

# TREATMENT & RECOVERY



Addiction is a treatable disease, and interventions support people to make the difficult choice to get treatment and start living healthy, productive lives.



Addiction can be the result of many things, including unaddressed mental health or trauma.

Frequent setbacks or relapses can be part of the recovery process, and may mean recovery plans need updating and employees need more support. Inviting employees to talk with a professional to re-evaluate treatment and recovery needs, can drastically improve results.

## TREATMENT OPTIONS

- Residential (live-in)
- Outpatient (live at home)
- Medication Assisted Treatment & Recovery (MAT/R)
- Behavioral Health Treatment
  - Individualized or Group Counseling
  - Cognitive Behavioral Therapy
  - Family Behavioral Therapy
- Ongoing treatment and recovery is more successful when monitored closely, changing up needed supports and services as needed.

Find NH Treatment Resources:  
[realitychecknow.org/treatment-drug-alcohol](https://realitychecknow.org/treatment-drug-alcohol)

## RECOVERY

People in or seeking recovery need support regaining self-respect and staying a working member of society. This is where employer support can be incredibly helpful. Every person is unique, so recognize there is no “one size fits all” recovery program.

Recovery supports for employees trying to strengthen their recovery can be found here:  
[www.realitychecknow.org/recovery-support](https://www.realitychecknow.org/recovery-support)

# WHAT IS RECOVERY?



PURPOSE

HEALTH

HOME

COMMUNITY

*Recovery is continual growth and improvement in one's health and wellness, to live self-directed lives and strive to reach full potential. The process of recovery is supported by four major components: health, purpose, home & community. (4)*

## WHAT CAN EMPLOYERS DO?

### HEALTH

Having a supportive job helps individuals make healthier choices. Because employees spend so much time at the workplace, it can act as an added layer of support leading to significantly better physical and emotional well-being for employees.

### HOME

By providing education and resources at the worksite, employees can share information with families and friends, creating more stable and safer living spaces, raise awareness, and decrease stigma around addiction.

### PURPOSE

Having a job gives people independence and resources to participate in society. Work provides a place to be, a sense of accomplishment, social connection, and a safe environment where professional and personal growth can happen.

### COMMUNITY

A workplace that connects people with local recovery centers and recovery supports can also connect employees to the larger community and show them how to get involved in making communities better.

#### References:

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2. NIDA. Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition). National Institute on Drug Abuse website. <https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition>. January 17, 2018. Accessed December 31, 2019;
3. Minnesota Recovery Friendly Workplace Toolkit. Recovree. 2019: [www.recovree.com](http://www.recovree.com);
4. SAMHSA. Recovery & Recovery Support. Substance Abuse & Mental Health Services Administration website: <https://www.samhsa.gov/find-help/recovery>. May 17, 2019.