

# Norman Addiction Information & Counseling offers guidance through addiction

By Sarah Kirby Transcript Staff Writer | Posted: Friday, October 9, 2015 11:45 pm

There was a young woman. She was a high school student, but she had dropped out. Her parents loved her, but she severed ties with them while consumed with an addiction to meth.

Many had said she was a hard case, that nothing could reach her within the confines of drug dependency. Then she came to Norman Addiction Information & Counseling.

She gave up meth. She opened up and forged a relationship with her parents. She went back to school and started making good grades, with college in her future. She had a breakthrough.

“When it was time for her to age out of her group, she finished everything that was required of her. She asked if she could stay because she wanted to mentor some of the new kids coming in,” NAIC Executive Director Teresa Collado said. “This is a woman that very easily could have gone to jail. People would have given up on her, but she turned her life around.”

Her story comes to a happy conclusion, and fortunately, so do the stories of many others who undergo the crucible of substance abuse and mental illness treatment at NAIC.

“We serve all people,” she said. “Addiction knows no racial, social or gender (classifications). It does not discriminate.”

While the many roads that lead them there vary, by the end of their journey to recovery, they are ready to tread path, stronger and finally healthy again.

At NAIC, experienced counselors provide individual, family and/or group counseling for alcohol, drug additions and compulsive/problem gambling. Counseling and education focuses on family and relationship issues, grief, anxiety, depression and trauma.



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Norman community members attend a Breakfast with Santa event hosted by NAIC, which is open to the public. NAIC holds this his free family event every December and provide a free breakfast to families as well as the opportunity to meet Santa and his elf.

NAIC has found invaluable support in its services from United Way of Norman and Bridges, a local United Way agency that works to empower high school students in family crises and help them to pursue education without obstacles.

“They’re a huge partner,” Collado said. “They provide us funding which allows us to serve more people. In particular, because of the funding, we’re able to serve 200 more adolescents than we would otherwise. They also help fund our adult treatment so we’re able to serve another 100 adults. So that’s 300 community members we’re able to serve that wouldn’t get these services otherwise if United Way wasn’t our partner. They are very key to what we do.”

To Collado, helping 300 people means saving 300 lives.

“The bottom line is that we save lives everyday,” Collado said. “We save lives and we heal families. More information about NAIC, including contact information, can be found online at [NAICHelp.org](http://NAICHelp.org).