

Treatment for Substance Use Disorders

A substance use disorder is a medical condition that requires treatment to recover. The type(s) of treatment depend on the individual and the severity of condition. If not treated, substance use disorders can get worse and also impact other medical/mental health conditions.

The severity of a substance use disorder can range from mild, moderate, to severe based on how the substance use has affected the individual's life. It is possible that person can suffer from multiple substance use disorders with different levels of severity at the same time, so the focus of the treatment providers is often addressing the substance that can potentially cause the most harm.

Negative consequences to substance use do not always cause an individual to stop using; and often result in feelings of guilt/shame that add to the psychological triggers to continue use.

What can I do to get help?

Recognizing the need for help is the first step with substance use disorders. Work with your doctor as you may be able to avoid withdrawal symptoms that require immediate medical attention in detoxification.

There are different types of treatment for Substance Use Disorders including outpatient treatments including detoxification, inpatient treatment including detoxification, residential treatment and medications that help opioid disorders.

You can call NYS HOPEline at 1-877-846-7369 in NYS for 24/7 help.

Medication Assisted Treatment for Opioid Disorders: Medications like buprenorphine, methadone and naltrexone are effective treatments for opioid use disorder. You can speak with your doctor who may be able to treat you with these medications or refer you to a provider who can.