



First steps toward help

Fortunately, recovery from the use or abuse of prescription opioid medication is quite possible.

Resources for your use

Here are some resources you can access right away to begin the process of getting help for addiction.

- The family physician—can be a great resource. He or she may recommend a substance abuse specialist.
- Find local treatment resources—the Substance Abuse and Mental Health Services Administration: www.samhsa.gov/treatment.
- Get informed help and support—Learn about the addiction recovery and rehabilitation process, at www.recovery.org. Or, visit www.addictioncareoptions.com.
- Drug support groups for families and friends—Nar-Anon Family Groups: www.nar-anon.org. Addiction to opioids can be a dangerous and downward-spiraling condition, so it's very important to reach out for skilled professional help as soon as possible.

What does treatment look like?

Depending on your individual situation, you will need to access an outpatient or inpatient treatment program for substance abuse.

Medication assisted treatment

Treatment that includes medication is often the best choice for opioid addiction. The treatment program may include opioid replacement therapy in which medications are given to reduce or eliminate the use of the addictive opioids. Withdrawal from opioids is difficult to endure, and is a major reason for relapse and continued prescription drug abuse. So, specially certified physicians use medications to prevent symptoms of opioid withdrawal during detoxification, easing the patient out of physical dependence.

Counseling—a key treatment component

Concurrent substance abuse counseling, including individual therapy (e.g., cognitive-behavioral) and family therapy, is an extremely important, evidence-based component of effective substance abuse treatment.

The counseling will help counteract compulsive drug abuse by bringing about changes in your behaviors, thought processes and social functioning.

Relapse prevention

Once you've undergone detox from the drug and finished the intensive stage of treatment, your friends, family and your medical team will need to work together to recognize the signs of relapse, or resuming drug use, if that happens to you.

Contact Us

Your program provides access to tools and other resources online or call us directly to speak to a professional counselor who is available everyday and at any time to provide confidential assistance at no cost to you.

This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan Health does not endorse other resources that may be mentioned here