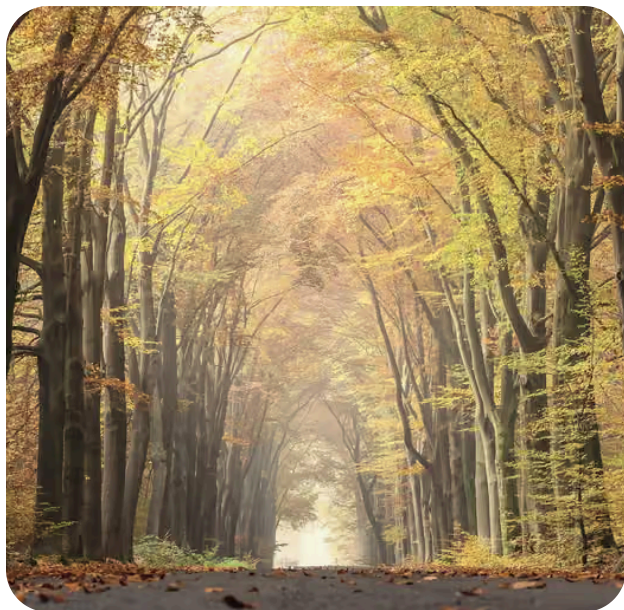




Understanding Substance Use and Recovery

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

LEARN MORE

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