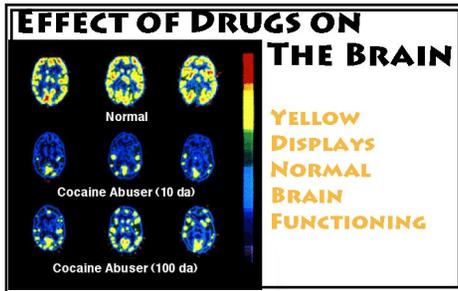


# TREATMENT

## Principles of Treatment

Addiction treatment must assist the individual with

1. stopping the use of drugs,
2. maintaining a drug-free lifestyle, and
3. achieving productive functioning in the family, at work and in society.



## Guidelines of Effective Treatment

- Viewing addiction as a complex but treatable disease that affects brain function and behavior
- No single treatment is effective for everyone
- Treatment needs to be available on a widespread basis and should focus on multiple needs rather than just one
- Treatment needs to occur for an adequate time period

Scientific research demonstrates the value of using a variety of approaches in addiction treatment. Behavioral therapies such as individual and group counseling are the most common forms of drug abuse treatment. The use of medications in combination with talk therapies is also common and highly effective.



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INDIANA UNIVERSITY  
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**DEPARTMENT OF APPLIED HEALTH SCIENCE**

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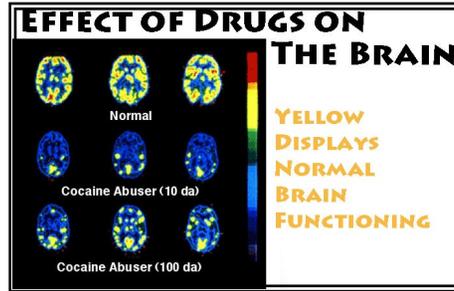
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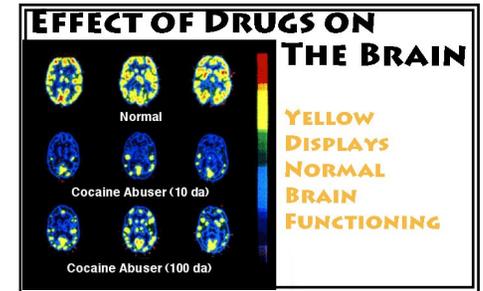
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### Categories of Treatment Programs

Several types of treatment programs exist for addiction: some are used individually and some are used together.

#### **General categories include:**

- detoxification and medically managed withdrawal
- long-term residential treatment
- short-term residential treatment
- outpatient treatment programs
- individualized drug counseling
- group counseling (behavioral therapies)

### Evidence Based Approaches to Addiction Treatment

#### **Cognitive-Behavioral Therapy,**

the use of skill sets to overcome problematic, learned behaviors, is particularly helpful in treating abuse of alcohol, marijuana, cocaine, methamphetamine and nicotine.

#### **Nicotine Replacement Therapies (NRT's)**

- |          |            |
|----------|------------|
| • Gums   | • Patches  |
| • Sprays | • Lozenges |

#### **Pharmacotherapies or Medications**

##### For Opioid Addiction

##### For Nicotine Addiction

- |                 |                         |
|-----------------|-------------------------|
| • Buprenorphine | • Bupropion (Zyban)     |
| • Naltrexone    | • Varenicline (Chantix) |
| • Methadone     |                         |

##### For Alcohol Addiction

- |              |               |
|--------------|---------------|
| • Naltrexone | • Acamprosate |
| • Disulfiram | • Topiramate  |

#### **Alternative Addiction Treatments**

- |                           |                            |
|---------------------------|----------------------------|
| • Community Reinforcement | • Motivational Incentives  |
| • Matrix Model            | • Enhancement Therapy      |
| • 12-step Programs        | • Behavioral Couple's      |
| • Family Therapy          | • Child Behavior Treatment |

#### **Indiana Prevention Resource Center**

501 N. Morton St. Suite 110  
Bloomington, IN 47404  
Indiana Toll Free: 800-346-3077  
Telephone: 812-855-1237  
Fax: 812-855-4940  
drugprc@indiana.edu  
<http://www.drugs.indiana.edu>

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