friends
- Not caring about their appearance
- Skipping school or missing days of work
- Losing interest in favorite activities
- Facing trouble with the law
- A significant change in eating or sleeping habits

- Problems with family members or friends

“If you see these warning signs, it’s time to reach out for help,” Pierquet-Hohner added. “Our programs at the Jackie Nitschke Center are designed to help individuals and families struggling with addiction.”