

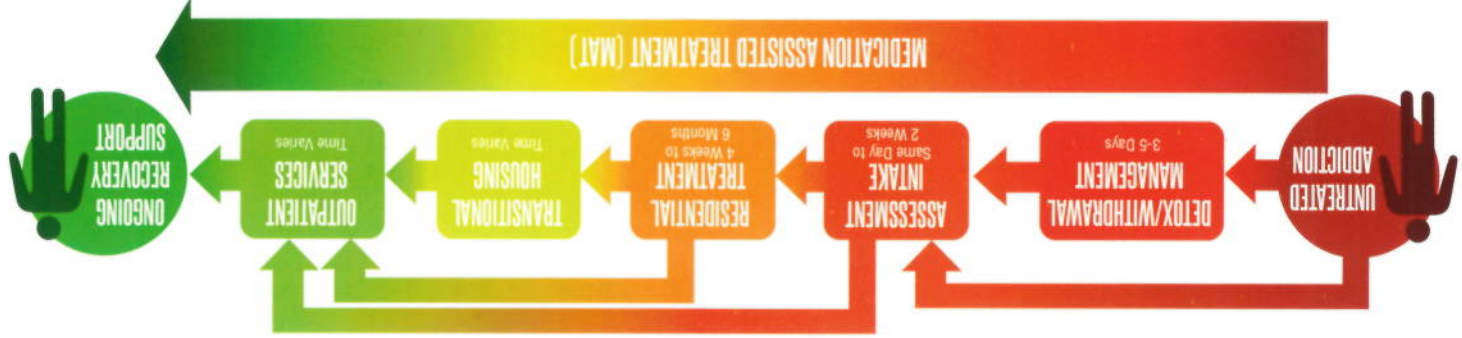
What are the next steps in treatment?

Alaska has treatment options and recovery support in many communities. Some providers have same-day opening.

Every step in recovery is available in Alaska. Not everyone needs every step and some people may need to repeat steps.

- People with severe addiction may need to medically stabilize or go through managed withdrawal (detox) before beginning treatment.
- The first step is an assessment (intake) to find the best treatment fit.
- Residential (inpatient) treatment offers a high level of support for starting recovery.
- Transitional housing provides people in treatment or early recovery with a safe, supportive home.
- Outpatient treatment lets people live at home and maintain their regular schedule during treatment. Some may start with outpatient treatment after assessment.
- Recovery support like self-help groups, peer support, employment programs and safe housing are important for maintaining recovery.

Addiction is a chronic condition so recovery is a lifelong process.



TAKE THE NEXT STEPS TO RECOVERY.

When you are ready to take action here are some resources:

health.alaska.gov/dph/Director/Pages/opioids/treatmenthelp.aspx

www.recoveralaska.org/gethelp

findtreatment.alaska.gov

National Helpline
(during normal business hours)
1-800-622-HELP (4357)
1-800-487-4889
(TDD, for the hearing impaired)

For more options or assistance finding services
Call **211**

For crisis
Careline
1-877-266-4357

In an emergency
call **911**



Ongoing recovery support