



Abstinence

Abstinence, when talking about substance use, means not partaking in any illegal drug. Abstinence is often associated with the willpower to quit using vs the understanding that substance use disorder is a disease that needs to be treated, the disease is ongoing, and the individual will continue to be on a recovery journey.

Recovery

A person in recovery is someone who is actively working on a recovery program. This means they are taking a conscious approach to living their life. Someone in recovery makes the next best decision for themselves to ensure they are supporting their sobriety and helping to prevent a return to substance use.

This means they may not abstain from all substances, especially if they are prescribed a type of MOUD (medications for opioid use disorder) or some other type of medication. It also means a relapse can be a part of an individual's recovery journey.

An individual's recovery journey is just that, individual. No two people's recovery is identical and require the same things. Recovery is an ongoing evolving process for each person.

Harm Reduction

Harm reduction is a broad term for reducing harm to individuals and populations. An example is when a person chooses to take part in an activity where they might get hurt like bicycling. Harm reduction is wearing a helmet. An example of harm reduction at the population level is food borne illness outbreaks. Harm reduction would be restaurant inspections.

When applied to substance use disorders the effort is to reduce potential harm or negative consequences to individuals using drugs. At SRHD's Opioid Treatment Services harm reduction is the model of treatment we use. While there are a few people who may be able to wake up one day and abstain from their drug of choice, those individuals are rare. Especially when it comes to opioid use disorder.

SRHD's Treatment Services use a multi-pronged approach to harm reduction.

We Offer

- Medication Assisted Treatment (MAT) in the form of Methadone and Buprenorphine (aka Suboxone)
- Medical health screening and annual medical examinations
- Substance use disorder counseling
- Mental health therapy
- Connections to referrals
- Educational materials related to safe drug use
- Narcan to help in case of an opioid overdose

