







First Steps Toward Help



RECOVERY IS POSSIBLE

Recovery from the use or abuse of prescription opioid medication is quite possible.

There are a number of resources you can access right away to begin the process of getting help for an addiction:

-  The family physician can be a great resource. He or she may recommend a substance abuse specialist.
-  Find local treatment resources. The Substance Abuse and Mental Health Services Administration: www.samhsa.gov/treatment.
-  Get informed help and support. Learn about the addiction recovery and rehabilitation process at www.recovery.org. Or, you can visit addictioncareoptions.com.
-  Drug support groups for families and friends such as Nar-Anon Family Groups (nar-anon.org) can also be helpful.

Addiction to opioids can be a dangerous and downward-spiraling condition so it's very important to reach out for skilled professional help as soon as possible.

COUNSELING – A KEY TREATMENT COMPONENT

Concurrent substance abuse counseling, including individual therapy (e.g., cognitive-behavioral) and family therapy, is an extremely important, evidence-based component of effective substance abuse treatment. The counseling will help counteract compulsive drug abuse by bringing about changes in your behaviors, thought processes, and social functioning.

What Does Treatment Look Like?

Depending on your individual situation, you will need access to outpatient or inpatient treatment program for substance abuse.

Medication Assisted Treatment

Treatment that includes medication is often the best choice for opioid addiction. The treatment program may include opioid replacement therapy in which medications are given to reduce or eliminate the use of the addictive opioids. Withdrawal from opioids is difficult to endure and is a major reason for relapse and continued prescription drug abuse. So, specially certified physicians use medications to prevent symptoms of opioid withdrawal during detoxification, easing the patient out of physical dependence.

Relapse Prevention

Once you've undergone detox from the drug and finished the intensive stage of treatment, your friends, family, and your medical team will need to work together to recognize the signs of relapse or resuming drug use if that happens to you.

FOR MORE INFORMATION



800-327-4968

(800-EAP-4-YOU) • TTY: 877-492-7341



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