FaithHavens

EDUCATIONAL BROCHURE

Understanding Substance Use and Recovery

Recovery is possible, and there is more than one path.

For people concerned about alcohol or drug use, and those who love them

A treatable health condition

Substance use disorders change how the brain responds to reward, stress, and self-control. They are not a moral failing. Effective treatment exists, and recovery is possible.

Withdrawal can be dangerous

Withdrawal from alcohol, benzodiazepines, and other sedatives can cause seizures and can be life-threatening. Please talk with a medical professional before stopping. After a period without opioids, tolerance drops and overdose risk rises sharply.

Levels of care

- Clinical assessment — a licensed clinician recommends the right level of care.
- Medically supervised withdrawal management (detox).
- Residential treatment at a licensed facility.
- Partial hospitalization and intensive outpatient programs.
- Outpatient counseling.
- Continuing care, recovery support, and relapse-prevention planning.

Medications can help

FDA-approved medications for opioid use disorder (buprenorphine, methadone, naltrexone) and alcohol use disorder (naltrexone, acamprosate, disulfiram) are effective parts of treatment when prescribed and monitored by a clinician.

Questions to ask any program

- Are you licensed by the state? Are you accredited?
- What are your staff's credentials?
- Do you offer or support medications for substance use disorders?
- How do you treat co-occurring mental health conditions?
- What will this cost — in writing?

If you suspect an overdose

Call 911. If opioids may be involved and naloxone is available, give it. Stay with the person until help arrives.

Trusted resources

988 Suicide & Crisis Lifeline
Call or text 988 · 988lifeline.org

SAMHSA National Helpline
1-800-662-4357 · Free, confidential, 24/7

FindTreatment.gov
Search state-licensed treatment providers

Poison Help
1-800-222-1222 · 24/7

National Institute on Drug Abuse
nida.nih.gov

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