

# Addiction Treatment PATIENT JOURNEY



Unlike many forms of medical care, finding appropriate and accessible substance use disorder treatment can feel like navigating a maze.

## COMMON REASONS FOR SEEKING TREATMENT

- I made the decision to get help
- I had an overdose and needed emergency medical care
- My family, friends, or colleagues conducted an intervention
- My doctor or health professional referred me to treatment
- I received court-ordered treatment
- My employer or licensing board mandated treatment

Substance Use Disorders (SUD) affect people from every walk of life. People experiencing SUD use substances for a myriad of reasons. To self-medicate symptoms of undiagnosed and unaddressed conditions such as trauma, chronic pain, and mental illnesses. Living with active substance use disorders exposes people to life-threatening risks including chronic health conditions, physical and emotional injury, disordered eating and nutritional problems, victimization, financial hardship and homelessness, alienation and more. SUD can cause feelings of terror, sadness, isolation, depression, anxiety, and hopelessness as sufferers continue using substances despite overwhelmingly negative consequences of use.

## TREATMENT SEEKING



Someone I trust confidentially helped me find a treatment provider nearby that offers the services I need and takes my insurance.

## BARRIERS

- Cost of Care
- Stigma
- Availability
- Diversion
- Treatment disengagement following detoxification

## TREATMENT ACCESS

My provider made the process of detoxification safe and as comfortable as possible. During my intake assessment, they found some undiagnosed medical and mental health conditions. They offer the services I need and will refer me to specialists I can work with after leaving their care.

## BARRIERS

- Additional Treatment Needs
- Appropriateness of Treatment
- Lacks individualization
- Bureaucracy
- Access

## TREATMENT CONTINUUM

Leaving structured treatment seems like a scary and vulnerable time. But I feel well-supported by peers, am regularly attending support group meetings, and have professionals who know my treatment history and will continue providing the services I need to remain in recovery.

People can move between higher and lower levels of care during treatment as their needs dictate.

## BARRIERS

- Trauma and Co-occurring Availability
- Gender and MAT Friendliness
- Supportive Environments
- Client Engagement
- Cost/funding approval

## POST-TREATMENT

I have a safe and supportive place to live, feel connected to my local recovery community, and feel like my job is secure. I am making progress toward better health, am taking prescribed medications and following other medical advice, and no longer feel the need to use substances just to feel normal.

## BARRIERS

- Recovery Housing
- Peer Support
- Ongoing Care
- Extra Therapeutic Factors
- Societal pressure

# RECOVERY

Maintaining recovery requires commitment to following medical advice, engaging in a recovery-supportive lifestyle, and having the support of family, friends, employers, and caregivers.

# RELAPSE

SUD is a complex condition that can be triggered or exacerbated by adverse life conditions outside of one's control. Despite the best efforts of patients and providers, individuals seeking recovery often experience repeated episodes of misuse during or after treatment. It is vital that these individuals are helped to re-engage in their treatment journey as easily and quickly as possible to increase the chances for sustainable recovery.