

# **Where and how do I seek help?**

## ***Different Options (Medication, Rehab, Therapy, etc.) Explained***

### **Accessing Medication for Addiction Treatment:**

*For opioid use disorder, **medication** is the standard of care because it reduces your risk of overdose and death.*

### **NJ Searchable Addiction Treatment Service Directory**

- <https://njsams.rutgers.edu/TreatmentDirectory/>

### **National Searchable Treatment Directories:**

- <https://findtreatment.samhsa.gov/>
- <https://www.samhsa.gov/medication-assisted-treatment/practitioner-program-data/treatment-practitioner-locator>

In addition to Medication, there are several other adjunctive treatments:

### **What is Detox? Rehab?**

Detox: A process that helps the body rid itself of substances while the symptoms of withdrawal are treated. **Detoxification by itself is not treatment**; it is a first step that can prepare a person for treatment.

***Detox without medication and treatment can be DANGEROUS for opioid use disorder.  
Talk to a provider about medications that can help decrease your risk of overdose.***

**Residential Treatment or Inpatient Rehabilitation:** Stable setting for long-term phased treatment. Each facility has specific rules and expectations for both residents and their families. Residential care usually lasts from a few weeks to a year.

This is best for people without stable living or work situations or who have limited or no family support in treatment. They also help people with very serious use disorders who have been unable to get and stay sober or in other treatment. Again, by itself, immersion into a treatment or rehabilitation center does not treat opioid use disorder without medication.

## **Outpatient Counseling**

Outpatient and intensive outpatient programs provide treatment at a program site, but the person lives elsewhere (usually at home). Outpatient treatment is offered in a variety of places: health clinics, community mental health clinics, counselors' offices, hospital clinics, local health department offices, or residential programs with outpatient clinics. Many meet in the evenings and on weekends so participants can go to school or work. Outpatient treatment programs have different requirements for attendance. Some programs require daily attendance; others meet only one to three times per week.

## **Group Support:**

There are several types of community or group support. The most common is 12-step groups (Alcoholics Anonymous, Narcotics Anonymous, etc.). There are also alternatives such as Smart Recovery. These community support groups can be extremely helpful for people to find recovery support.

***Some support groups do not support the use of medication. Please talk with your medical provider if this is a concern for you. It is NOT recommended to discontinue mental health medications or medications for addiction treatment without physician supervision as this can be life threatening.***

- [Alcoholics Anonymous](#)
- Narcotics Anonymous
- [Smart Recovery](#)- Local Meetings
- [Smart Recovery- Online Community](#)