

Treatment for Substance Use Disorders

A resource for patients and families.

Do you or a loved one need help with alcohol or drug use? Not sure where to start?

Call this 24 hour hotline: 216-623-6888 OR text "4HELP" to 741741

Treatment information from Cuyahoga County hospitals

Hospital System	Phone	<u>Web Links</u>
Cleveland Clinic	216-363-2122	Alcohol & Drug Recovery Center webpage A Guide to Treatment
MetroHealth	216-778-4428	Recovery Services webpage Resource Guide
St. Vincent Charity Medical Center	216-363-2580	Addiction Medicine (Rosary Hall) at St. Vincent
University Hospitals	216-983-3066	Addiction Services webpage
VA Northeast Ohio Healthcare System	216-391-026 4 ext. 7772	Mental Health Services webpage
Alcohol, Drug Addiction & Mental Health Services (ADAMHS) Board of Cuyahoga County	216-623-6888	Provider Network Guide
Find all treatment locations available today at DrugHelp.care		
Adolescent treatment services in Cleveland area: changeshighland.com		

Can substance use disorder be treated?

Yes. Substance use disorders are treatable chronic illnesses. There are many options to help people manage use or misuse of substances like alcohol, opioids, cocaine or heroin. Choosing the best treatment is based on many factors, such as the type of disorder and how severe it is.

To get started, a trained professional must do a full evaluation of the patient. Then, a treatment plan should be made based on the patient's needs and symptoms.

Common treatments for substance abuse disorders

Behavioral Health Treatments can help people with substance use disorders. Treatments can be used together.

These include:

- **Counseling** - offer ways to learn healthy behaviors, manage thoughts and emotions, and use coping skills.
- **Medicines for mental and substance use disorders** - provide relief and help people manage symptoms, so they can begin to be and feel healthier.

Counseling and medication therapy often work best and the sooner they start, the better. As with other chronic illnesses, treatment is often needed throughout a person's lifetime. Substance use disorder is a chronic disease that can be managed and many people recover.

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