



Prevention Education Treatment Recovery Assistance

Types of treatment

As with any chronic illness, finding the right treatment is the first step to managing Substance Use Disorder (SUD).

Research has shown most people need at least three months of treatment to reduce or stop their substance use. However, the best results are seen when patients remain engaged in treatment for even longer amounts of time.

Long-term addiction treatment doesn't have to involve an expensive or intense treatment programs. In fact, **sometimes the most effective (and affordable) SUD treatment begins in outpatient care, depending on the patient's needs and situation.**

You can think about SUD treatment services as a cascade of care ranging from high to low intensity. Not everyone needs high-intensity services to start their care, but if they do their long-term treatment plan should move them down the cascade of care into less intensive services to support management of their disease while moving back into normal life. Said differently, addiction is managed over the long-term, not in an acute rehabilitation stint. This means **your treatment type should change based on your needs.**

There are several different types of treatment. They are listed from the least intensive to the most intensive.

- **Outpatient:** Counseling, and possible medication treatment for substance use problems provided at an office or clinic. Time spent varies by the patient's needs and may range from 1 to 8 hours per week.
- **Intensive Outpatient:** A program that provides counseling, medical, and/or psychiatric treatments at a clinic, center, or hospital facility. Adults attend for at least 9 hours per week; adolescents for 6. Services often occurs in daytime or evening blocks of time.
- **Residential:** These programs are often called "rehab" and can vary in stay from several days to 6-12 months. Patients live and receive services onsite, including counseling, recovery coaching, medical/mental health treatment, and medication management (as needed). Residential care can be necessary due to the severity of the addiction or other health conditions, a history of relapses, unstable living arrangements or a poor support network.

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- **Hospital Inpatient:** 24-hour inpatient hospital care where medical care is the focus. Counseling and recovery support services are also available; often includes withdrawal management, sometimes known as “detox.”