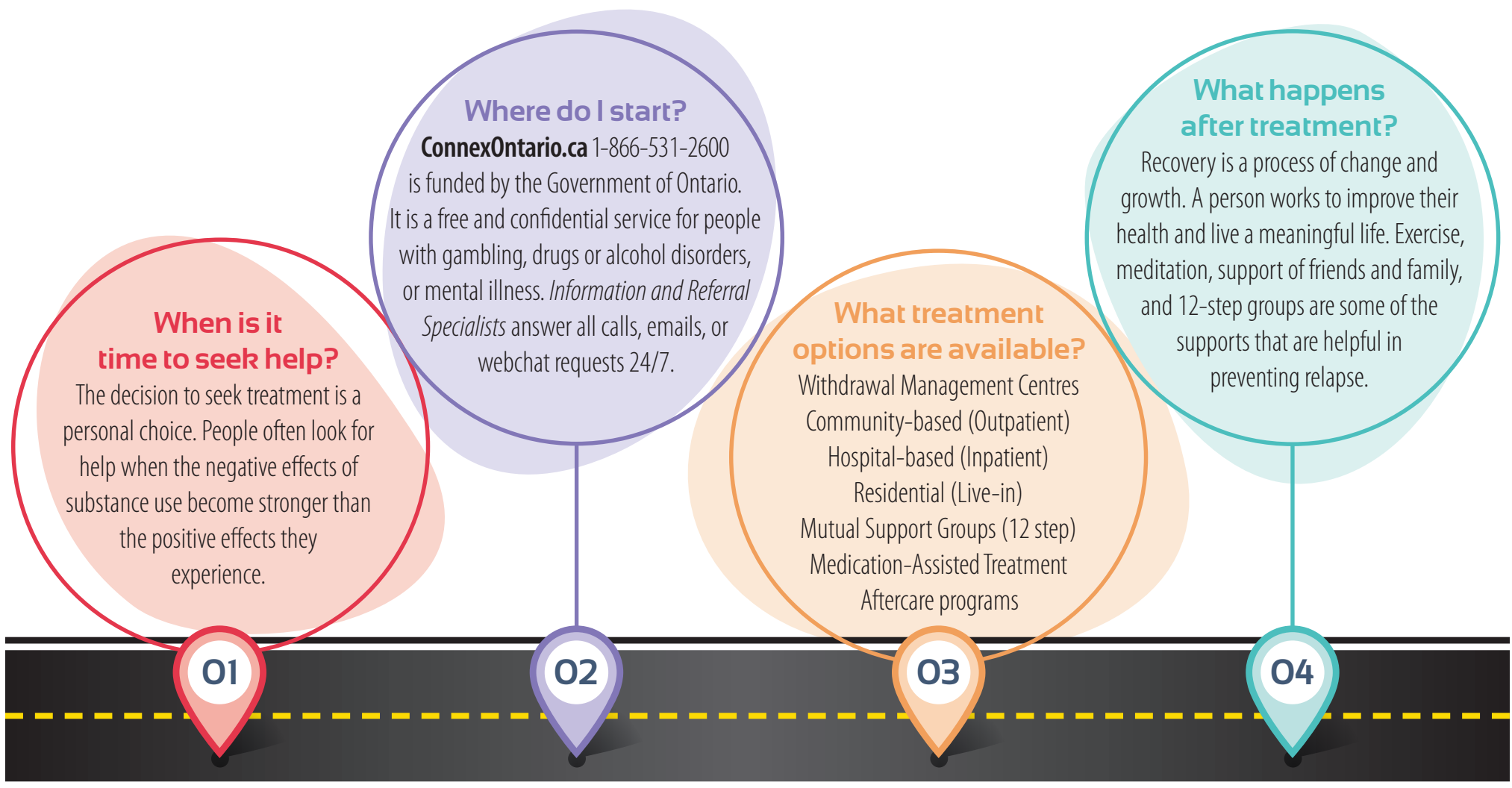


# TREATMENT ROADMAP TO RECOVERY

Addiction is a health issue and there are many pathways to recovery.



**Who else can I talk to?** Speak to someone you can trust. Your doctor or a trusted friend may also be a good place to start a conversation about treatment options.

## TREATMENT OPTIONS

**Withdrawal management:** These are services where people who are physically dependent on alcohol or other drugs are helped to withdraw safely from them. They can be in different settings, including in the community, hospitals, residential centres, and non-residential centres.

**Community-based (Outpatient):** Delivered in a variety of places in the community, such as an addiction or healthcare provider's office. Most often used by people whose alcohol or other drug use does not put them or others at serious risk, and who have safe stable homes.

**Hospital-based (Inpatient):** Care provided at a hospital, 24 hours a day, 7 days a week, involving intensive structured treatment activities. Most often used by people with alcohol or other drug problems and also medical or mental health problems who need more intensive and comprehensive supports including greater medical care and supervision.

**Residential (Live-in):** Care provided in a live-in treatment centre, 24 hours a day, 7 days a week, involving intensive, structured treatment activities. Most often used by people whose alcohol or other drug problems are long-standing and complex.

**Medication-Assisted Treatment:** For individuals with a physical dependency on certain substances, primarily alcohol and opioids, medication is provided in a specialized outpatient setting in combination with counseling and other treatment services.

**Mutual Support Groups:** The most widely available mutual support groups are 12-Step groups, such as Alcoholics Anonymous and Narcotics Anonymous. They are a no-cost treatment or can be a form of continuing care and community support following treatment.

**Aftercare:** Care provided post-treatment to support recovery and help maintain healthy changes. Can include different activities such as peer support groups, continued use of addiction medications and specialized supportive housing.



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