www.helplinecenter.org

Substance Use Treatment Options

What is Substance Abuse?

A Substance Use Disorder (SUD) (formerly referred to as substance abuse, chemical dependency, or addiction) is a disease that affects a person's brain and behavior. People with SUD find they can't control the use of drugs and/or alcohol and that lead to health problems, or interferes with the ability to work, go to school, and maintain good relationships.
Substance use disorders may involve alcohol, tobacco, opioids, cannabis, stimulants or hallucinogens.

When to Seek Help for Substance Use?

It may be hard to know when substance use becomes a disorder (abuse and/or dependence). Signs of a substance use disorder may include:

- Needing substances (drugs or alcohol) to get through the day
- Needing more of the substance to experience the same effect
- Needing to use continually to avoid symptoms of withdrawal
- Continuing to use even when you know it's causing problems in your life
- Spending more than you can afford to maintain a supply of substances

I Want Treatment, Where Do I Start?

Treatment usually starts with a clinical assessment to find out the type and extent of your substance use disorder. This helps determine which treatment options are best for you. To find a facility offering substance use assessments call 988 or visit the Helpline Center Website

What are the Treatment Options for SUD?

Treatment will vary from person-to-person. Options include medical and behavioral health services that are often used together.

- **Detoxification** – process of eliminating drugs or alcohol from the body.
- **Outpatient Individual and Group Counseling** – assessment, treatment planning, and counseling services offered by trained professionals
    - focused on reducing or stopping substance use
    - may take place in a private practice, outpatient facility, or inpatient/residential facility
- **Inpatient and Residential Treatment** – for substance use disorders requiring round-the-clock attention
    - residents are placed in 24-hour care and may receive both medical and behavioral health services
    - **Medication-Assisted Treatment (MAT)** – combines behavioral therapy and medications to ease the symptoms of withdrawal, reduce cravings, and block the brain's ability to experience the substance's effects. MAT is

commonly used for treating opioid (methadone, buprenorphine), alcohol (disulfiram, acamprosate, naltrexone), and smoking (nicotine replacement, bupropion) SUDs

- **Support Groups and 12-Step Programs** – non-clinical services often provided by peers or others in recovery, many times used in combination with treatment
- **Specialized Living –** provides safe and supportive living environments for those recovering from SUD who want to maintain abstinence from alcohol and drugs (i.e. halfway houses, recovery homes, sober living homes)

.

How can I pay for treatment?

If you have insurance, check with your provider to see what they cover.

Many people may avoid treatment for their substance use disorder because of costs. Individuals who meet program and financial eligibility guidelines or who have considerable personal circumstances may qualify for state funded services.

If you are in crisis or for more information, please call 988, or search our online database:

- www.helplinecenter.org/2-1-1
    - Enter your Zip Code
        - Select Substance Use (or Addictions) category
            - There are multiple subcategories to explore
            - You can also create a customized list. Add individual programs/offices by clicking the "Add to My List" icon, or add a whole category by clicking "Save Category"

Sources:

- American Addiction Centers: https://americanaddictioncenters.org/rehab-guide/free/
- SAMHSA MAT: https://www.samhsa.gov/grants/grant-announcements/ti-21-006
Substance Abuse and Mental Health Services Administration (SAMHSA): https://www.samhsa.gov/find-help

Disclaimer: This HelpSheet is developed by the Helpline Center. HelpSheets provide a brief overview of the designated topic. For more information, call 211 or text your zip code to 898211.

Updated: November 2026