

How Do I Know If I Need Drug or Alcohol Treatment?



When it comes to drug or alcohol use, it can be hard to know if you have a problem that needs treatment.

Want to know if you need treatment? Ask yourself these questions:

- Do you think about drugs or alcohol a lot?
- Have you tried to quit drinking or using drugs, but couldn't do it?
- Do you spend a lot of time and energy trying to get drugs or alcohol?
- Have you been arrested or in the hospital because of your drug or alcohol use?
- Does your alcohol or drug use have a negative effect on your relationships with family and friends?
- Have you ever overdosed or passed out due to drug or alcohol use?
- Do you feel afraid when you think you might run out of drugs or alcohol?

If you answered **yes** to any of these, or if you're worried about how alcohol or drugs are affecting you, you may have a Substance Use Disorder (SUD) and need treatment.

Getting Treatment

Getting treated for an SUD can help improve your life. Treatment takes time and commitment. After treatment, you may attend a recovery support program such as Alcoholics Anonymous (AA) or Self-Management and Recovery Training (SMART Recovery).

Some people will need to get treatment more than once. If you have been in treatment before and believe you need it again, it's okay! Relapse just means you need more treatment. You probably learned some recovery skills in your previous treatment and need to learn more. Don't let relapse discourage you!

If you believe you need treatment, it will be good for you to know what's available, what to expect, and how to access treatment. We'll talk about these things next inside this brochure.

Withdrawal

Treatment usually starts with withdrawal management often called “detox.” During this phase of treatment, the physical symptoms of withdrawal are safely managed. It’s not safe to quit some substances “cold turkey.” If you are addicted to alcohol, opioids, or benzodiazepines, quitting cold turkey could be dangerous or even fatal. It’s best to work with SUD treatment professionals to safely deal with withdrawal symptoms.



Treatment Type	Who Needs This Type?	What Happens During This Treatment?	Is it Covered by Passport?
Outpatient	People who have SUDs but do not need Intensive Outpatient or Inpatient Treatment.	You'll get services one or more hours per week in an office setting.	Yes 
Narcotic Treatment Program	People who have a SUD diagnosis due to their use of opioids.	• You'll get Medication Assisted Treatment (MAT) outpatient services to help stabilize you. MAT combines counseling/therapy and FDA approved medicines to treat SUDs and prevent opioid overdose. It can be a successful way to treat SUDs. • You may be prescribed Methadone.	Yes 

Treatment Type	Who Needs This Type?	What Happens During This Treatment?	Is it Covered by Passport?
Intensive Outpatient Treatment (IOP) / Partial Hospitalization (PHP)	People who have complex needs with addiction and/or cooccurring disorders. Co-occurring is when a person has more than one behavioral health disorder. For example, when a person has a substance use disorder and a mental illness. Both illnesses need to be addressed in treatment.	- You'll get organized outpatient service with treatment during the day, before or after school, in the evening, and/or on weekends. - You'll get basic education and treatment. - You may return to your home, work, school, or social environment where you can use the skills you learn. - You'll get more treatment hours per week than Outpatient Treatment	Yes 
Residential Treatment	People who need a safe and stable living environment while in treatment.	- You'll get a stable and safe living environment to help you develop recovery skills to help avoid relapse, continued use, or other problems. - You'll live at treatment facility during treatment.	Yes 
Inpatient Hospitalization	People who need highly structured 24-hour services for treatment.	- You'll get 24-hour medically directed care and treatment of substance-related and co-occurring conditions. - You'll get services in an acute care inpatient setting.	Yes 

Common Medicines Used for MAT Treatment for SUD

- Methadone
- Buprenorphine
- Naltrexone

Common Medicines Used for MAT Treatment for Alcohol Use

- Disulfiram
- Acamprosate
- Naltrexone



Are you wondering if MAT is just substituting one drug for another? It's actually not. Here's what MAT can do:

- Relieve withdrawal symptoms and psychological cravings that cause chemical imbalances in the body.
- Provide a safe and controlled level of medication that can help someone overcome the use of an abused opioid.

You can safely take MAT medicines for months, years, or even a lifetime. It depends on the person. If you plan to stop a medicine, always talk to your doctor first.



What is Naloxone?



Naloxone is a medicine that is injected into the muscle or sprayed into the nose. It's used for people who have taken too many opioids. It can help prevent opioid overdose. Naloxone blocks the effects of opioids, especially the decreased breathing that can happen.

What To Do If You Think You Need Drug or Alcohol Treatment

If you think there's a chance that your drug or alcohol use is keeping you from living your best life, do yourself a favor and talk to a professional. Talking to a professional can help you decide if treatment will help and what type of treatment is best for you.

Ways To Get Help:

- Call us at 1-800-578-0603 (TTY users call 711) if you have any questions or need help finding a provider.
- Talk to your doctor and ask for a referral for treatment.
- Go to www.findhelpnowky.org and look for a provider or call their help line.
- If you are in crisis, call our 24-hour Behavioral Health Crisis Line at 1-844-800-5154.
- If you need emergency help, call 911.



Treatment Does Work!



Completing a treatment program and reducing or eliminating your use of alcohol or drugs can be a very positive change in your life. You can feel better and be much healthier. It can improve your relationships with friends and family and it might even help save your life!