

Substance Use and Addictive Disorders

Opioids

Opioid Addiction

Opioid addiction is a serious chronic relapsing but treatable disorder. Treatments approaches must be tailored to address each client's drug abuse patterns, psychiatric and social problems, the primary care provider will choose along with client the best treatment. There is no right or wrong medications, only the right and wrong ways to use them. The treatment course will depend on duration of addiction, prior treatment experience, co-morbid medical and psychiatric conditions, and preferences for medication treatment. Medications can only change physiology, but new behavior can change lives. Many treatment programs that provide pharmacotherapy (Methodone or Suboxone) also requires that client participate in group therapies such as Narcotics Anonymous (NA) or weekly therapies with psychologist or psychiatrist. The addiction affects a person in so many ways and treatments must address the needs of a whole person to be successful. The goal of treatment counselors is to meet the individual medical, physiological, social and vocational to help with their recovery from addiction. Client and clinician should discuss the ongoing support options that will best fit the client's needs. Here are some examples of these therapies:

- * Cognitive Behavioral Therapy seeks to help patients to recognize, avoid, and cope with the situations in which they are most likely to abuse drugs.
- * Group Therapy helps patients face their drug abuse realistically, come to terms with its harmful consequences, and boost their motivation to stay drug free.
- * Psychotherapy which involves identifying and addressing underlying issues that may have contributed to substance use.
- * Family counseling that provides a forum for family members to express their feelings about the patient's drug use and to learn how best to support his/her recovery.