

# Treatment & Recovery

## Getting and Staying in Treatment

Each person has a personal path to recovery from opioid use disorder, and treatment with medication is a medical standard of care. It can help people begin their recovery, regain their lives and place in the community, and improve relationships with family and friends.

### What Should I Know About Treatment and Recovery?

Treatment is effective and recovery is possible. [FDA-approved medications](#), combined with counseling and social support, have been shown to be effective at reducing opioid use and helping people recover. This combined approach reduces the likelihood a person will return to use and increases the odds of successful, long-term recovery in people with opioid use disorder.

Returning to opioid use does not mean treatment has failed. As with the treatment of any substance use disorder, people may return to using opioids, but it does not mean treatment has failed. Treatment of any chronic condition involves changing deeply rooted behaviors. If a person returns to using opioids, they should talk with their healthcare provider and discuss their treatment plan.

### How Do Medication and Treatment Programs Help People Recover?

Treatment with medication is a medical standard of care. Research shows that medication should be the first line of treatment when addressing opioid use disorder. Medication is often combined with behavioral therapy, counseling, case management, and/or recovery support services. [FDA-approved medications](#) like buprenorphine, methadone, and naltrexone are safe and effective and can help with reducing cravings to take opioids.

Stopping drug use is just one part of a recovery process. When people enter treatment, opioid use disorder has often harmed their health and how they function in their family, at work, and in the community. Treatment addresses many aspects of a person's life. There are many services available to assist people in recovery with medical, mental health, social, employment, family, legal, and other needs.

### Where Can I Find Help for Opioid Use Disorder?

Find local treatment and recovery services by using the maps on our community pages. These maps list healthcare providers that prescribe medications for opioid use disorder, recovery support services including support groups, and other resources for treating opioid use disorder and preventing overdoses.

## Additional Resources

Discover more resources to help people with opioid use disorder get into treatment and stay in recovery.

- [FindTreatment.gov \(National Treatment Locator\)](#), Substance Abuse and Mental Health Services Administration (SAMHSA)
- [Step-by-Step Guides to Finding Treatment for Drug Use Disorders](#), National Institute on Drug Abuse (NIDA)
- [Opioid Overdose Prevention Toolkit](#), SAMHSA
- [Decisions in Recovery: Treatment for Opioid Use Disorder Handbook](#), SAMHSA
- [Resources for Families Coping with Mental and Substance Use Disorders](#), SAMHSA
- [Finding Quality Treatment for Substance Use Disorders](#), SAMHSA

- [The Opioid Crisis and the Black/African American Population: An Urgent Issue](#), SAMHSA
- [The Opioid Crisis and the Hispanic/Latino Population: An Urgent Issue](#), SAMHSA
- [Medication-Assisted Recovery Anonymous \(MARA\)](#)
- [Self Management and Recovery Training \(SMART\)](#)
- [Collegiate Recovery](#)