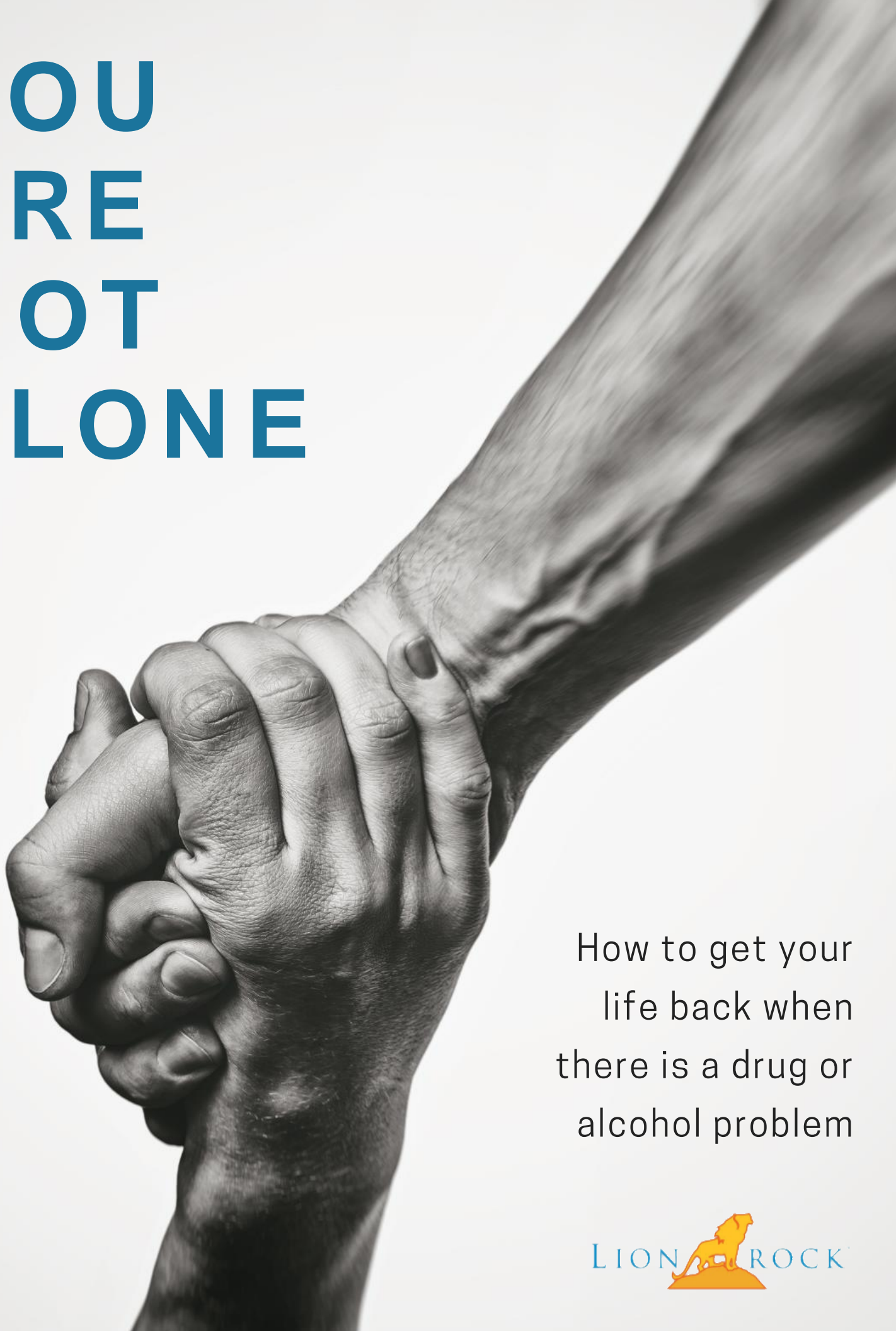


YOU ARE NOT ALONE



How to get your
life back when
there is a drug or
alcohol problem



About Lionrock Recovery

Lionrock Recovery is the nation's premier online substance use disorder clinic—where you can get help from the privacy of home.

Lionrock is private, convenient, affordable, and easy to use. No one will see you except your counselor and confidential recovery group members. You can work your treatment schedule around your life—not the other way around. All you need is an internet connection, a computer or tablet, and a headset. Our programs are accepted by most major insurance carriers. And if insurance isn't an option, we offer affordable program packages. Contact us to learn more.

We are not just a treatment company. ***We are a recovery company.*** **Reach out today!**



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Hello, friend. And welcome.

If you're reading this, you or a loved one are struggling with an addiction to drugs or alcohol. You're probably full of emotions, questions, and doubts. Most likely, you are wondering things like:

- *"What do I do now?"*
- *"Is there any hope?"*
- *"How do I choose a treatment program?"*
- *"How much will it cost?"*
- *"Is it even possible to get better?"*

It helps to have answers. We wrote this book because we have spent years working with people just like you. People feeling overwhelmed, scared, and

stressed. People struggling with a substance that they have a difficult time controlling. People who need a helping hand to come alongside and say, “You can do this. We can help.”

In the chapters that follow, we’ll do our best to answer some of your questions and ease your concerns. We will outline the process that leads to addiction (which we will refer to as [substance use disorder](#)). We’ll talk about different kinds of treatment and how they work. We’ll explain what some of your options are, so that you can have a road map for where to start. Most of all, we’ll do our best to show you that it *is* possible to get better. You may feel hopeless and unsure right now. But stay with us. Take a deep breath. And know that with the right help, you will be able to [get your life back](#), and embark on a beautiful journey of recovery.

START



1.

YOU ARE NOT *Alone*

Whether you are battling a drug or alcohol problem yourself, or whether you have a family member or friend who is struggling, **you are not alone.**


Currently, more than **20 million Americans** have an active substance use disorder.¹ Worldwide, that expands to nearly **200 million people.**² Substance abuse costs the U.S. economy about **\$350 billion every year** in direct medical costs and in related legal, social, and employment-related costs.³ And that's not taking into account the toll that substance use disorder takes on families. The National Association for Children of Addiction estimates that **there are approximately 18 million children of alcoholics** in the U.S. today.⁴ Despite all of this, **only 19%** of those who are currently struggling with substance use disorder get

¹ Bose, J., Hedden, S.L., Lipari, R.N., & Park-Lee, E. (2018). Key Substance Use and Mental Health Indicators in the United States: Results from the 2017 National Survey on Drug Use and Health. Retrieved from <https://www.samhsa.gov>

² WebMD. (2012, January 6). Worldwide illegal drug use estimated at 200 million people a year. Retrieved March 21, 2019, from <https://www.cbsnews.com>

³ Substance Abuse Prevention Dollars and Cents: A Cost-Benefit Analysis. (n.d.). Retrieved from <https://www.samhsa.gov>

⁴ National Association for Children of Addiction. (n.d.). Retrieved from <https://nacoa.org/>



*Only **19%** of
people who
struggle with
a substance
use disorder
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they need.*

the help they need.⁵ But **there is hope. 24 million Americans** are currently in recovery. After getting some help, they're living their lives free of dependence on drugs or alcohol.⁶ There are many paths to recovery—one size does not fit all. Recovery from substance use disorder happens every single day. **You are not alone**, even if it feels like it. **Reach out for help.** There are people waiting to support you in your recovery.

