

Opioid Treatment Fact Sheet



If you are experiencing addiction to opioids (such as heroin, pain medicine given by a doctor, etc), asking for help is the first step to a healthier life. There are many different roads to recovery, but all help to stop addiction's effects and help you take back control of your life. Treatment should be based on your specific needs.

How do I know if I am suffering from addiction and need help? If you can't stop taking a drug even if you want to, or if the urge to use drugs is too strong for you to control, even if you know the drug is causing harm.

Treatment may include individual or group counseling, medication, and support services.

Individual or group counseling:

- Counseling seeks to change behaviors, thoughts, emotions, and how you see and understand situations
- Counseling is provided by trained clinicians such as psychologists, psychiatrists, social workers, and counselors

Medication:

- Select prescription medications can provide significant relief and help you manage symptoms
- Medication tends to be the most effective when it is combined with one or more other treatments.
- Medications may be used to eliminate withdrawal symptoms and prevent relapse

Support services:

- Case or care management helps by being a single point of contact to coordinate your care across all behavioral and physical health care providers.
- Recovery support services can help you build a life that supports recovery as you work to control symptoms

Treatment is provided at a variety of locations. Locations include community behavioral health centers, substance use rehabilitation programs, hospitals, inpatient service providers, primary care programs, community agencies, schools, and many more.

You have a right to confidentiality during treatment. Privacy laws protect people undergoing treatment for addiction. You do not need to tell anyone anything that you are not comfortable sharing. Your health care provider cannot share information without your consent to do so.

Treatment may be covered by insurance. The Mental Health Parity and Addiction Equality Act ensure that health plan features such as co-pays, deductibles, and visit limits are usually not more restrictive than seeing a general medical provider. The Affordable Care Act (ACA) include substance abuse services as an essential health benefit.

Find help and hope through the NYS Hopeline. For free and confidential information on opioid addiction treatment, call 1-877-8-HOPENY (1-877-846-7369) or text HOPENY (467369). This service is available 24 hours a day, 365 days a year.

It takes a lot of courage to seek treatment for addiction, because it's a lot of hard work. However, treatment can work and lead you to a healthier life. Even if you have been to treatment in the past and have had setbacks, you should not be discouraged to try again and build on the skills you may have already learned. Recovery is a lifelong process.

