

酒精與毒品治療

Alcohol and Drug Treatment: How It Works, And How It Can Help You

它如何起作用，如何能在以下兩方面幫助你

- 刑事司法系統
- 你未來的生活



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov

This brochure informs people involved in the criminal justice system and their families about substance abuse treatment resources in prison and in the community. It describes what can be gained through substance abuse treatment while a person is incarcerated, on probation, or on parole. It encourages people to seek help for substance use disorders and stresses the importance of family support when seeking this assistance. To view the English version, please visit <http://www.kap.samhsa.gov/products/brochures/consumer/index.htm>.



與刑事司法系統聯係可為你提供一個積極變化的機會。

為什麼要得到治療？因為使用毒品和酒精可能導致了你被捕或重新被捕。雖然毒品或酒精不能成為犯罪行為的藉口，被捕給了你一個擺脫毒品或酒精的機會。無論你已被釋放或尚在拘禁中，你都應考慮為吸毒或酗酒問題求得治療。

你還是必須通過刑事司法程序。請詢問是否有毒品法院可供選擇。

- 你也許能夠選擇毒品治療以代替被監禁或羈押。
- 如果你參與治療，你可能得到從輕判決、或對你的指控可能被撤銷。但是，如果你不遵循治療方案，對你的指控可重新生效，並且你可能得到更重的判刑。

治療不僅僅是服刑。它是艱難的，但它所能為你提供的，要遠遠超過于單單服刑。

什麼是毒品和酒精治療？治療意味著：

- 參加戒毒輔導和團組會議
- 避開把你捲入麻煩的人、地區、或情形
- 與你的輔導員合作，以表明你真正地力圖改變你的生活以及
- 學習一些例如憤怒調節和就業方面的技能，這樣你就會有更多的人生選擇。

我該從哪裏做起？

- 承認你已非常厭倦麻煩。
- 請你的家人幫助你參加並且堅持治療。
- 如果你尚在拘禁中，那麼你應向法院或緩刑官員詢問如何獲得幫助以解決吸毒或酗酒問題。
- 如果你已被保釋，請向你的律師或法院人員詢問所在地區的治療項目，或參看本冊子的後頁。

你也許會有很多意想不到的
選擇和機會。



這裡是一些有用的電話號碼及網址：

物質濫用治療：

- American Asian Pacific Ministry (美國亞太協會 洛杉磯，加州：626-287-3475 (可要求國語和粵語服務))

心理健康治療：

- Asian Counseling and Referral Services (亞裔諮詢與推薦服務)

<http://acrs.org>

西雅圖，華盛頓州：206-695-7600 (可要求國語和粵語服務)

- Union of Pan Asian Communities (汎亞社區聯盟)

<http://www.upacsd.com>

聖地亞哥，加州：619-229-2999 (可要求國語和粵語服務)

物質濫用及心理健康治療

- Educational Alliance, Inc. (教育聯盟機構)

<http://www.edalliance.org>

紐約，紐約州：212-533-3570 (目前可要求粵語服務)

- Family Service Agency of San Francisco

(舊金山家庭服務機構)

<http://www.fsasf.org>

舊金山，加州：415-474-7310 (可要求國語和粵語服務)

物質濫用信息：

- Drug and Alcohol Treatment Hotline

(毒品與酒精治療熱線)

1-800-662-HELP (4357) (僅配有英語和西班牙語服務)

<http://dasis3.samhsa.gov>

- San Francisco Drug/Alcohol Treatment Referrals and Information (舊金山毒品/酒精治療推薦和信息)

舊金山，加州：415-362-3400 (可要求國語和粵語傳譯服務)

物質濫用及心理健康信息：

- 211 Hotline (211熱線)

<http://www.211.org>

211 (可要求國語和粵語傳譯服務)

- Asian Community Mental Health Services

(亞裔社區心理健康服務)

<http://www.acmhs.org>

歐克蘭，加州：亞裔 ACCESS 熱線 510-869-7200 (可要求國語和粵語服務)

當你開始治療時，請與輔導員談論你的隱私權利。

請注意，如何把握你的現狀，這完全取決於你自己。毒品治療可以成爲你美好生活的開端。

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