⁵ Bose, J., Hedden, S.L., Lipari, R.N., & Park-Lee, E. (2018). Key Substance Use and Mental Health Indicators in the United States: Results from the 2017 National Survey on Drug Use and Health. Retrieved from <https://www.samhsa.gov>

⁶ Survey: Ten Percent of American Adults Report Being in Recovery from Substance Abuse or Addiction. (2013). Retrieved March 21, 2019, from <https://drugfree.org>

2.

What is SUBSTANCE USE DISORDER?

The Substance Abuse and Mental Health Services Administration defines **substance use disorder** as follows:

Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home⁷.

There are **11 different criteria** used to diagnose substance use disorder, according to the DSM-5, or Diagnostic and Statistical Manual of Mental Disorders⁸. The diagnosis is classified on a spectrum from mild to severe. Where you rank on the spectrum depends on how many of the criteria you meet. If you meet just one or

⁷ Substance Abuse and Mental Health Services Administration, (n.d.). Retrieved March 21, 2019, from <https://www.samhsa.gov>.

⁸ Hasin DS, O'Brien CP, Auriacombe M, et al. DSM-5 criteria for substance use disorders: recommendations and rationale. *Am J Psychiatry*. 2013;170(8):834-851. doi:10.1176/appi.ajp.2013.12060782. Retrieved from: <https://www.ncbi.nlm.nih.gov>


two of these criteria, your level of substance use disorder is not as severe as someone who meets all of them.

What is important for you to know is that your substance use disorder does not have to be severe for it to be a problem. If it interferes with your life in any of these ways, please seek help. The earlier you get help, the better. But even if you've been using for years, it is not too late for you. A substance use disorder treatment professional can help you regardless of where you find yourself today.

Your substance use disorder does not have to be severe for it to be a problem.

The 11 criteria for substance use disorder are:

- 1 Hazardous use:** Your use of the substance has resulted in danger to self or others.
- 2 Social or interpersonal problems related to use:** Your use of the substance has caused problems in relationships with friends and/or family.
- 3 Neglected major roles to use:** Your use of the substance has led you to neglect or fail to fulfill important responsibilities.
- 4 Withdrawal:** You have experienced withdrawal symptoms after stopping your use of the substance.
- 5 Tolerance:** You have to use more of the substance to get the same effect as you did when you first started using.

- 
- 6 Used larger amounts/longer:** You have begun to use large amounts of the substances, and/or used for longer periods of time.
 - 7 Repeated attempts to control use or quit:** Your attempts to quit or cut back on your use of the substance have failed.
 - 8 Much time spent using:** A lot of your time is devoted to using the substance.
 - 9 Physical or psychological problems related to use:** Your use of the substance has caused physical health issues.
 - 10 Activities given up to use:** You have stopped engaging in activities you once enjoyed for the purpose of using the substance.
 - 11 Craving:** You have experienced physiological cravings for the substance.

HOW IT WORKS IN YOUR BRAIN

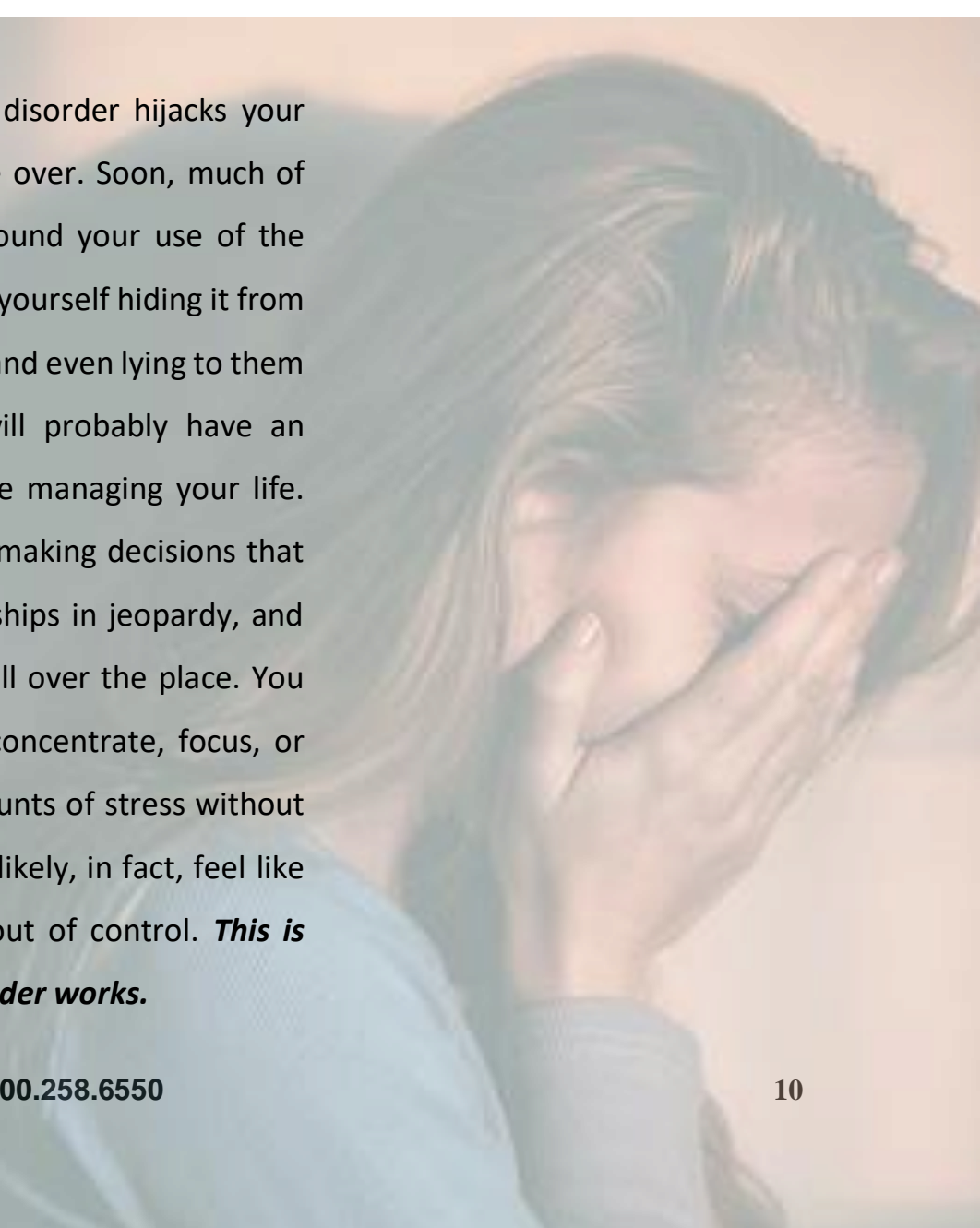
Your brain has a “reward center” that is affected by substance use--whether your drug of choice is alcohol, cocaine, opioids, or methamphetamine. Let’s take alcohol as an example:

