

BREAKING DOWN COMMON

ADDICTION RECOVERY TERMS



MERIDIAN
HEALTHCARE

ADDICTION

Millions of Americans suffer from Substance Use Disorder, but millions also recover from addiction each year, too.

It takes courage to finally reach out for help, so we want to make the recovery process a little less scary by breaking down some of the most common addiction recovery terms.

**For immediate assistance, call 911.*

THE “12” STEPS

A set of principles in recovery from addiction commonly associated with Alcoholics Anonymous (AA). The steps involve admitting powerlessness over one's addiction, seeking guidance from a higher power, making amends for past wrongs, and continuing to practice the principles of the program in daily life. These steps are intended to be a guide to achieving and maintaining sobriety and are used for many different types of recovery programs, not just for alcoholism.

A ADDICTION

A chronic disease involving compulsive behavior despite negative consequences. Addiction has biological, psychological, and environmental factors that affect its development.

ADDICTIVE SUBSTANCE

A drug or chemical that causes physical or psychological dependence. Addictive substances include both legal and illegal drugs, such as alcohol, opioids, nicotine, and some prescription medications like pain relievers or stimulants. Addictive substances can alter brain chemistry and lead to compulsive drug use despite negative consequences.

AFTERCARE

Ongoing support and care after completing a formal addiction treatment program. Aftercare often includes a variety of services, such as counseling, support groups, peer mentoring, and establishing a support network. The goal is to help individuals maintain their recovery by providing the right tools and support.

ALCOHOLISM

Also known as Alcohol Use Disorder (AUD); a condition characterized by strong cravings for alcohol, difficulty in controlling alcohol consumption, and physical or psychological dependence on alcohol. AUD can cause individuals to continue to drink despite negative consequences.

AMPHETAMINE

A class of stimulant drugs that increase levels of certain neurotransmitters in the brain, such as dopamine and norepinephrine. They are found in some prescription drugs (ex: Adderall) but are also used in some illegal drugs (ex: methamphetamines).



B

BEHAVIORAL THERAPY

A form of psychological treatment that focuses on changing specific behaviors. This type of therapy helps individuals understand how their thoughts, feelings, and behaviors are connected in order to develop more positive ways of thinking and behaving.

BUPRENORPHINE

Prescription medication used to treat opioid addiction. Buprenorphine binds to the same receptors in the brain as opioids but does not produce the same feelings of euphoria (partial agonist). It blocks the effects of other opioids while reducing withdrawal symptoms and cravings, as well, and is often combined with the opioid antagonist, naloxone (see "Suboxone").

C

CEILING EFFECT

When a drug reaches a maximum effect that won't increase by increasing the drug dosage.

CO-OCCURRING DISORDER

Also known as comorbidity; the presence of two or more mental health conditions in an individual at the same time. For example, substance use disorder often co-occurs with other mental disorders, such as depression, anxiety, or bipolar disorder.

COGNITIVE BEHAVIORAL THERAPY (CBT)

A type of psychological treatment that identifies and changes negative thoughts, beliefs, and attitudes that cause or maintain negative behaviors. CBT's goal is to develop new, more positive ways of thinking and behaving.

CONTINUUM OF CARE

Range of services and support available to individuals with addiction or mental health disorders, from the initial start of treatment to long-term recovery. The goal is to provide individuals with the appropriate level of support at each stage of their recovery journey so that they can achieve and maintain long-term sobriety.

CONTROLLED SUBSTANCE

A drug or other substance regulated by government agencies to prevent misuse, abuse, and illegal distribution. Controlled substances are classified based on the level of potential harm they pose to users, as well as their potential for abuse and addiction.

COUNSELING

A form of psychological treatment that involves talking with a trained professional to cope and overcome a wide range of mental health issues, personal problems, and life challenges. Counseling can be done as an individual, group, family, or couple.

CRAVING

Intense desire or urge to use a substance or participate in an action.



DETOXIFICATION (DETOX)

D

The first step in the addiction recovery process where an individual withdraws from their addiction. Detox is often supervised by medical staff to help manage withdrawal symptoms.

DIALECTICAL BEHAVIOR THERAPY (DBT)

A type of cognitive-behavior therapy developed to treat conditions characterized by intense emotions, impulsivity, and difficulty with relationships. DBT's goal is to help individuals develop the skills necessary to manage their emotions and improve their relationships.

DOPAMINE

A neurotransmitter often associated with the development of addiction. When an individual uses a substance, it releases a large dose of dopamine and creates a feeling of euphoria.

DRUG DEPENDENCE

A physical and psychological dependence on a substance where the individual experiences withdrawal symptoms when they stop using the substance. This occurs when the brain adapts to the presence of a substance and alters its chemistry and function.

EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)

E

A form of therapy where the therapist guides the individual through a series of eye movements, sounds, or taps that stimulate the brain. EMDR can be used in addiction treatment to identify and address triggers for substance use. EMDR is often used for treating PTSD and healing trauma; it is especially helpful for individuals whose addiction is a result of a traumatic event.

