

## Tweet Chat Script from Lyle Fried, CAP, ICADC, CHC of The Shores Treatment & Recovery, Discussing “Addiction and Anxiety / PTSD” – April 23, 2015

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AH: Welcome to today’s #AHchat! Our topic is “Addiction and Anxiety Disorders”

AH: Special thanks to The Shores Recovery for helping us make this twitter chat possible!

AH: We would like to start by welcoming our special guest, Mr. Lyle Fried, who will be tweeting as @lylefried

AH: Mr. Fried is the CEO and founder of The Shores Treatment and Recovery and is joining us to share his expertise on this topic. Welcome Lyle!

AH: If you are joining us on the chat today, welcome! Feel free to introduce yourself as we go along our tweet chat.

AH: It’s great to have you all here today! Let’s get started with some of our questions.

AH: @lylefried Q1: Please tell us a little about yourself and your background. What is your role at The Shores Recovery?

Lyle: A1: I am the CEO and founder of The Shores Treatment and Recovery.

Lyle: A1: The vision for The Shores was born as a direct result of my own personal experience in recovery.

Lyle: A1: I saw the real need for a treatment and recovery center that provided hope and help for the whole person

Lyle: A1: Spiritual, mental and physical.

Lyle: A1: At The Shores, we provide the finest level of care, while also treating every person as an individual

Lyle: A1: Not just a number

Lyle: A1: My personal role at The Shores is a working CEO.

Lyle: A1: We are a growing company and I am directly involved in all aspects

**Lyle:** A1: From clinical meetings, to day-to-day contact with the clients and problem solving.

**Lyle:** A1: I love what I do here

**Lyle:** A1: It is more of a passion than a career or business.

**Lyle:** A1: We are like family.

**Lyle:** A1: I think that's what is different about The Shores.

**AH:** Thank you for sharing Lyle! Your role seems very exciting and invaluable.

**AH:** @lylefried Q2: What are Anxiety Disorders?

**Lyle:** A2: Anxiety, of course, is a normal reaction to certain situations.

**Lyle:** A2: It becomes a disorder when the anxiety becomes life altering or controlling.

**AH:** @lylefried Q3: What is Post Traumatic Stress Disorder?

**Lyle:** A3: PTSD is a type of anxiety disorder directly related to a past traumatic event

**Lyle:** A3: The traumatic event can be a threat, experience, or prolonged time of a person's life

**Lyle:** A3: PTSD can create a hyper sense of awareness or reaction based upon this previous experience.

**Lyle:** A3: Symptoms can include: anger outbursts, on edge, fearfulness, hyper-sensitive to certain people, places or situations.

**AH:** @lylefried Q4: What is the connection between Addiction and Anxiety/PTSD?

**Lyle:** A4: People often will self-medicate when they feel overwhelmed by PTSD or anxiety.

**Lyle:** A4: We naturally seek after an equilibrium or the ability to experience balance.

**Lyle:** A4: We want to "feel good."

**Lyle:** A4: Once we find 'something' that fills the void, even temporarily, we can be at risk for addiction.

**Lyle:** A4: As we turn to this thing again and again, whether it is a substance, gambling, sex, or something else...it can become an addiction.

**Lyle:** A4: The second connection is the reverse.

**Lyle:** A4: Extended use of certain substances can create a chemical imbalance that results in anxiety.

**Lyle:** A4: Substance abuse can also put individuals at risk for PTSD.

**Lyle:** A4: Drug-related traumatic events, such as rape or violence, are more likely to occur in the atmosphere of drug use.

**AH:** @lylefried Q5: What treatment approaches are available for a Dual Diagnosis, such as anxiety disorders/PTSD and addiction?

**Lyle:** A5: There are a wide range of approaches, including prescriptions (both narcotic & non-narcotic), neurofeedback treatment & nutrition

**Lyle:** A5: As well as amino acid neurotransmitter replacement therapy, psychotherapy, meditation, prayer, breathing exercises, & EMDR

**Lyle:** A5: Also chiropractic treatment, massage therapy and anything that raises your neurotransmitter supports.

**Lyle:** A5: These treatments can work together in individualized and specific plans for each person.

**Lyle:** A5: All these treatments mentioned are available at The Shores Recovery

**Lyle:** A5: We at The Shores believe in the individualized holistic or whole person approach.

**AH:** Thank you Lyle for sharing this great information about addiction, anxiety disorders, and the addiction recovery process

**AH:** If you or a loved one has been suffering with an addiction, we hope this information encourages you to get connected

**AH:** Seeking out treatment is critical for hope, healing, and recovery

**AH:** For more information about Lyle and the The Shores Treatment and Recovery, visit their website at [www.theshoresrecovery.com](http://www.theshoresrecovery.com)

AH: Thank you to everyone who participated in our Twitter Chat today! And thank you for the great insight @lylefried!

AH: Please stay tuned for future Twitter Chats from AH!

AH: If you are in need of resources for substance abuse, visit our website at [www.addictionhope.com](http://www.addictionhope.com)