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Wyoming Healthy Together Program
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Treating Drug Abuse and Addiction

Treatment for addiction to drugs varies with your needs. Some people go through treatment only once. Others return to it off and on throughout their lives.

Recovery Is a Lifelong Process

Recovery begins when you seek help for your drug use. Then, you'll slowly start to build a new life. It may not always be easy. But with the support of others, you can succeed. During recovery, you'll go through three stages. How long each one lasts depends on your needs.

Early Recovery

During this stage, you'll focus on stopping your drug use. Most likely, you'll receive help from a therapist, addiction counselor, or doctor. You may also go to self-help groups on a regular basis. And you'll avoid people or places that might tempt you to use drugs.

Middle Recovery

During this time, you'll work on changing your life. You may change your values, move, or go back to school. You might start new, healthy relationships. And you might end ones that aren't as healthy. You may even try to make up for harm you caused while using drugs.

Late Recovery

This stage will last for the rest of your life. You're feeling stronger and healthier. Now, you may look for a greater sense of purpose. And you may focus on the things that matter to you most. These may include your family, your beliefs, or lending a hand to others.

Types of Drug Treatment

- **Residential treatment.** You live in a drug-free setting with others who have the same problem. You may stay in treatment for 3 to 6 months. During this time, you see a therapist or addiction counselor.
- **Outpatient therapy.** You see a therapist, or addiction counselor while living your normal life. You may see your therapist by yourself. Or you may be part of a group. In some cases, your family may see your therapist too.
- **Self-help groups.** These offer you support and encouragement. There are also support groups for the loved ones of people addicted to drugs.
- **Medications.** Your treatment may include certain medications, such as methadone or buprenorphine.
- **Alternative treatments.** These may include acupuncture, hypnosis, or biofeedback. Ask your health care provider about them.

When Times Get Tough

Drug addiction is never really cured. Sometimes, no matter how well you're doing, you may be tempted. If so, you can:

- Call your sponsor. This is someone in your self-help group who watches out for you.
- Talk to your therapist, health care provider, or someone else you trust.
- Make a list of how much you've achieved.
- Find something to distract you. Go to a movie, go out for a walk, or call a friend.