

Choose Your Own Treatment

A guide to help assist in planning your recovery.



**WEST VIRGINIA OFFICE OF
DRUG CONTROL POLICY**
West Virginia Department of Human Services



Recovery is possible and treatment works.

When it comes to treatment for an opioid use disorder/substance use disorder, there are many options. It is important that you make the best decision for your needs. Treatment can give you the opportunity to acquire the knowledge, skills, and abilities to stay on the path to recovery and live a healthy, productive life. Treatment can occur in a variety of inpatient and outpatient care settings, including specialty OUD/SUD programs, primary care offices, hospitals and residential programs, and includes a range of services including withdrawal management, medication-assisted treatment (MAT), abstinence-based recovery, recovery supports, and behavioral therapies, among others.¹

This guide will allow you to make the best-informed decisions based on your personal treatment needs.

¹ *A First Responders Guide to Addiction and Connection to Treatment (ACT)*



What are **My Choices?**



MEDICATION ASSISTED TREATMENT

OR

ABSTINENCE

Decide if you want medication-assisted treatment (MAT) or abstinence in your recovery. MAT is a substance use treatment method that uses pharmaceuticals to address substance dependency. Because it entails medications that can themselves be addictive, this approach is controversial among those seeking treatment, the medical community, and addiction treatment professionals. If this is a treatment option you're considering for yourself or for your loved one, it may be helpful to think of MAT as just one available tool that some find beneficial on their path to recovery.

OUTPATIENT

OR

INPATIENT

Decide on a treatment setting. Recovery is a process – one that substance use programs can help you through. There are many kinds of substance use treatments, including detox, therapy, and counseling. These fit into two categories: outpatient and inpatient treatment. Your needs and the severity of your substance use problem will help determine which type of rehab is best for you. Both outpatient and inpatient rehab will help you stop using drugs or alcohol and reduce the risk of using them again after your recovery.

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Medication Assisted Treatment

OR

ABSTINENCE

Medication Assisted Treatment (MAT)

MAT is a form of opioid treatment that includes medications to assist in one's recovery. This option for treatment includes medication (e.g. methadone, buprenorphine, naltrexone) that is taken daily or monthly to alleviate withdrawal symptoms and curb cravings for opioids.

ABSTINENCE

As its name implies, abstinence-based treatments for opioid dependence consist of staying away from opioids and any medications that contain them. Abstinence is a term used to describe the process of abstaining – meaning avoiding, or not engaging in – addictive substances and MAT. This option for treatment includes inpatient, residential care throughout withdrawal management and early stages of recovery.

MEDICATION ASSISTED TREATMENT (MAT)

Examples include Suboxone, Sublocade, Vivitrol, Methadone, Naltrexone



BENEFITS

- You will receive a steady and stable dose of medication when paired with counseling and/or recovery support services and be able to attain a higher level of stability/functioning.
- MAT will stop physical withdrawal symptoms and eliminate cravings.
- Medication is legal and monitored by a physician.
- Medication is oral or by injection and administered by a health professional which reduces the risk of contracting infectious diseases.



CONS

- MAT is a long-term treatment. You may be taking this medication for a year or more.
- If you suddenly stop taking the medication, you will experience withdrawal symptoms.
- Consuming alcohol or mixing your medication with illicit drugs is dangerous. You should consult with your prescribing physician regarding the increased risk of medication interaction and potential overdose.
- Consuming any other opiates while on MAT can cause an increased risk of overdose and death by overdose.
- If you do not comply with your treatment plan, your medication could be stopped.
- If a return to use to any addictive substances occurs, there is risk to overdose and/or decompensation which could result in death

ABSTINENCE



BENEFITS

- You do not have to take medication daily.
- You will have access and referral to appropriate treatment services.
- There is less stigma attached to abstinence-based recovery.
- Abstinence works well with all substances of misuse and when paired with counseling and recovery support services you will be able to attain a higher level of stability/functioning



CONS

- If you leave treatment and recovery supports early, there is a risk of returning to use resulting in potential overdose and/or decompensation which could result in death
- If you return to use, you may experience withdrawal symptoms and cravings without proper medical care
- You will experience withdrawal symptoms and cravings.

I choose:



MAT



Abstinence

Please go to the next page.

WHAT KIND OF TREATMENT SETTING?

INPATIENT TREATMENT

OR

OUTPATIENT TREATMENT

INPATIENT TREATMENT

Can vary from 24-hour low-intensity treatment for both adults and adolescents, to 24-hour high intensity in a residential setting like a big house in which multiple people live. The program is staffed by designated addiction treatment, mental health and general medicine personnel who provide around-the-clock care and treatment. This includes at least 5 hours of clinical service per week.

OUTPATIENT TREATMENT

Outpatient drug rehab is less restrictive than inpatient programs. Outpatient recovery programs usually require 10 to 12 hours a week spent visiting a local treatment center. These sessions focus on drug abuse education, individual and group counseling, and teaching addicted people how to cope without their drug. Outpatient drug rehab can be a good standalone option for someone with a mild addiction, or it can be part of a long-term treatment program.

