

## Do these programs work?

Medication-assisted recovery<sup>SM</sup> (MAR) for a person with Opioid Use Disorder is much like insulin for a diabetic. In the 1960s, it was found that MAR as part of a recovery program offering supportive services helps restore more natural brain function.

## How does the medication work?

In opioid treatment programs there are three FDA-approved medications available to best fit the needs of each patient. There is no scientific information that tells us one medication is better than the others. At a proper dose, the prescribed medication does not make the person feel “drugged” or “high” like other opioids. Each dose lasts for 24 hours and takes away drug cravings. Many people say that they feel “normal” for the first time in a long while.

## How long does recovery take?

There is no specific length of time that is best for everyone. The longer someone stays in treatment, the greater the chances for successful recovery. Many persons take medication for a lifetime, and gladly so. After a while, some people decide to try a completely medication-free approach without medication assisted recovery, and then work with their clinical team on safely making that move.

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You were strong enough to survive your addiction; you're more than strong enough to recover from it.

# Walk-ins Welcome.

Medicare and other commercial health plans accepted.



100% coverage for TennCare members including medication, treatment, doctor visits, and supporting services.

### Tennessee locations

BHG Columbia Treatment Center  
BHG Dyersburg Treatment Center  
BHG Jackson Treatment Center  
BHG Knoxville Bernard Treatment Center  
BHG Knoxville Citico Treatment Center  
BHG Medical Services -- Knoxville  
BHG Memphis Midtown Treatment Center  
BHG Memphis North Treatment Center  
BHG Memphis South Treatment Center  
BHG Nashville Treatment Center  
BHG Paris Treatment Center  
BHG Savannah Treatment Center

### Coming Fall 2021

BHG Madison Treatment Center  
BHG Murfreesboro Treatment Center

For an appointment call **844.535.7291**  
Visit us at [BHGrecovery.com](https://www.BHGrecovery.com)

# Two programs. More flexibility.

The logo for Behavioral Health Group (BHG), featuring a stylized blue and white graphic to the left of the letters 'BHG' in a bold, sans-serif font, with 'Behavioral Health Group' in a smaller font below it.

**BHG**  
Behavioral Health Group<sup>SM</sup>

# Opioid Addiction is a disease, not a moral failing.

People start using drugs with addictive potential for various reasons. However, at some point, many become dependent on those drugs both physically and mentally. They are addicted. Cravings and compulsions to use the drugs become daily obsessions. Drug addiction – officially called Substance Use Disorder – is recognized by the American Medical Association and other authorities as a medical disease that upsets normal brain function. Some have compared substance use disorder with other illness, such as diabetes. It doesn't go away on its own and only gets worse without proper treatment.

Opioid Use Disorder (*OUD*) cannot be "cured," but it can be treated so life can go on more normally. A person in a Medication-Assisted Recovery<sup>SM</sup> program combined with behavioral health and counseling can work or go to school and generally live a better, healthier life.

## What is Medication-Assisted Recovery<sup>SM</sup> (MAR)?

There are medications that can be used to help treat the withdrawal and the cravings that keep a person using. These medications are safe, effective, and approved by the federal government. It's important to know that medications aren't the treatment, they just assist the treatment. Recovery is the goal, treatment is how you get there, and medication makes treatment possible.

# Choose what works best for your recovery.

Receive medication at your BHG treatment center or get a prescription for medication to fill at your nearest pharmacy. With each option, you'll have the guidance of skilled clinicians, counselors, and staff to help you fight back for your life through real recovery.

Changing programs is safe for most patients, so talk to your BHG physician.

	In-clinic Dosing Program	Prescription-based Program
Outpatient program	Yes	Yes
Medications*	methadone, buprenorphine, naltrexone	buprenorphine, naltrexone
Counseling is required	Yes	Yes
Delivery of medication	Get your medication at the clinic or take-home doses depending on your progress	Get a prescription for medication to fill at a pharmacy
Considering options for your life and diagnosis	<ul style="list-style-type: none"><li>Abused opioids for more than a year</li><li>Current tolerance to opioids is very high</li><li>You have had multiple prior rehabs and relapses</li><li>Tried buprenorphine before and found it wasn't very helpful</li><li>Need daily support early in treatment</li><li>You are pregnant</li></ul>	<ul style="list-style-type: none"><li>Have abused opioids for any length of time</li><li>This may be your first or second attempt at treatment</li><li>Your job requires frequent trips out of town</li><li>You don't have ongoing pain management concerns</li></ul>



TennCare provides 100% coverage\*\* to its members for any BHG program including medication, treatment, doctor visits, and supporting services.

\*\*Some exclusions may apply based on individual plan details.

\*Medical decisions made by patients are in collaboration with their BHG physician, nurse, and counselor.