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Opioid Addiction Treatment

EXECUTIVE SUMMARY

- Treatment for opioid addiction typically involves a **combination** of **behavioral therapy**, **counseling**, and **medication-assisted treatment**.
- Opioid addiction can be challenging to overcome, but there are several effective approaches to help individuals recover. Here are some common components of treatment for opioid addiction:

1. MEDICATION-ASSISTED TREATMENT (MAT):

- **Methadone:** Methadone is a long-acting opioid agonist that can help **reduce cravings** and withdrawal symptoms. It is typically administered in a controlled clinical setting.
- **Buprenorphine:** Buprenorphine is a partial opioid agonist that can **reduce cravings** and withdrawal symptoms. It can be prescribed by qualified healthcare providers and taken at home.
- **Naltrexone:** Naltrexone is an opioid antagonist that **blocks the effects of opioids**. It is available as a daily pill or a monthly injection.

2. COUNSELING AND BEHAVIORAL THERAPY:

- **Cognitive-Behavioral Therapy (CBT):** CBT helps individuals identify and change negative thought patterns and **behaviors** associated with drug use.
- **Contingency Management:** This approach provides rewards or **incentives** for staying drug-free and achieving treatment goals.
- **Motivational Enhancement Therapy:** This therapy helps individuals **find motivation** to make positive changes and stay in treatment.

3. SUPPORT GROUPS:

- **12-Step Programs:** Groups like Narcotics Anonymous (NA) and Alcoholics Anonymous (AA) provide a structured, **peer-support approach** to recovery.
- **SMART Recovery:** An alternative to 12-step programs, SMART Recovery focuses on self-empowerment and evidence-based strategies for addiction recovery.

4. INDIVIDUALIZED TREATMENT PLANS:

- Treatment plans should be tailored to the **individual's specific needs**, addressing any co-occurring mental health issues, social support systems, and other factors contributing to addiction.

5. MEDICAL AND PSYCHIATRIC CARE:

- Many individuals with opioid addiction have **health issues** related to drug use. Access to medical and psychiatric care is essential for addressing these issues.

6. HARM REDUCTION:

- Some individuals may **not be ready for complete abstinence**, and harm reduction strategies, such as providing clean needles and overdose prevention education, can help reduce the risks associated with opioid use.
- It's important to **seek professional help** when dealing with opioid addiction, as healthcare providers can determine the most appropriate treatment plan based on the individual's specific circumstances.
- Overcoming opioid addiction is a **long-term process**, and ongoing support is often necessary for successful recovery.
- **Family and social support** can also play a crucial role in helping individuals with opioid addiction achieve and maintain sobriety.



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