- Alcohol is a depressant—when you drink it, it relaxes you. It also lessens anxiety and stress, lowers your inhibitions, and simply slows things down. This feels good. If you drink a lot, you get drunk and you forget things for a while. The brain treats this as a reward.
- The next time you think about drinking, dopamine levels rise in your brain. Dopamine is a chemical in your brain that increases when you are

anticipating something pleasurable. You begin to experience intense cravings for alcohol, and those cravings become harder to resist.

- Over time, the same amount of alcohol fails to produce the same feeling of euphoria. The brain has lessened its sensitivity to dopamine. This is known as developing **tolerance**. Now you find that you need alcohol just to feel normal, so you drink more to get to the euphoric state, but this causes harm to your brain and other organs.

In short, substance use disorder hijacks your brain and begins to take over. Soon, much of your life will revolve around your use of the substance. You may find yourself hiding it from your friends and family, and even lying to them about your use. You will probably have an increasingly difficult time managing your life. You might find yourself making decisions that put your job or relationships in jeopardy, and your emotions may be all over the place. You may find it difficult to concentrate, focus, or manage even small amounts of stress without the substance. You may likely, in fact, feel like your life is completely out of control. ***This is how substance use disorder works.***



Like other chronic diseases, substance use disorder involves cycles of relapse and remission. It's part of the disease cycle for you to occasionally stop using for a

Substance use disorder is a cycle that continues to drag you down. Fortunately, there is a way out.

while but then start again in response to a trigger, such as a stressful event in your life.

A person can try to control their behaviors on their own, but without participating in treatment of some kind, the addiction to the substance gets progressively worse.

substance use disorder is a cycle that continues to drag you down. **Fortunately, there is a way out.**

THE ADDED COMPLICATION OF MENTAL HEALTH ISSUES

Two out of three people who struggle with substance use disorder have **co-occurring mental health disorders**. These include depressive disorders, anxiety disorder, and/or obsessive-compulsive disorder, among others. In addition, past experiences such as trauma often play a significant role in a substance user's mental health.

The existence of co-occurring psychological disorders helps to explain how some who struggle with substance abuse develop a chemical dependency. People with mental health disorders sometimes turn to drugs or alcohol to control their symptoms. They use them to self-medicate and feel better. This strategy works for a while—until it doesn't.

Mental health professionals are trained in navigating the challenges associated with co-occurring disorders. They can help you build healthy coping skills, work through emotional wounds, and heal from past trauma.

FIVE STAGES OF SUBSTANCE ABUSE

Substance abuse doesn't always progress immediately to full-blown addiction. Depending on the person, the substance, and your life situation, addiction can develop slowly or with lightning speed.

There are **five stages of substance abuse** on the path to substance use disorder:

1 Experimentation

Just like it sounds, experimentation is the early, occasional use of substances (including alcohol) in order to understand the experience. Typically, experimentation happens with friends, and not when you're by yourself.

2 Situational Misuse/ Regular Use

A person crosses the line from substance use to substance abuse when they start using drugs or alcohol to avoid problems or as an attempt to ease unpleasant feelings such as anxiety or stress. This is the stage when the substance becomes an unhealthy coping mechanism.

3 Dangerous Use

The lines between safe and dangerous use start to blur as your use increases. Things like binge-drinking or drunk driving are more likely to seem okay. You're less likely to accurately judge how impaired you are.

4 Dependence

If you continue to rely on the drug to cope with anxiety or other issues, **dependence** can develop. This isn't quite physical addiction, but it's almost as difficult. You've become emotionally dependent on drugs or alcohol, and it's a struggle to cope with life without using.

5 Addiction

Eventually, the brain adapts to the constant presence of the substance. It alters how it



operates to include the substance. Once this has occurred, you feel sick when you don't use it. Full addiction has taken hold.

Please know that no matter what stage of substance use disorder you find yourself in today, **there is hope**. People enter recovery every day from all five of these stages, whether they have been using for 3 months or 30 years. Help is available for you.

**“ The great thing
in this world
is not so much
where you stand,
as in what direction
you are moving. ”**

- Oliver Wendall Holmes



3.

A FEW THOUGHTS ON *Stigma*

Stigma is a powerful force that prevents many people battling a drug or alcohol problem from getting the help they need. When we think of stereotypical “addicts,” we often think of raging drunks or down-and-out vagabonds sleeping under bridges. In our minds, addicts don’t look like us--moms, dads, business professionals, coaches, successful college grads, healthcare workers—the list goes on and on.

But **most people struggling with substance use disorder are just like you;** they have homes, jobs, and friends. It is commonly said in 12-step meetings that “addiction doesn’t discriminate”. This means that it can affect people from all walks of life. Having substance abuse disorder doesn’t make you a bad person. It simply means you have a chronic disease, and you need help.

If you had diabetes, ***you’d get help:***

- You’d take medications to help lessen your symptoms.

- You'd meet with a dietician to help you change your eating habits.
- The whole medical community would support you.
- Your insurance would pay for it.
- You wouldn't try to hide it from the world.
- You would be able to increase your quality and length of life by effectively managing your disease.

Why, then, do many people feel such a sense of shame over their substance use disorder that they decide not to get the help they need? You may even be feeling that way right now. It is important for you to know that if you have a substance use disorder, you have a disease—***and it's not your fault.***

Having substance use disorder doesn't make you a bad person. It simply means you have a chronic disease, and you need help.

