



Choices in Opioid Addiction

1. Continue Using

2. Abstinence

3. Methadone/Buprenorphine

Addiction:

- 1 . Loss of control or fighting for control.
- 2 Craving and compulsion to find and use your drug - no longer interested in previous activities and work.
- 3 Negative consequences, but can't stop using.



Choices in Opioid Addiction

Continue Using

Most often,

↑ Use

↓ Control

↑ Consequences

Harm to Relationships

2.

Abstinence -----

Requires Time, Change, Practice

Requires:

- Knowledge of self and Relationships
- Knowledge of Addiction
- New Habits and Coping Skill
- New values and perspective on life
- May require Residential Treatment
- Taking care of yourself and others
- Practice and Learning
- Avoid old/slippery Friends, Places, Things, Habits, Alcohol, other Drugs

3.

Methadone/Buprenorphine

Stay on Opioid Replacement Therapy for Months or Years

Choices after Time

Stay on Methadone or Buprenorphine indefinitely

Taper off Slowly



Consider Abstinence When:

- Patient is young
- Oral opioids; No injection use
- Use < 12 months
- Stable supportive family/work environment
- Patient's choice
- Patient's circumstances (finances, rural environment, etc.)
- < 30mgs of morphine equivalent per day

Consider methadone/buprenorphine when:

- Relapses after past treatment
- Injection use
- Polysubstance abuse
- Social stressors and instability
- Chronic pain complicated by addiction
- Patient's choice/patient circumstances
- Significant physical health problems from drug abuse
- Pregnancy
- Addicted family members
- \geq 30mgs morphine equivalent