The Southern Kenai Peninsula Roadmap for Success in Treatment and Recovery from Substance Use Disorder

**Road to Recovery**

**Addiction**
- Signs & Symptoms of Substance Addiction May Include:
  - The person takes the substance and cannot stop
  - Withdrawal Symptoms
  - Addiction continues despite health problem awareness
  - Social sacrifices
  - Taking risks
  - Needs drug to deal with problems

**Withdrawal Management**
- Withdrawal Management (Detox): Average 3-7 Days *
  - Medical interventions to manage symptoms of withdrawal from substances. Withdrawal can be managed by a medical professional in an inpatient or outpatient setting depending on severity.

**Intake Assessment**
- Intake Assessment: Same Day-2 Weeks*
  - Substance Use and Behavioral Health Assessments/Evaluation with a clinician to determine the level of treatment needed for success.

**Residential Treatment & Sober Living**
- Residential Treatment: 1-6 months*
  - Clinician recommendations may include longer-term, residential treatment that provides 24 hour care in a non-hospital setting.
  - Sober Living: Varies
  - Sober Living homes bridges the gap between residential treatment facilities & returning home. Sober living offers support in a drug and alcohol free environment.

**Outpatient Treatment**
- Outpatient Treatment: Varies *
  - Outpatient treatment allows a person to remain at home during treatment. Outpatient treatment typically includes individual and group counselling sessions and is tailored to the individual’s needs. Also, typically part of recovery after leaving a residential treatment facility.

**Medication Assisted Treatment:**
- Treatment for opioid use disorder that combines behavioral therapy and medications.

**Ongoing Recovery Services**
- Ongoing Recovery Support Services: Ongoing *
  - Services may vary but typically include support groups and 12 Step Programs such as Narcotics Anonymous and Alcoholics Anonymous.