INPATIENT TREATMENT



BENEFITS

- Individualized treatment planning from addiction professionals.
- Highly structured environment to help with reintegrating into society.
- Provides a safe place to begin your recovery journey.



CONS

- Higher intensive services require lock-down residency for the duration of stay.
- Limitations on employment and social activities in early services.
- Being away from your home for up to one year in treatment services.
- Higher intensive services restrict access to employment, normal social

OUTPATIENT TREATMENT



BENEFITS

- You can live in your home while receiving treatment. This works if your family and friends are a support system.
- Appointments can be made in the evenings or on weekends to accommodate work schedules.
- There are many different types of counseling and therapy offered in this setting; you can choose the level of intensity of care that works best for you.



CONS

- Outpatient facilities are not open round-the-clock and do not always offer 24-hour support.
- Self-motivated services. The success of outpatient rehab depends on your ability to regularly attend and participate in sessions.
- Less accountability if a home support group is not established.

I choose:



Inpatient



Outpatient

If you choose **Inpatient Treatment** go to page 10.

If you choose **Outpatient Treatment** go to page 12.

WHAT KIND OF
RESIDENTIAL
PROGRAM?

RESIDENTIAL TREATMENT

OR

RECOVERY RESIDENCE

RESIDENTIAL TREATMENT

Residential treatment, requires patients to check themselves into a controlled environment to overcome their addictions. Patients stay at a clinic with 24-hour medical and emotional support. During inpatient treatment, residents can completely focus on getting well and sober without the distractions of everyday life.

RECOVERY RESIDENCE

Recovery residences are homes that house individuals with an SUD who are seeking to live life successfully without drugs and alcohol. While services vary from level to level and house to house, at a minimum, recovery residences offer peer-to-peer recovery support (social model recovery) and promote long-term recovery.

RESIDENTIAL TREATMENT



BENEFITS

- Individual treatment planning with a treatment team of therapists, peers and medical professionals
- Highly structured but more flexible than Intensive Inpatient
- Removed from daily life to focus on recovery



CONS

- Insurance benefit may limit access to proper length of stay
- Not intended to be stand-alone treatment – discharge planning/follow up care must occur to assure good outcomes
- Transitional period after treatment can be difficult without proper planning

RECOVERY RESIDENCE



BENEFITS

- Teaches basic life skills, such as acquiring a job, paying fines, and obtaining a driver's license.
- Ability to live comfortably right out of treatment even if the resident did not have a home of their own to go to.
- Peer support from others in the recovery residence who share similar goals in recovery and sobriety.
- Peer Recovery Support from staff with "Lived Experience"



CONS

- Program fees that vary based on individual program
- Quality varies based on program readiness to become certified by West Virginia Alliance for Recovery Residences (WVARR).

I choose: Residential Treatment Recovery Residence

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WHAT TYPE OF OUTPATIENT SERVICE?

INTENSIVE OUTPATIENT PROGRAMS

OR

OUTPATIENT PROGRAMS

INTENSIVE OUTPATIENT PROGRAMS (IOP)

In general, IOP may provide more substance use counseling than outpatient programs. IOP can be provided in any setting that meets state licensure or certification criteria. IOP provide services for 9 or more hours a week for adults and 6 or more hours a week for adolescents. The recommended minimum duration for IOP is 90 days.

OUTPATIENT PROGRAMS (OP)

OP involve fewer than 9 hours a week for adults and fewer than 6 hours per week for adolescents. Op are likely to offer help with medical appointments, family therapy sessions, psychotherapy, and employment counseling.

INTENSIVE OUTPATIENT PROGRAMS (IOP)



BENEFITS

- There is a significantly heavier time commitment for an IOP than there is for traditional outpatient therapy.
- Being able to return home after treatment can be a positive factor for some people who have supportive home environments.
- Being in an IOP allows one to maintain a presence at work or school.



CONS

- Even though the person will get more treatment, they will have less free time.
- It could be a negative for someone who does not have significant support at home or who lives alone.
- There will likely be easy access to alcohol or drug of choice creating the need for personal accountability.
- Some individuals opt for less intensity when a higher level of care could reduce risk of continued use

OUTPATIENT PROGRAMS (OP)



BENEFITS

- Ideal for individuals with busy schedules and strong support systems.
- Full continuum of care to easily transition to lower or higher intensity services.
- An outpatient program allows for family to be included every step of the way with a more flexible schedule.



CONS

- Lowest available structure and accountability.
- Access to clinical services more limited.
- Detox protocol may not be adequate to manage symptoms of withdraw.
- Individuals success based on self-motivation due to lack of structure.

Please go to the next page.





My Treatment Plan Summary

- I choose Medication-Assisted Abstinence
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- I choose Inpatient Treatment Outpatient Treatment
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- I choose Residential Treatment Recovery Residence
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- I choose Intensive Outpatient Outpatient Programs

Notes



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