FAMILY THERAPY

F

A type of psychological treatment that involves family members. The therapist helps family members communicate more effectively, express their feelings, and understand each other's perspectives.

GAMBLING DISORDER

G

Also known as gambling addiction; a condition characterized by persistent and uncontrollable gambling behavior that causes significant problems in an individual's life.

GROUP THERAPY

A form of psychological treatment that involves a group of people who share a common problem or issue. The therapist guides the group through discussions and activities designed to help group members gain insight into their problems, learn coping strategies, and develop new ways of interacting with others.

Group therapy is different from a support group. Group therapy is led by a trained therapist or counselor and follows a structured format with specific goals and objectives, whereas support groups are more focused on sharing experiences with group members.



I ILLICIT DRUG

Also known as an illegal drug; a substance prohibited by law to be produced, possessed, or consumed as determined by government entities.

I INPATIENT TREATMENT

Also known as residential treatment; a form of addiction treatment that requires the individual to live in a treatment facility for a certain period of time. It is the most intensive level of care for addiction treatment. Inpatient treatment provides 24/7 care and support from medical staff, especially while the patient experiences withdrawal symptoms.

I INTENSIVE OUTPATIENT TREATMENT

A type of addiction treatment that is less restrictive than inpatient treatment but more intensive than traditional outpatient treatments. It is designed for individuals who need more support but do not require 24/7 supervision.

I INTERVENTION

A structured process in which a group of people, including friends, family, and loved ones, confront an individual who is struggling with an addiction or other issue in order to express concern and urge them to seek help.

Interventions are led by trained professionals who help the group plan and organize the event to properly help and support the individual.

I INTRANASAL

The administration of a substance through the nasal passages by inhaling the powder or liquid through the nose or from a nasal spray.

I INTRAVENOUS

The administration of a substance directly into a vein through a needle or catheter (thin tube).

L LEVEL OF CARE

The degree of intensity and support required for an individual's treatment and recovery from addiction. The level of care depends on the individual's specific needs and level of addiction and is adjusted, as needed, throughout the recovery process.

M MAINTENANCE MEDICATION

A type of medication prescribed to help individuals maintain abstinence from substance abuse or prevent relapse. They must be prescribed by doctors or other qualified medical professionals in conjunction with other forms of treatment, such as therapy or counseling. Examples include methadone, buprenorphine, and naltrexone.



MAT (MEDICATION-ASSISTED TREATMENT)

A form of treatment for addiction that involves the use of medications, in combination with counseling and behavioral therapies. MAT's goal is to help individuals overcome their addiction, improve overall health, and restore their ability to function in everyday life. MAT has been proven to improve patient outcomes, reduce the risk of overdose, and decrease the transmission of diseases through unsafe injections.

METHADONE

A maintenance medication primarily used to treat opioid addiction. It is a synthetic opioid that binds to the same receptors in the brain to reduce withdrawal symptoms and cravings, making it easier for these individuals to stop using addictive substances and stay in recovery.

METHAMPHETAMINE

A highly addictive and synthetic stimulant drug that is chemically similar to amphetamine but has a more potent effect on the central nervous system. When taken, it increases the levels of dopamine leading to feelings of euphoria, increased energy, and reduced appetite.

NALOXONE

N A life-saving medication used to rapidly reverse the effects of opioid overdose. It is fast-acting and binds to the same receptors in the brain as opioids, reversing respiratory depression and sedation that occurs in an opioid overdose.

NARCAN

Brand name for the nasal spray form of naloxone.

NARCOTIC

A substance that binds to opioid receptors in the central nervous system and is used to treat moderate to severe pain; often referred to as "opioids."

OPIOID

O Natural, synthetic, or semi-synthetic substances that interact with opioid receptors on nerve cells to reduce the intensity of pain signals. (Opioids include illegal substances, such as heroin and fentanyl.)

Prescription opioids are safe when taken for a short period of time and following strict instructions from a medical professional.

OUTPATIENT TREATMENT

A form of addiction treatment that allows individuals to receive treatment while continuing to live at home and attend to their personal responsibilities. Medication-assisted treatment (MAT) can be done as outpatient treatment alongside regular meetings with treatment providers and drug tests.



P

PAINKILLER

A type of medication used to relieve pain. They alter the perception of pain in the brain, rather than addressing the underlying cause. Painkillers range from over-the-counter medications (ex: aspirin) to strong opioids (ex: morphine).

PRESCRIPTION DRUG

A medication that can only be obtained with a valid prescription from a licensed healthcare provider. They treat a wide range of medical conditions. Healthcare providers monitor the dosage, duration of treatment, interactions with other medications, signs of addiction or overdose, and potential side effects of the medications.

PHYSICAL DEPENDENCE

When an individual experiences physical withdrawal symptoms after they stop using a drug.

PSYCHOLOGICAL DEPENDENCE

When an individual experiences a strong craving for the drug and feels they need it to function normally.

