

I've been with Ephraim since July 1st, 2019.

Substance abuse is a serious medical condition like any other medical conditions, medical problems. So learning about it, educating people about it can help reduce in the long term bad consequences of substance use. And also can help you to be able to help others around you.

In my opinion, the most important thing is educating people about the risks of substance use. Talk to them about the long-term bad consequences of substance use, have the treatment options available for everyone, educating primary care physician more about substance use because they're usually the first line of treatment and patients, they go first to their primary care physicians. So these things, in my opinion, can help a lot with substance use, prevent or reduce substance use.

Substance use, it has a lot of components. One of the mental health consequences. It can cause a lot of mental health issues like depression, anxiety, paranoia, psychosis, it can also cause physical problems. And that would be based on what kind of substance is being use.

Signs of substance use typically for regular people, they see the person deteriorates in general. So he's not doing well at work. He's not doing well at home. He has severe mood swings and not able to cope with stress, isolation, withdrawn from social life and from community in general. It just, you see basically unexplained behaviors.

It can affect your social life, your work, your performance. It can just change your whole life.

It can be simply by just talking to your primary care physician first, just be honest about it and upfront and talk to them about it. There are treatment options available so they can guide you through your treatment options, and hopefully they can find the right level of care for you.

We evaluate the patient as a whole. We address substance use issues. We address mental health issues. We address physical issues as well. We try to treat the physical issues and mental health issues, and therefore we can reduce the risk of substance use. And also we can talk to the patient about his treatment options, and guide him through those options and hopefully to the right level of care.

The most important thing in my opinion is to just to be not judgmental and talk to that person in a not judgemental way, explain and educate the person about the risk of substance use and treatment options. And hopefully that can help them and guide them to get better.