

## Points to Remember

1. Treatment must help patients:
  - re-learn adaptive coping skills
  - re-fill life with meaningful moments
  - stop using drugs
2. Treatment has several parts:
  - goal and strategy planning
  - concepts and skills group counseling
  - medications to help manage withdrawal symptoms, prevent relapse, and treat co-occurring conditions
3. Behavioral therapies can help patients:
  - perspective & behavior towards drugs
  - increase healthy life skills
  - stay on track with treatment

# FAQ's

## 01.

**Q:** How long will I have to be in treatment?

**A:** While there isn't a specific time frame for services, time in treatment depends on the individual and it is recommended to receive services for at least one year.

## 02.

**Q:** Is BHG certified?

**A:** Every BHG location holds all required federal, state licenses and certifications. In addition, all BHG facilities are accredited by either the Joint Commission or CARF. We are the largest Joint Commission accredited outpatient opioid treatment programs in the U.S.

## 03.

**Q:** What is a drug addiction?

**A:** Drug addiction is a chronic disease characterized by compulsive, or uncontrollable, drug seeking and use despite harmful consequences and changes in the brain, which can be long-lasting. These changes in the brain can lead to the harmful behaviors seen in people who use drugs.

## 04.

**Q:** Do I have to come there every day?

**A:** Depending on the program, daily attendance is a requirement at the start of treatment and patients may become eligible to bring medication home after they have become established.

## 05.

**Q:** How will this affect my work/daily life?

**A:** Our outpatient medication assisted treatment programs allow you to continue daily life as usual. Additionally, our hours are structured to accommodate the majority of patients' needs.

## 06.

**Q:** Will I get counseling services?

**A:** Yes, as part of our treatment plans, we offer individual counseling sessions and group therapy.

## 07.

**Q:** Is everything confidential?

**A:** We take great effort to protect patient confidentiality and privacy. Information that is provided will not be released to anyone outside of BHG without written consent unless there is an urgent situation that places you or someone you know in immediate danger. Only under those circumstances would limited information be released.

## 08.

**Q:** Can drug addiction be treated?

**A:** Yes, but it's not simple. Because addiction is a chronic disease, people can't simply stop using drugs for a few days and be cured. Most patients need long-term or repeated care to stop using completely and recover their lives.

## 09.

**Q:** Shouldn't people just quit?

**A:** It is extremely difficult to overcome a drug addiction. Because of the physical effects of prolonged drug usage, the body has become chemically dependent on the very thing it should avoid.

## 10.

**Q:** What types of medications are used when treating patients?

**A:** The three FDA approved medications for treating OUD are methadone, buprenorphine and naltrexone.