

Toolkit:

Your Journey, Your Recovery

A GUIDE TO UNDERSTANDING,
NAVIGATING AND OWNING
YOUR TREATMENT JOURNEY

A Message of Hope

We know that recovery is possible, and we want you to believe that too.

Every day, someone is taking the first step toward healing, and every day, they continue showing up for themselves. Today is your day.

No matter where you are in your journey, **you are not alone.** With support, treatment and the right tools, you can build a future that feels safe, healthy and most importantly, yours.



“ I can truly look at myself and know that I’m happy. ”

-Casey, BHG patient

“ Drugs will keep you in a haze. Once you get out of that haze and your body comes back and your mind clears. You can have a fulfilling life, work, family...everything. Just don't give up. ”

- William, BHG Patient



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“ I choose to recover out loud. I respect everyone’s right to remain anonymous, but also, I’m thankful for those who recovered out loud so that I could see it. I want to be the same beacon of hope for them. ”

- Nicole, BHG Employee

Understanding Substance Use and Your Options

Addiction is a health condition, not a weakness.

Many people think addiction (also called substance use disorder) happens because of poor choices or lack of willpower. In reality, **addiction is a disease that changes the brain, making it hard to stop using drugs even if you want to.** This is why it's called a chronic (long-term) condition.



How addiction affects the brain¹:

- Drugs change the brain's "reward system," flooding it with a feel-good chemical called **dopamine**.
- Over time, the brain stops responding the same way, so you need more of the drug to feel the same effect. This is called tolerance.
- These changes affect memory, decision-making, stress control and behavior.



Why some people are more at risk:

- **Biology:** Genetics, mental health, gender and other factors can increase risk.
- **Environment:** Friends, family, life stress or early drug use can make addiction more likely.
- **Development:** Using drugs during the teen years can impact brain development and decision-making.



Treatment That Works

Recovery isn't one-size-fits-all. At Behavioral Health Group (BHG), we offer a whole-patient approach that combines:

- **Medications for Opioid Use Disorder (MOUD):** Methadone, buprenorphine or naltrexone to reduce cravings and withdrawal.
- **Group or Individual Counseling:** To help you build coping skills, manage triggers and set personal goals – in a group setting or one-on-one with a trained professional.
- **Support Services:** Case management, peer support and referrals for housing, jobs or other needs.

Myths vs. Facts

MOUD is supported by decades of research, yet many people have heard myths that can make them hesitant to seek care. Knowing the facts can help you or a loved one make informed decisions.



Myth:

MOUD is "replacing one addiction with another."



Fact:

FDA-approved medications are safe, effective and work by restoring balance to the brain – not creating a new addiction.



Myth:

MOUD is only for short-term use.



Fact:

Many people benefit from longer-term treatment, just as with other chronic health conditions like diabetes or heart disease.



Myth:

People on MOUD aren't really in recovery.



Fact:

Recovery looks different for everyone. Medications can help people manage cravings and withdrawal so they can focus on rebuilding their lives.

Want to learn more?

Read the full "[7 Common Myths About Medication-Assisted Treatment](#)"¹² blog on our website.



What to Expect at BHG

What to Expect at Your First Appointment

Starting treatment can feel overwhelming, but our team is here to walk with you every step of the way.

Here's what to bring with you:

- **Photo ID**
- **Insurance card** (if you have one)
- **Form of payment**

Price of treatment will differ based on insurance and financial needs. Don't let payment stand in the way of getting treatment. Assistance may be available—ask your center.



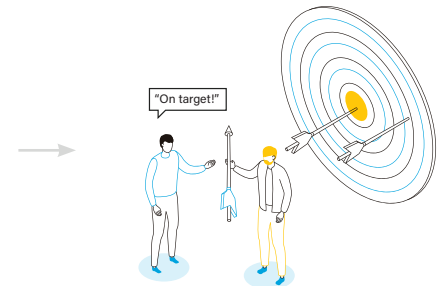
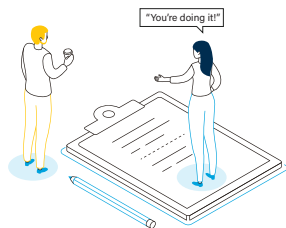
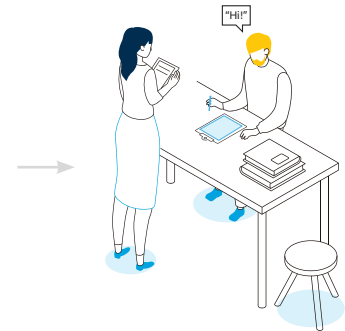
Your Recovery Journey at BHG

Every step is designed to support your success.