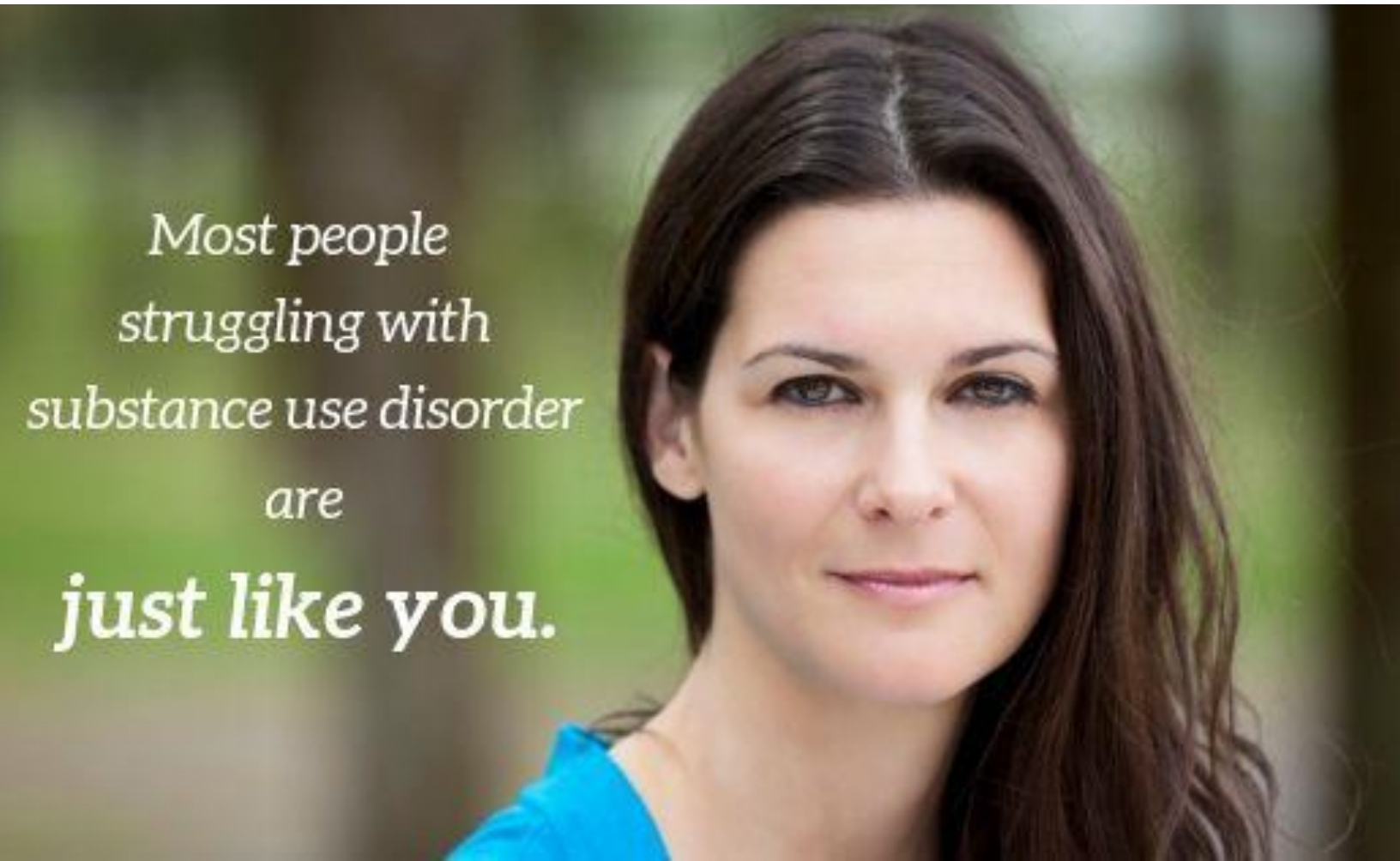
SUBSTANCE USE DISORDER IS A CHRONIC DISEASE

Like diabetes, substance use disorder is a legitimate physiological disease inside your body. It has behavioral aspects—just as a poor diet might have contributed to developing diabetes, poor choices or adverse life events often contribute to the development of substance use disorder. But genes play a big role as well. Addiction has a strong genetic component. **Over 50%** of those with a substance use disorder have close relatives who also struggle with one.⁹

⁹ Results from the 2015 National Survey on Drug Use and Health: Detailed Tables (n.d.). <https://www.samhsa.gov>

You can't develop a substance use disorder if you don't drink or take drugs. But if you do, your genes and your life experiences combine to make it far more likely that you will develop a problem. It isn't a moral or character weakness in you that made you addicted; it's a biological, and often environmental one.

In order to regain your health, you'll need to change your behaviors, learn positive coping mechanisms, and accept that you have a disorder that you'll live with for the rest of your life—just like diabetes. **You can have a prosperous and healthy life if you get treatment.** But if you don't, you'll remain on a downward spiral that could eventually lead to serious negative consequences—including significant health issues, incarceration, loss of relationships, and even death.

A woman with long, dark, wavy hair is shown from the chest up, looking directly at the camera with a slight smile. She is wearing a blue top. The background is a soft-focus green, suggesting an outdoor setting with trees.

Most people
struggling with
substance use disorder
are
just like you.

FAMILIES AND CODEPENDENCY

If you have a loved one with a substance use disorder, you're most likely experiencing shame and stigma as well. It might be from your own ideas of what addiction is. It might be from the lies and hurtful experiences that you've most certainly encountered. It might be from how other people have treated you or

*You didn't
cause this,
and you
can't fix it.*

reacted to your situation. It's important for you to know that you didn't cause this, and you can't fix it. Your loved one's substance use disorder has nothing to do with anything you did or didn't do. Yet substance use disorder is a family disease. It affects every person in the family system—and if you love someone who is actively battling a substance use disorder, you more than likely need help, too.

GET HELP EVEN IF YOUR LOVED ONE DOESN'T

Caring for someone who is in the midst of a substance use disorder is painful. You may not have any idea what to do to make the situation any better. While you cannot control your loved one's choices, you can control your own choices, and you can begin to enjoy your life again. **Recovery is possible for you regardless of whether or not your loved one decides to get help.**

It is a good idea to seek help for yourself through avenues such as:

- **Support groups led by a treatment professional**

- Formal or informal groups that meet in person or online
- **Formal mutual support groups** like Codependents Anonymous or Al-Anon where you walk through the 12-Steps and have your own sponsor who supports you
- Individual therapy, which can help you work through the grief and trauma you've experienced



4.