PSYCHOTHERAPY

Also known as talk therapy; the treatment of mental, emotional, personality, and behavioral disorders using methods such as discussion, listening, and counseling. The goal is to help individuals improve their overall well-being and develop the insight, skills, and understanding they need to change their behaviors, thoughts, and feelings.

R

RECOVERY

The process of overcoming an addiction and gaining control of one's life, which is unique to each individual. The goal of recovery is to help an individual achieve and maintain long-term abstinence from their addictive behaviors and improve their overall well-being.

REHABILITATION (REHAB)

The treatment process for individuals with addiction or other behavioral health problems. Rehabilitation programs provide a structured and supportive environment where individuals can focus on their recovery and develop the skills and strategies needed to maintain long-term abstinence from their addiction. Rehabilitation programs are either inpatient or outpatient.

RELAPSE

When an individual returns to substance use or addictive behaviors after a period of abstinence. When relapse occurs during the recovery process, a certified addiction specialist can assist in determining the trigger and help develop a prevention plan for the future.



RESIDENTIAL TREATMENT

Also known as inpatient treatment; a type of addiction treatment program where individuals live at the treatment facility for the duration of the program with 24/7 support. Typical stays are about 30-45 days. For those with severe addiction or co-occurring disorders, the action of removing themselves from their normal environment can help avoid triggers and increase the chance of successful recovery.

SAMHSA

The Substance Abuse and Mental Health Services Administration; an agency within the U.S. Department of Health and Human Services that is responsible for improving the quality and availability of services for substance abuse and mental health.

SCHEDULE LEVEL DRUGS

Controlled substances are classified into five schedules: Schedule I, II, III, IV, and V. Schedule I drugs have the highest potential for harm or abuse and have no accepted medical use. Schedule V drugs have the lowest potential for harm or abuse and have accepted medical uses.

SEROTONIN

A chemical neurotransmitter that regulates mood, anxiety, and other psychological and physiological processes.

SOBRIETY

The state of being free from the influence of addictive substances.

SUBLINGUAL

The administration of a medication under the tongue. Buprenorphine is commonly used as a sublingual medication for rapid response.

SUBOXONE

A medication that contains both buprenorphine and naloxone to block the effects of opioids. It reduces withdrawal symptoms and cravings from opioid addiction.

SUBSTANCE USE DISORDER

A mental health disorder that affects a person's brain and behavior, leading to that person's inability to control their use of substances, such as alcohol, medications, or illegal drugs.

SUBUTEX

Brand name for a medication that contains buprenorphine to treat opioid addiction by reducing withdrawal symptoms.



SUPPORT GROUPS

A form of group-based therapy that brings individuals together who share a common problem or issue. Facilitators provide a space where individuals can share their experiences, receive emotional and social support, and learn from others who are going through similar challenges.

Support groups are different from group therapy. Support groups are more informal, providing a sense of community and a safe space for members to share their experiences while gaining insight from one another. Support group meetings are not intended to be therapy sessions but instead an opportunity to share experiences, thoughts, and feelings with like-minded people. Group therapy is a more structured, professional approach.

THERAPY

A process in which an individual talks with a trained professional to address mental health concerns or personal issues. A therapist provides a safe and supportive environment for the individual to talk about their thoughts, feelings, and experiences. That safe space then allows the therapist and individual to gain insight into behaviors, emotions, and relationships so that changes can be made.

TOLERANCE

Reduced drug response due to repeated use. When an individual develops a tolerance, they need more and more of a substance or action to get the same initial feeling.

TRIGGER

A stimulus that elicits a reaction. In addiction recovery, triggers can cause an individual to crave drugs and potentially relapse. Recovery treatment includes methods to handle triggers.

VIVITROL

Brand name for an injectable medication that contains naltrexone and blocks the effects of opioids. It is administered by a healthcare provider as part of a Medication-Assisted Treatment (MAT) plan.

WITHDRAWAL

Mental and physical symptoms that occur after an individual with a drug dependence stops or decreases drug use abruptly. Withdrawal symptoms vary in severity depending on the substance, the individual's level of dependence, and other factors. Common symptoms include headaches, nausea, vomiting, sweating, fever, chills, restlessness, and anxiety.

WITHDRAWAL MANAGEMENT PROGRAM

Also known as detox; a recovery program designed to help individuals safely withdraw from a substance and manage their symptoms with 24/7 medical support.



FIND THE ROAD TO RECOVERY

If you are ready to start the recovery process, the compassionate team at Meridian HealthCare is ready to help.

Meridian offers inpatient treatment, outpatient treatment, withdrawal management (detox), medication-assisted treatment (MAT), counseling, group therapy, and more to help people start and maintain their recovery journey. For decades, we have provided support for those struggling with any type of addiction, including gambling and other non-substance addictions.

To make an appointment for yourself or someone you know, give us a call today at **330.992.2493**.

Find your HOPE at Meridian.



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