

## CONCEPT: TREATMENT AND RECOVERY

### Self-Initiated Treatment

◆ When an individual acknowledges their addiction and takes the initiative to *abstain* on their \_\_\_\_\_.

▪ **Abstinence:** Cessation of the substance being \_\_\_\_\_.

- Necessary step of *detoxification*.

▪ Avoid \_\_\_\_\_ that could restart the drug use.

- In some cases, psychotherapy or medications may be needed to curtail the addictive behavior.

#### Detoxification

Physically clearing the drug from a person's system & dealing with withdrawal symptoms.

Self-Initiated Treatment	
Type of Addiction	Medication
1 Smoking	<ul style="list-style-type: none"><li>▪ <b>Nicotine Replacement Therapies (NRT)</b> – ____ cravings and withdrawal symptoms.</li><li>▪ <b>Ex:</b> Patches, gums, lozenges, inhalers.</li></ul>
2 Alcohol	<ul style="list-style-type: none"><li>▪ Medications can cause unpleasant symptoms when drinking or ____ cravings and withdrawal symptoms.</li><li>▪ <b>Ex:</b> Disulfiram.</li></ul>
3 Marijuana	<ul style="list-style-type: none"><li>▪ Medications focus on ____ cravings, irritability and withdrawal symptoms.</li><li>▪ <b>Ex:</b> Buspirone.</li></ul>

### Intervention

◆ An intervention may be needed for those whose self-initiated treatment has not been effective or are in \_\_\_\_\_.

▪ Done in \_\_\_\_\_ settings with partners, family, friends and/or co-workers.

◆ Effective interventions should include a specialist and the following recommendations:



1 Care	_____ compassion and care for the addicted individual.
2 Concern	Describe how the addictive behavior is causing _____ and concern.
3 Character	Explain how the addictive behavior is _____ the addicted individual.
4 Change	_____ action plan towards meaningful change.

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### EXAMPLE

Which of the following statements is most true?

- a) Interventions work best when tailored to the misuse of a specific drug.
- b) Interventions are most effective if only the recommendations of the psychotherapist are followed.
- c) Interventions composed of family and longtime friends are more effective than with strangers.
- d) NRT patches make smoking easy to quit.

### Treatment for Addiction

- ◆ Individuals whose addictions lead to severe health issues, social disorders, and/or legal problems should seek treatment.
  - The full scope of drug treatment involves the following steps:

Steps of Drug Treatment	
Treatment Step	Description
① <b>Assessment</b>	▪ Examination of a person's substance use disorder, history & overall well-being to determine _____ treatment.
② <b>Detoxification</b>	▪ <b>Recall:</b> Elimination of the drug and withdrawal management. - If necessary, done under medical supervision.
③ <b>Psychotherapy</b>	▪ Helps to identify negative actions and thoughts while _____ positive ones.
④ <b>Medication</b>	▪ _____-term drug-mediated maintenance to help ____ cravings. ▪ <b>Ex:</b> Antidepressants and antipsychotics.
⑤ <b>Aftercare</b>	▪ Continuous psychological care aimed at ____ the chance of relapse.
⑥ <b>Relapse</b>	▪ A _____ to drug use.

**MEMORY TOOL:** \_\_\_\_\_ll \_\_\_\_\_reamers \_\_\_\_\_ursue \_\_\_\_\_any \_\_\_\_\_dventures

## **CONCEPT: TREATMENT AND RECOVERY**

### **EXAMPLE**

John is a 33-year-old male who just finished a 90-day rehabilitation program for heroin addiction. He's back in his neighborhood, where the temptation to do heroin again is high. He experiences moments where he wants to use again. He attends Narcotics Anonymous meetings a few times a week and talks to an accountability coach regularly. Which stage of his drug treatment is John currently engaged?

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- a) Detoxification      b) Medication      c) Aftercare      d) Relapse      e) Assessment

### **PRACTICE**

Although his family members and co-workers don't agree, Jeremy continues to tell them he doesn't have a drinking problem even after his second DUI charge. Which of the following terms best describes his current state of mind?

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- a) Self-assured      b) Denial      c) Abstinence      d) Compulsive

### **PRACTICE**

Which of the following statements is true?

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- a) Abstinence involves quitting only illicit drugs.  
b) Withdrawal symptoms only manifest as physical symptoms.  
c) Detoxification can be safely done with an over-the-counter detox kit from your local pharmacy.  
d) The process of detoxification begins with abstinence.  
e) Assessing a person's mental health is all that matters in drug treatment planning.

### **PRACTICE**

Which of the following statements is true?

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- a) Psychotherapy is never needed if a person is on a drug protocol for addiction.  
b) The amount of time needed for detoxification is the same for all drugs.  
c) A person in treatment can only talk to an addiction psychologist during the psychotherapy phase.  
d) Relapse can only occur once the aftercare phase has been reached.  
e) A patient being asked about their family history of addiction could be done during the assessment phase.