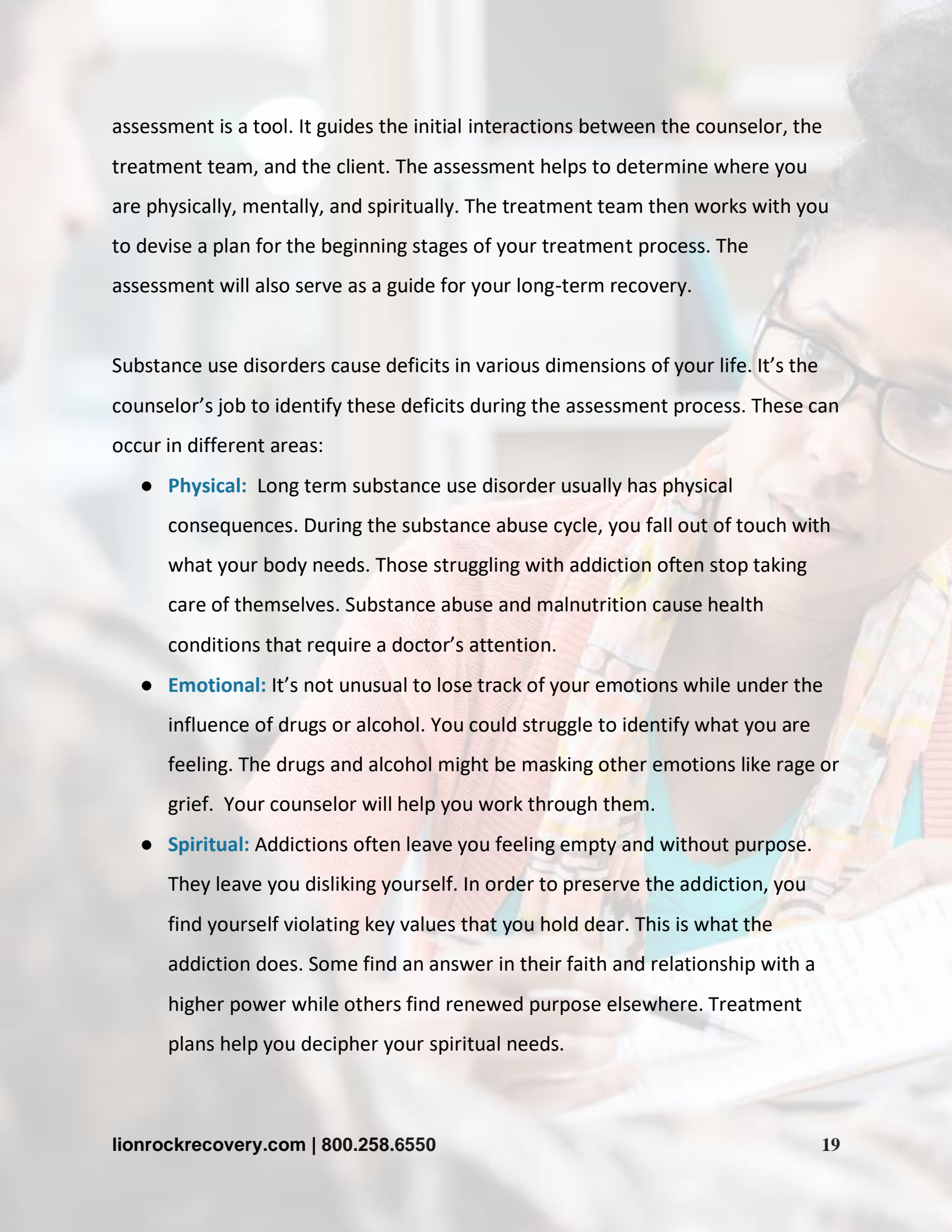
Creating the Plan: THE 1st STEP *in* SUBSTANCE USE DISORDER *Treatment*

Substance use disorder treatment is highly-structured counseling that draws from several disciplines. Treatment helps a person with a substance use disorder begin the healing process.

Treatment combines education and the development of new coping strategies. It's important to understand how addiction treatment works so that you can create a life that supports your long-term recovery.

FIRST: THE ASSESSMENT PROCESS

Every treatment program begins with conducting an assessment. An



assessment is a tool. It guides the initial interactions between the counselor, the treatment team, and the client. The assessment helps to determine where you are physically, mentally, and spiritually. The treatment team then works with you to devise a plan for the beginning stages of your treatment process. The assessment will also serve as a guide for your long-term recovery.

Substance use disorders cause deficits in various dimensions of your life. It's the counselor's job to identify these deficits during the assessment process. These can occur in different areas:

- **Physical:** Long term substance use disorder usually has physical consequences. During the substance abuse cycle, you fall out of touch with what your body needs. Those struggling with addiction often stop taking care of themselves. Substance abuse and malnutrition cause health conditions that require a doctor's attention.
- **Emotional:** It's not unusual to lose track of your emotions while under the influence of drugs or alcohol. You could struggle to identify what you are feeling. The drugs and alcohol might be masking other emotions like rage or grief. Your counselor will help you work through them.
- **Spiritual:** Addictions often leave you feeling empty and without purpose. They leave you disliking yourself. In order to preserve the addiction, you find yourself violating key values that you hold dear. This is what the addiction does. Some find an answer in their faith and relationship with a higher power while others find renewed purpose elsewhere. Treatment plans help you decipher your spiritual needs.

Physical health considerations

First comes the question of physical health. Your counselor will want to know things like:

- Do you need help with detoxing from substance use?
- Are you medically stable?
- Do you need other health care services?

The counselor will ask questions about your physical habits. Exercise, proper nutrition, and sleep habits tend to suffer during active substance use disorder. This is completely normal.

Mental health considerations

The counselor will ask questions about your mental and emotional state—these include stress levels, how clearly you’re able to think and function, and how you’re processing your emotions. Your stress levels are bound to be high as you enter treatment and everything is unfamiliar.

Part of the treatment process is stopping the vicious cycle by treating the co-occurring disorders alongside the substance use disorder.

The counselor will also try to evaluate whether you are suffering from depression, anxiety, or other co-occurring disorders. They are very common and addiction counselors know to expect them.



Assessment

You and an addiction counselor determine what your physical, mental, and spiritual/social needs as you go through treatment.



Detox

Before you can begin work to ensure long-term recovery, your body needs to be cleared of the substances & you'll go through withdrawal.



Treatment

A combination of group and individual counseling lets you work through physical, mental, and spiritual/social issues that could interfere with your recovery.

Identifying co-occurring disorders helps the counselor give you the support you need. Disorders like depression or anxiety can not only be triggers to use or drink, but the drinking or drug use also tends to make the co-occurring disorders worse over time. Part of the treatment process is stopping that vicious cycle by treating the co-occurring disorders alongside the substance use disorder.

If necessary, the substance abuse counselor will bring in a mental health professional who specializes in your specific co-occurring disorder or disorders. Your treatment team wants to create the best opportunities for your long-term recovery and healthy life.

Emotional & spiritual needs

As the assessment goes deeper, you and your counselor will discuss aspects of your social life and your spiritual connections. You may need to work on these to create a sustainable recovery.

PUTTING TOGETHER THE TREATMENT PLAN

Once the assessment is complete, the counselor and client put together a substance abuse treatment plan. You play an active part in your treatment decisions.

You and your counselor will use this to create achievable goals for your recovery. Together, you'll establish a timeline for meeting these goals. You and your counselor can track and adjust this plan as you work toward building your life in recovery.



