

# What You Need to Know About Treatment and Recovery

There is hope.  
Recovery is possible.

## Addiction Is A Disease

Opioids are highly addictive, and they change how the brain works. Anyone can become addicted, even when opioids are prescribed by a doctor and taken as directed. In fact, millions of people in the United States suffer from opioid addiction.

### Signs of Opioid Addiction

A major warning sign of addiction is if a person keeps using opioids even though taking them has caused problems—like trouble keeping a job, relationship turmoil, or run-ins with law enforcement. Other signs can include:<sup>1</sup>

### Opioid Use Disorder

Sometimes referred to as “opioid addiction,” opioid use disorder is a chronic and relapsing disease that affects the body and brain. It can cause difficulties with tasks at work, school, or home, and can affect someone’s ability to maintain healthy relationships. It can even lead to overdose and death.



Trying to stop or cut down on drug use, but not being able to.



Taking one drug to get over the effects of another.



Stealing drugs or money to pay for drugs.



Using drugs because of being angry or upset with other people.



Being scared at the thought of running out of drugs.



Overdosing on drugs.

<sup>1</sup>findtreatment.gov/content/understanding-addiction/addiction-can-affect-anyone

To learn more about opioid misuse, go to [cdc.gov/RxAwareness](https://www.cdc.gov/RxAwareness).



# Recovery Is Possible

**Recovery does not happen overnight.** Asking for help from family, friends, co-workers, and others can make a big difference. Tell them your reasons for quitting and ask them to check in with you about how things are going. If you know or suspect someone is struggling, ask if you can help.



# Treatment Can Help

**Treatment can help people get their lives back before it is too late.** No single treatment method is right for everyone, but research shows that combining behavioral therapy with medication is the most effective approach for overcoming opioid addiction.

Addiction is a disease that for many involves long-term follow-up and repeated care to be effective and prevent relapse. **When people make a recovery plan that includes medication for opioid use disorder, their chances of success increase.** Medications can help normalize brain chemistry, relieve cravings, and in some cases prevent withdrawal symptoms.

# Medication-Assisted Treatment Options

Talk with your doctor to find out what types of medication are available in your area and what options are best for you. Be sure to ask about the risk of relapse and overdose.

## Methodone

- Available as daily liquid
- Can only be used in a certified opioid treatment program setting

## Buprenorphine

- Available as dissolving tablet, cheek film, or 6-month implant under the skin
- Can be prescribed by a doctor for use outside of a clinic

## Naltrexone

- Can be prescribed by any healthcare provider who can legally prescribe medication
- Only used for people who have not used opioids for at least 7–10 days

## Find Treatment Services

Use these resources to find services that fit your needs:

Mental Health and Addiction Insurance Help: [hhs.gov/programs/topic-sites/mental-health-parity/mental-health-and-addiction-insurance-help/index.html](https://hhs.gov/programs/topic-sites/mental-health-parity/mental-health-and-addiction-insurance-help/index.html)

Health Center Locator: [findahealthcenter.hrsa.gov](https://findahealthcenter.hrsa.gov)

Behavioral Health Treatment Services Locator: [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)

Opioid Treatment Program Directory by State: [dpt2.samhsa.gov/treatment/directory.aspx](https://dpt2.samhsa.gov/treatment/directory.aspx)

### Additional resources to access help:

- **Medication-Assisted Treatment (MAT)**
- **Decisions in Recovery: Treatment for Opioid Use Disorder**
- **Facing Addiction in America | The Surgeon General's Report on Alcohol, Drugs, and Health**