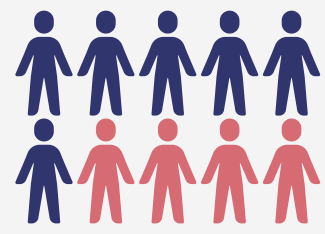


# Treatment for Substance Use and Addiction

There are many types of treatments and treatment settings. The best fit depends on many things, including the severity of the issue and one's physical and mental health. These details are determined through a comprehensive assessment by a qualified addiction or healthcare provider.

## OUTPATIENT (COMMUNITY)

Delivered in a variety of places in the community, such as an addiction or healthcare provider's office, a mental health clinic or an addiction clinic. Most often used by people whose alcohol or other drug use does not put them or others at serious risk. Outpatient treatment can sometimes involve structured treatment activities.



## INPATIENT (HOSPITAL)

Care provided at a hospital, 24 hours a day, 7 days a week, involving intensive structured treatment activities. Most often used by people with alcohol or other drug problems and also medical or mental health problems who need more intensive and comprehensive supports including greater medical care and supervision.



## RESIDENTIAL

Care provided in a live-in treatment centre, 24 hours a day, 7 days a week, involving intensive, structured treatment activities. Most often used by people whose alcohol or other drug problems are long-standing and complex. The duration of stay in these centres can span weeks or months.



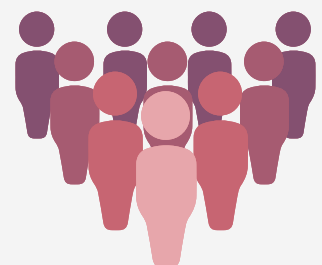
## WITHDRAWAL MANAGEMENT CENTRES

Sometimes called detox centres, these are places where people who are physically dependent on alcohol or other drugs are helped to withdraw safely from them (prior to entering addiction treatment). They can be in different settings, including hospitals, residential centres and other supportive community environments.



## CONTINUING CARE

Care provided post-treatment to support recovery and help maintain healthy changes. Can include different activities such as peer support groups, continued use of addiction medications and specialized supportive housing.



## PEER SUPPORT PROGRAMS

Peer support involves people who have had similar experiences with substance use and addictions aiding each other in recovery by providing encouragement, hope, assistance, guidance, and understanding. For example, 12 Step Programs (which are abstinence-based) and SMART Recovery (which focus on harm reduction).