5.

WHAT ARE MY TREATMENT *Options?*

With the assessment and treatment plan complete, you are ready to enter a substance use disorder treatment program.

In almost all successful recovery programs, treatment is a mix of individual and group therapy. Group sessions form the backbone of drug addiction counseling. Recovery groups help you gain perspective on your own journey through interaction with others who are in the same place. In turn, you continue to grow by sharing your experience with others.

Individual sessions provide time to discuss topics that are better explored in private. They also provide the best environment for family therapy and case management.

TYPES OF TREATMENT

You might hear your treatment team talk about **continuum of care**. The earlier stages of recovery generally require the most intensive levels of care—as you progress through your treatment program, you won't need the same level of care.

Inpatient and **outpatient** treatment are two broad levels of care within the continuum of care. The best way to choose your level of care is through a professional assessment by a behavioral health professional. Medical stability, time abstinent from drug or alcohol use, and motivation to adhere to an outpatient treatment program are some of the criteria a counselor uses in determining the appropriate level of care.

MEDICAL STABILIZATION (DETOX)

If you've developed a dependence on a substance, the first step of the treatment process will be going through detoxification, or detox. You will typically experience withdrawal symptoms during detox, and the severity can range from mild to extreme discomfort.

Depending on the level of withdrawal symptoms, detox can sometimes be done at home, or it can be medically supervised in either an ambulatory (outpatient) or inpatient setting. During your treatment intake assessment, your treatment team will help you determine which type of detox is most appropriate for you.

In some cases, you might put yourself in danger if you try to detox without medication management. A person who drinks heavily, for example, will need supervised medical stabilization as they detox. Withdrawal from any addictive substance can be unpleasant—but in severe cases, alcohol withdrawal can result in delirium tremens (DTs). Without medical supervision, you could face severe complications or even death. Doctors can manage the effects so that you can come safely through.

Outpatient detox

Most people trying to recover from substance use disorder aren't facing the level of withdrawal symptoms that require inpatient detox services. Research studies have shown that in many situations, outpatient detox and inpatient detox are both equally effective, so as long as you have the support you need from your chosen recovery program, you might be able to detox **without exiting your normal life.**^{10, 11}

Inpatient detox

It could be medically important for you to detox in an inpatient facility depending on what substance(s) you are trying to clear from your body, how long you've been using, and the severity of your substance use disorder. Many treatment programs offer a safe environment for detoxing that removes you from your home environment where you might be tempted to seek out drugs or alcohol as

¹⁰ Hayashida, M. (n.d.). *An Overview of Outpatient and Inpatient Detoxification*. Retrieved from <https://pubs.niaaa.nih.gov/publications/arh22-1/44-46.pdf>

¹¹ Department of Health | Settings for detoxification. (2019). Retrieved April 23, 2019, from Health.gov.au website: <http://www.health.gov.au>

the initial cravings get stronger. Typically, this will also include the use of certain medications to ease the symptoms of withdrawal and make sure it is done safely.

How long does detox take?

Detox times can vary depending on the substance you're trying to flush from your system. The average is 5-7 days, especially for alcohol, cocaine, and opiates.

Benzodiazepines can take weeks to months to clear from your system.

Detox is simply the process of your body clearing the drugs or alcohol out of your system in early recovery.

Whether you detox in an inpatient setting or with the support of an outpatient program, you'll still face strong cravings, discomfort, and even physical and emotional pain. During both ambulatory and inpatient medical detox, doctors can prescribe medications that will manage your withdrawal symptoms and make you more comfortable as you go through the

process. They can also make sure you detox safely. All withdrawal processes run the risk of side-effects including anxiety, seizures, or tremors, so ***please follow the recommendations of your treatment team.***

RESIDENTIAL (INPATIENT) TREATMENT

Just like it sounds, a **residential drug and alcohol rehab center** requires that you live at the center during your treatment. The terms **inpatient** and **residential** are



often used to mean the same thing, though technically an inpatient facility is more likely to be in a hospital rather than a separate treatment center. Inpatient programs offer around-the-clock medical care. Residential facilities located outside of a hospital may not.

Inpatient care may be the best fit for you if your level of dependence on drugs or alcohol is severe and the physical consequences of withdrawal are significant. In such cases, options that include inpatient hospital or residential treatment can be the best option for helping you through the withdrawal stage of early recovery. In a residential program, you can stay in one location from detox care through the intensive phase of individual and group therapy. They will often use the opportunity to improve your health by including exercise programs and nutrition services. Alternative or experiential therapies like equine therapy, art therapy, or

naturopathic medicine might also be incorporated into treatment, depending on the philosophy of the residential center.

How long does residential treatment take?

Residential programs vary in length and depend on many factors, such as insurance benefits and the severity of the disorder. The average is approximately 30 days. Extended programs usually run around 90 days.

OUTPATIENT TREATMENT

There are times when you might face barriers that make getting help feel impossible. You might live in a geographical location that makes it difficult to get to a residential center. You might not be able to afford the cost of treatment. You might not want your boss to know about your treatment due to fear of losing your job. Or, you might

be a parent who can't easily take time away from your children. These are some of the common reasons people have for deciding against going to residential or inpatient treatment. The good news is that research shows that **outpatient**

Research shows that outpatient treatment—particularly Intensive Outpatient (IOP)—is just as effective as inpatient treatment for most people.

treatment—particularly **Intensive Outpatient (IOP)**—is just as effective as inpatient treatment for most people¹².

In fact, there is mounting evidence suggesting that **longer, more consistent and less-intensive treatment may be more beneficial than brief, acute treatment such as residential or inpatient**¹³.

Outpatient is any level of care which does not include a residential component. **Partial hospitalization** (often called “PHP” or “Day Treatment”), **intensive outpatient (IOP)**, and **outpatient** are the three most common levels of outpatient treatment. Outpatient programs make it possible to still interact with your family, fulfill your home obligations, go to work, and sleep in your own bed. Outpatient treatment is a very viable option for those who do not need the stabilization of inpatient treatment, which is a majority of people.

Partial hospitalization (PHP)

Partial hospitalization is a 6- to 8-hour program five days out of the week. Clients attend during daytime hours. It is also known as “Day Treatment” for this reason. PHP uses the same kind of structured care provided in residential programs, but at the end of the day, clients go home. Clients in early sobriety often reside in a

¹² McCarty, D., Braude, L., Lyman, D. R., Dougherty, R. H., Daniels, A. S., Ghose, S. S., & Delphin-Rittmon, M. E. (2014). Substance Abuse Intensive Outpatient Programs: Assessing the Evidence. *Psychiatric Services*, 65(6), 718–726. <https://doi.org/10.1176/appi.ps.201300249>. Retrieved from: <https://www.ncbi.nlm.nih.gov>

¹³ Principles of Addiction Medicine. (2010). Retrieved April 4, 2019, from Google Books website: <https://books.google.com/books?hl=en&lr=&id=j6GGBud8DXcC&oi=fnd&pg=PR5&ots=J5JGJlj8cE&sig=QFaMuP4QX2FcUZmM292bmvcnqvE-v=onepage&q&f=false>



Residential/Inpatient Care

- Immersive. Entire environment is structured to provide treatment.
- Takes place either in a hospital or a freestanding care center.
- You stay at the center for the duration of your treatment program.



