

## Addictions Recovery Options

Addictions recovery is a complex and individual process. Most people need care and support from multiple sources—a "multimodal" approach—but in a combination unique to them. The options listed below, as of this writing, are evidence-based to be effective for many people much of the time. Currently, no addictions treatments work for all people all of the time. People seeking recovery from addictions can study the items in the list below, check off those already in place, educate themselves about additional options, consult with health care professionals, and line up as many options as possible that would be individually helpful to them. From the self-help options, they can make take action themselves on discovering personally effective recovery-supporting practices.

√	<b>Expert Help</b>
	Medication-Assisted Treatment (MAT). Examples: buprenorphine (Suboxone, Subutex), methadone, naltrexone, acamprosate, anti-anxiety medications, anti-depressants, anti-psychotics
	Physician
	Psychiatrist
	Individual counseling
	Group counseling
	Mentor/sponsor/recovery coach/sobriety coach
	Help with sleep/sleep hygiene
	Help with quitting use of tobacco products
	Physical movement and physical activity
	Mindfulness: Become aware of physical sensations, emotions, thoughts and actions without judging or criticizing yourself or your experience, and consciously choose to what you give your attention.
	Emotion regulation: Become conscious of strong feeling states, then calm yourself enough to be able to think prior to taking action.

√	<b>Self-Help</b>
	Build social support, social connections, a social network, and community membership by attending support groups such as SMART Recovery, AA, NA, and others; join community groups and common interest groups, volunteer organizations, sports teams and/or engage in other group activities.
	Reduce or eliminate caffeine.
	Nutrition: Center your diet around nutrition-rich, recovery-supporting foods.
	Explore and discover personal interests, hobbies and pastimes.
	Discover purpose and meaning through self-reflection, self-discovery and a personal growth program; take action on purpose and meaning through paid work, volunteer work, education.
	Practice self-care that is self-selected, self-directed, self-managed and continually evolving.
	Self-empowerment: Learn, explore, discover, study, and experiment with recovery information and recovery tools. Learn technology that can help you. Google answers to questions and learn through online sources. Learn through printed books and electronic books, audiobooks, workbooks, workshops, classes, magazines, films, videos, apps.
	Foster your self-efficacy. Believe in yourself and your ability to make progress.
	Practice self-compassion: "I accept and embrace myself and my life without judgment. I treat myself kindly and lovingly."

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