Phase 1: Getting Started

- **Comprehensive Assessment:** We'll learn about your health, history and needs.
- **Personalized Treatment Plan:** Your care team will work with you to set clear, achievable goals.
- **First Dose (if applicable):** You may begin medication treatment the same day.



Phase 2: Stabilization

- **Center Visits:** You'll receive medication, counseling and check-ins with your team.
- **Support Services:** Access case management, peer support and additional resources as needed.

Phase 3: Maintenance & Growth

- **Fewer Visits as You Feel Better:** Continued treatment with more independence.
- **Milestone Recognition:** We celebrate your progress and support long-term recovery.
- **Relapse Support:** If you experience setbacks, we help you get back on track without judgment.



Staying Involved in Your Recovery

Recovery works best when you **stay connected with your care team, your goals and your support network**. Asking the right questions and setting clear goals can help you **take an active role in your treatment and long-term recovery**.

Questions to Ask Your Care Team

Having the right information helps you make the best choices for your recovery.

You might ask:

- What are my treatment options?
- How do the different medications work?
- What should I expect in recovery?
- How do you support people long term?
- What happens if I miss an appointment?
- What will the first 90 days look like for me?

Questions Family and Loved Ones Can Ask

Support from family or friends can make a big difference.

They might ask:

- How can I support my loved one without enabling old behaviors?
- What relapse signs should I watch out for?
- Are there resources for families?
- What should I do if my loved one experiences a relapse?
- How can I take care of my own mental and emotional health while supporting them?

Remember: These questions are just a starting point. You should always feel comfortable asking any question – no matter how small – if it helps you understand your care, your recovery or how to support a loved one. **Your voice matters.**

Sources: 1. Substance Abuse and Mental Health Services Administration. (2023, June 6). *What is substance use disorder?* U.S. Department of Health and Human Services. Retrieved from <https://www.samhsa.gov/substance-use/what-is-sud>. 2. Behavioral Health Group. (2025, July 16). *7 common myths about medication-assisted treatment*. Retrieved from <https://www.bhgrecovery.com/blog>

Credible Sources for Help and Information

Finding the right help starts with knowing where to look. These trusted resources offer free, confidential support, information and connections to care.

SAMHSA (Substance Abuse and Mental Health Services Administration)

Call 1-800-662-HELP (4357) or visit [findtreatment.gov](https://www.findtreatment.gov) for 24/7, free and confidential help finding treatment and support for mental health or substance use concerns.

Crisis Text Line

Text HOME to 741741 to connect with a trained crisis counselor, free and available 24/7.

988 Suicide and Crisis Lifeline

Call or text 988 or use [988lifeline.org](https://www.988lifeline.org) if you are in emotional distress or thinking about suicide. Available 24/7, free and confidential.

Veterans Crisis Line

For veterans, call 988 and press 1, or text 838255, or chat via [veteranscrisisline.net](https://www.veteranscrisisline.net). Support is confidential and available 24/7.

NAMI (National Alliance on Mental Illness) Warmline Directory

Visit [nami.org](https://www.nami.org) to find peer-run support lines across the U.S. for emotional support, resources and recovery guidance.

Reaching out is a sign of strength. Whether you need immediate help or ongoing support, these resources are here for you.



1. Personal Recovery Plan Worksheet

Use this worksheet to answer questions about your recovery. Always remember WHY you started and why you keep going!

Today, I'm choosing recovery because:

When things get hard, I want to remind myself that:

My short-term goals (First 90 days):

My long-term goals (3-12 months and beyond):

People who support me:

Triggers I want to be aware of:

What I will do if I feel overwhelmed or discouraged:




2. Affirmation Cards

The words you tell yourself can shape your day - and your recovery. Cut out these cards and keep them where you'll see them often: in your wallet, on your nightstand or taped to your mirror.

Read them every day to remind yourself of your strength, your progress, and your purpose.

I am worthy of
healing




I am
Stronger
than my cravings.



I am
choosing
a fresh start,
one day at a time.



I am building
a life I am
proud
of, and I believe in the
person I'm becoming.



I am not alone on this
journey.



I am not
defined
by my past.