PIH, IOP, & Outpatient Care

- Structured day environment, but at night, you go home or to a Sober Living Home
- Combination of group and individual counseling. Ratio depends on your needed level of care.
- Can be next step after residential care.



Online Intensive Outpatient Care

- Online treatment lets you recover without leaving your job or family
- Offers private and confidential treatment there is a need for additional privacy.
- Online addiction treatment works with your work or family schedule.

sober living home (also known as a “sober living environment” or “recovery residence”) while enrolled in day treatment.

Intensive outpatient (IOP)

Intensive outpatient (IOP) programs are the next step down from partial hospitalization. Typically, an IOP meets three times weekly for three-hour sessions. Clients may start with four or five sessions weekly and then step down to three. IOP is approximately 80% group therapy, with the remaining 20% consisting of individual sessions.

Outpatient treatment

Outpatient treatment is the lowest level of professional substance abuse treatment. Your counselor’s assessment of your needs will determine how often you meet for group and individual sessions.

ONLINE TREATMENT

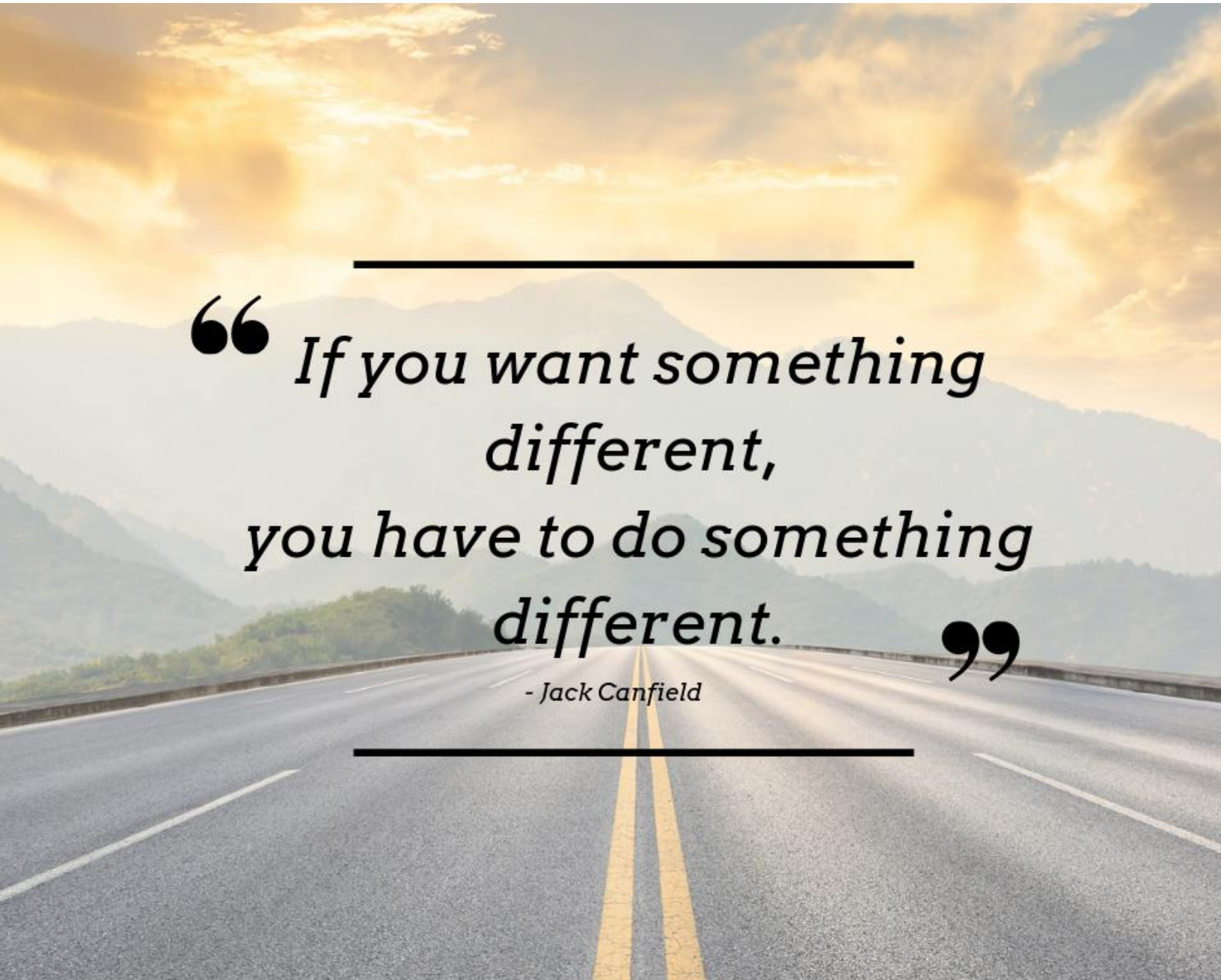
Even outpatient treatment may seem difficult to you due to the barriers you may be facing. If that is the case, there are actually programs that offer **IOP treatment online**. This solves location, access, and privacy barriers as well as concerns about job security, since you wouldn't have to leave your job. Online treatment maximizes privacy and convenience and works with your unique situation.

With an online treatment program, you don't have to leave your life. Even a physical outpatient program requires that you rearrange your life to accommodate their schedule, and in some cases, that's just not possible. In online treatment, group and individual therapy sessions are offered via **secure video-conference** at **many different times to work around your schedule**.

An **online program** may be exactly what you need if:

- You live in a geographical location where you can't access inpatient or outpatient physical centers.
- You might not be able to afford the cost of treatment.
- You don't want to run into someone you know in the lobby or parking lot.
- You can't walk away from a paycheck for any period of time.
- You are a parent and it would be difficult to take time away from your kids.

Online programs are HIPAA-compliant, so security measures are in place to safeguard your privacy. Also, being online means that your out of pocket costs may be lower. Online treatment offers the ability to [get help from the privacy of home](#), and it is a great option for those who can't attend a residential program, whatever the reason. And while every case is different, you can feel comfortable knowing that there are a variety of effective treatment options available to you.



*“ If you want something
different,
you have to do something
different. ”*

- Jack Canfield

6.

