

Medication Assisted Treatment

For some, psychotherapy & other recovery supports lack full benefit due to a biochemical imbalance resulting from the depletion of natural neurotransmitters and altered brain function. In these cases medication may be a valuable tool to help overcome withdrawal—acute or protracted—or to manage cravings. Following are some of the medications offered as a complement to treatment::

Vivitrol /Naltrexone— a non-addictive medication, it is not opioid based and does not diminish acute withdrawal symptoms. Proven to be effective in blocking the intoxicating effects of alcohol and opioids while also alleviating cravings, Vivitrol is delivered by monthly injection while naltrexone is the daily, oral version. Both can be prescribed from any physician's office.

Buprenorphine/Suboxone—an oral, opioid-based medication, its effect levels off at a certain dosage without producing further opioid effects (i.e. "high"). It also blocks other opioids which produce more intensive effects with increased amounts. It can be used as an aid to detoxification or maintenance to manage cravings and restore biochemical balance. It can only be prescribed from an approved physician's office following training and receipt of a waiver.

Methadone— an opioid-based, oral medication used for detoxification and maintenance in treating a severe opioid use disorder. Dosages vary widely by individual. It is a daily dose medication that must be prescribed from a licensed opioid treatment program.

RECOVERY IS REAL!



Seeking Recovery from a Substance Use Disorder: What Are My Options?

How to Decide What's Right for You

Courtesy of:



What Kind of Treatment Do I Need?

There are many options for treatment. Deciding what's right for you means knowing what those options are.

Outpatient Counseling: An organized, non-residential treatment service providing psychotherapy which the individual attends regularly scheduled treatment sessions for, at most, 5 hours per week from home.

Intensive Outpatient: An organized, non-residential treatment service providing structured psychotherapy and stability through increased periods of staff intervention; a planned regimen consisting of regularly scheduled treatment sessions at least 3 days per week for at least 5 hours (but less than 10).

Partial Hospitalization: Designed for those who do not need 24 hour residential care but nonetheless could benefit from more intensive treatments than are offered in outpatient programs; a minimum of 3 days and 10 hours per week.

Halfway House: A state licensed, regulated and professionally staffed treatment facility in the community focused on developing self-sufficiency through counseling, employment and other services; a live in/work out environment.

Non-hospital Detoxification: A residential facility provides 24 hour professionally directed evaluation and detoxification of addicted individuals; 24 hour observation, monitoring and, usually, medication.

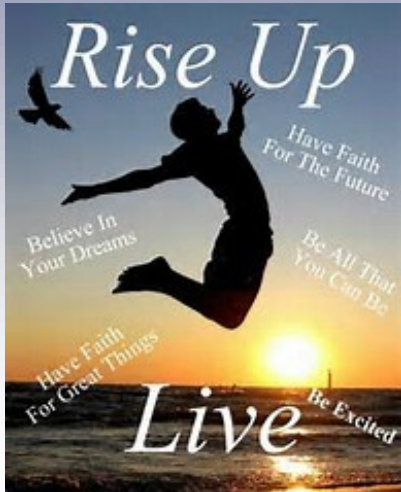
Non-hospital Short-term Inpatient Rehabilitation: 24 hour professionally directed evaluation, care & treatment of individuals in acute distress; substance use disorder symptoms are demonstrated by moderate impairment of social, occupational or school functioning.; rehabilitation is a key treatment goal.

Non-hospital Long-term Inpatient Rehabilitation: 24 hour professionally directed evaluation, care & treatment of individuals in chronic distress, whose substance use disorder symptoms are demonstrated by Severe impairment of social, occupational or school functioning; habilitation is the treatment goal.

Hospital Based Detoxification: 24 hour medically directed evaluation and detoxification of individuals with substance use disorders in an acute care setting; individuals utilizing this level of care have acute withdrawal problems that are severe enough that they require primary medical and nursing care facilities.

Hospital Based Inpatient Rehabilitation: 24 hour medically directed evaluation, care and treatment for individuals with co-existing Biomedical, psychiatric or behavioral conditions that require frequent care.; includes 24 hour access to nursing, intensive and specialized medical care and a physician.

YOUR LIFE MATTERS!



Still feel lost?

The West Branch Drug & Alcohol Abuse Commission is committed to helping you find your way.

Staff will gladly provide case management services, direction and support to get you started. The Commission is also more than happy to provide information and services to families and loved ones.

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RECOVERY SUPPORT SERVICES:

Case Management—Screening and assessment to determine the appropriate level of care. Individuals are then referred to a provider for treatment and offered assistance in accessing funding and community resources to meet other needs.

Certified Recovery Specialist—a community-based peer support service. An individual with lived experience in the world of recovery from substance use disorders, the CRS works with individuals at any stage of recovery, providing support and guidance in navigating recovery-oriented services.

Wellness Coaching—helps people make positive changes on health issues through the use of knowledge of health and wellness, effective communication skills, coaching principles and strategies to motivate and inspire.

Recovery Resource Centers—very much like a library specifically designed to support recovery with books (hardcopy and on CD), DVDs, workbooks, computer/printer access and more. Some items may be yours to keep.

Overdose Reversal Resources
www.evzio.com
www.getnaloxonenow.org
www.narcannasalspray.com

MUTUAL SUPPORT GROUPS:

Alcoholics Anonymous - "ALCOHOLICS ANONYMOUS® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism."

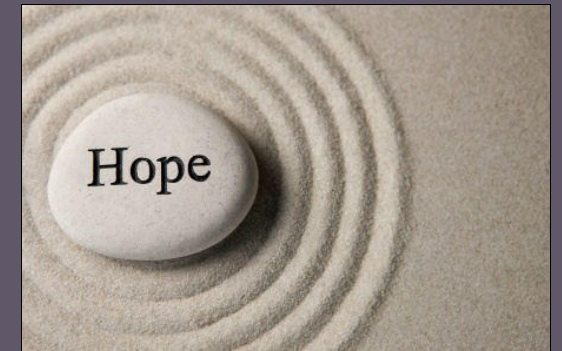
Narcotics Anonymous—"NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We ... meet regularly to help each other stay clean. ... We are not interested in what or how much you used ... but only in what you want to do about your problem and how we can help."

There are a variety of similar mutual support groups in place for specific substances (e.g. Cocaine Anonymous) or needs (e.g. Gambling Anonymous) based upon the same 12-step premise. Faith-based groups, such as Celebrate Recovery, are also available.

Al-Anon, Alateen, Nar-Anon, Adult Children of Alcoholics, Grief Recovery After a Substance Passing

These mutual support groups are designed to provide an opportunity for those who have loved ones with a substance use disorder to support one another while growing in an environment of experience, strength and hope.

The West Branch Drug & Alcohol Abuse Commission provides bi-county leadership in the implementation and ongoing development of policies and programs toward a recovery oriented system of care for substance use disorders. The Commission is dedicated to ensuring quality prevention, Intervention, treatment and recovery services that build healthy individuals, families and communities in Lycoming and Clinton Counties.



Project Bald Eagle—Project Bald Eagle is a 501(c)3 non-profit organization that is leading efforts to stem the tide of the opioid epidemic through Coalition Building, Prevention and Treatment.

Join the Coalition at
www.ProjectBaldEagle.com