Finding the Right TREATMENT PROVIDER *for You*

HOW DO I CHOOSE A TREATMENT PROGRAM?

“There are many paths to recovery” is a cliché in the substance use disorder world, but it’s true. The right treatment provider is the one who best fits a particular client’s individual needs.

A good provider will perform an in-depth assessment and create a treatment plan that addresses your specific needs. Although many of the structures of treatment (group therapy, individual sessions, education and homework assignments) will be similar from program to program, treatment is most effective when it addresses each person individually.

HOW LONG DOES TREATMENT TAKE?

Active treatment takes anywhere from 90-120 days, depending on the plan your treatment team decides is best for you. This will vary depending on your needs. It could include an in-between stage that involves a sober living facility and attending treatment at a facility during the day.

However, healing the physical effects in the brain after long-term drug or alcohol abuse can take up to a year or more. Co-occurring disorders will need continued treatment, which may include therapy and medication to keep symptoms under control.

It is important to remember that substance use disorder is a chronic illness, and the journey of recovery will be lifelong.

It is also important to remember that substance use disorder is a chronic illness, and the journey of recovery will be lifelong. Recovery can often have a two-steps-forward, one-step-back pattern, especially in the early stages. It's very common for someone to have one or more acute phases where they need increased support even after they complete formal treatment.

Clients who become involved in a sober community or mutual support group have greater success at developing a supportive recovery lifestyle. Recovery requires long-term commitment as you learn the life skills that will give you long-term success.

HOW MUCH DOES TREATMENT COST?

Treatment costs vary widely. Community-based treatment programs are free or have minimal cost for those in need. On the other end of the spectrum, high-end residential programs can cost as much as \$60,000 to \$90,000 per month. It all depends on the program.

Most treatment providers accept insurance, and private health insurance as well as public programs like Medicaid generally cover alcohol and drug abuse treatment programs—but there can be limits on your coverage. Check with your insurance carrier or a prospective treatment provider to find out more.

When there isn't insurance, though, **there are always other options**. Many treatment programs make allowance in their pricing for hardship situations when health insurance coverage isn't available.

HOW PRIVATE IS TREATMENT?

The U.S. federal government's HIPAA regulations govern privacy requirements for substance use disorder treatment, as they do any health care provider in the U.S. Under HIPAA rules, all of your personal health information (PHI) must be private, and there are strict rules concerning how your PHI may be disclosed. Every treatment provider explains these provisions in the client agreement that you'll receive before treatment starts. In the case of online programs, secure connections and private portals are used for treatment sessions, ensuring your privacy is maintained at all times.

WHAT IS THE DIFFERENCE BETWEEN A SUPPORT GROUP TIED TO A TREATMENT PROGRAM AND 12-STEP GROUPS LIKE AA?

A treatment program's group therapy sessions are led by healthcare professionals who use evidence-based therapy methods, such as cognitive behavioral therapy (CBT). The type of therapy you'll find in a treatment program is "inside-out." It's focused on changing your thinking patterns. Change in your thinking then leads to change in your behavior.

*Change in your
thinking leads to
change in your
behavior.*

Mutual support groups like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) play a critical role in recovery, but they take a totally different approach. They are led by peers—people in recovery from all

walks of life. They are often spiritually based, but not always. They define the group as the community. AA is all about how to live in recovery.

There are other types of mutual support groups that approach recovery from different perspectives. Many people find the 12-Step approach is a powerful tool. Others need a different approach. Recovery is an individual process. Discuss your options with your treatment team. When you combine a treatment program with a peer-based mutual support group, you're working a solid, tried-and-true plan that can lead you to lasting success in your recovery journey.

7.

MAKING TREATMENT *Work for You*

Used in combination, substance use disorder treatment and mutual support groups/communities form the most reliable path to recovery.

Treatment helps a person understand what addiction is and what drives it. These forces can be biomedical like genetics or chemicals in your brain, and they can also be social or behavioral. A good treatment program accelerates the recovery process through building your resilience over time. Treatment programs provide coping skills, behavioral training, and possibly medication therapies to get you through the early part of your recovery.

Adding a long-term relationship with a local recovery community provides continuity and extended support. It also greatly increases your chances for a successful long-term recovery.

HOW TO AVOID RELAPSE

Relapse may seem like something that “just happens,” but it’s a process. Picking up a drink or using a drug is the final act in a preventable decline.

In recovery, you work hard to develop a set of behaviors and habits that create stability for you. **Relapse** is a process caused by a decrease in the awareness and maintenance of your recovery. It starts when you forget to do the daily work that keeps you healthy.

The groundwork for relapse is laid when you overestimate the strength of your recovery or when you underestimate the challenge addiction poses to your long-term health. It’s imperative that you

*Relapse starts when
you forget to do the
daily work that keeps
you healthy.*

devote energy to managing all three areas of your health:

- Physical health—nutrition, sleep, exercise
- Psychological health—treating your depression or anxiety

- Social/spiritual health—staying in a recovery community to provide peer support.

WHAT DO I DO IF I RELAPSE?

Relapse happens. When you're climbing a mountain, there are going to be times that your foot slips. That's why mountain climbers have safety gear. It's also why they don't climb alone.

Rather than beat yourself up, contact your counselor and your sponsor—get the support you need to continue in your recovery. Work with them to figure out how to handle the same triggers differently next time. Learn from it. Recognizing that a misstep does not destroy all of your hard work is a victory in itself.

There is no magic bullet. The purpose of all quality treatment and mutual support groups is to help you avoid relapse and also to help you bounce back if you do. The only way to prevent relapse is to understand and work hard at the art of recovery—your new way of life.



CLOSING: *We Are Here for You*

Whether you are struggling with substance use disorder or whether it is your loved one who needs help, isolation makes things so much harder. **There are so many people who have been where you are and have found a new life through recovery.** Part of the beauty of recovery is that those people are waiting to help, encourage, and strengthen you. Many addiction counselors have been where you are. That's why they became addiction counselors. Sponsors and others in support groups are eager to share their strategies with you. Even those who are only a couple of weeks ahead in their treatment have insights they can share.

At no point are you alone in this. The addiction can make you feel that way, but the truth is that there is always support available for whatever stage of recovery you're in. Please feel free to reach out to us for help at any time. **We are here for you!**



Online Substance Use Disorder Treatment

Get help from the privacy of home.



Private

Recover from the privacy of home. No one will see you except your counselor and confidential recovery group members.



Affordable

Our programs are accepted by most major insurance carriers. If insurance isn't an option, we offer affordable program packages. Contact us to learn more.



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Connect with your personal counselor through our convenient online portal. All you need is an internet connection, a computer or tablet, and a headset.

*"Lionrock is one of the most beautiful things
that has ever happened to me."*

-Kara, Lionrock client

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Our commitment to quality

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