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Treatment

Brief Description

There are many options that have been successful in treating drug addiction, including:

- behavioral counseling
- medication
- medical devices and applications used to treat withdrawal symptoms or deliver skills training
- evaluation and treatment for co-occurring mental health issues such as depression and anxiety
- long-term follow-up to prevent relapse

A range of care with a tailored treatment program and follow-up options can be crucial to success. Treatment should include both medical and mental health services as needed. Follow-up care may include community- or family-based recovery support systems. [Read the DrugFacts](#)

Learn more:

- [Research Report on Medications to Treat Opioid Addiction](#)
- [Research Report on Therapeutic Communities](#)
- [Naloxone](#) - a medication designed to rapidly reverse opioid overdose

Step-by-Step Guides

- **What to do if you have a problem with drugs:**
 - [For Teens and Young Adults](#)
 - [For Adults](#)
- **What to do if someone you know has a problem with drugs:**
 - [Your Teen or Young Adult](#)
 - [Your Adult Friend or Loved One](#)

- What to do if you or a loved one has a problem with drugs: [En español](#)



One patient's story: NIDA clinical trials bring a new life to a woman struggling with opioid addiction - the study hoped to determine if clonidine used with buprenorphine could help reduce stress-induced relapse in heroin users.

Related Publications



Medications to Treat Opioid Use Disorder

Discusses effective medications used to treat opioid use disorders: methadone, buprenorphine, and naltrexone. (June 2018) [En Español](#)



Treatment Approaches for Drug Addiction

A plain language summary of the behavioral therapies, medications, and devices that can be used to treat substance use disorders. (January 2019) [En Español](#)



Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide

Presents research-based principles of adolescent substance use disorder treatment; covers treatment for a variety of drugs including, illicit and prescription drugs, alcohol, and tobacco; presents settings and evidence-based approaches unique to treating adolescents. (January 2014)



Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition)

Presents research-based principles of addiction treatment for a variety of drugs, including nicotine, alcohol, and illicit and prescription drugs, that can inform drug treatment programs and services. (January 2018) [En Español](#)



Principles of Drug Abuse Treatment for Criminal Justice Populations - A Research-Based Guide

Presents research-based principles of addiction treatment that can inform drug treatment programs and services in the criminal justice setting. (April 2014)



Seeking Drug Abuse Treatment: Know What To Ask

Offers guidance in seeking drug abuse treatment and lists five questions to ask when searching for a treatment program. (June 2013) [En Español](#)

Drug-Related Hospital Emergency Room Visits



Provides national estimates on drug-related visits to hospital emergency departments and makes comparisons with previous years' data. Discusses illicit drugs, alcohol and other drugs, and prescription drugs. (May 2011) [En Español](#)

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Related Policy Briefs



[Treating Opioid Use Disorder During Pregnancy](#)

This brief fact sheet discusses the risks of untreated opioid use disorder during pregnancy, particularly neonatal abstinence syndrome, and provides evidence-based treatment options that have been shown to be safe and effective. (July 2017)



[Improving Opioid Prescribing](#)

This brief fact sheet provides information about the risks of prescription opioid pain relievers and a summary of the Centers for Disease Control and Prevention's Guideline for Opioid Prescribing for Pain. (March 2017)



[Naloxone for Opioid Overdose: Life-Saving Science](#)

This brief fact sheet provides information about the life-saving drug naloxone, which can reverse an opioid overdose, including how it works and where to get it. (March 2017)



[Effective Treatments for Opioid Addiction](#)

This brief fact sheet provides information about the effectiveness of medications for opioid use disorders and recent scientific advances in this area. (November 2016)

Related NIDA Notes Articles

- [Methadone Maintenance Treatment During Incarceration Has Long-Term Benefits](#) (April 2019)
- [Interim Buprenorphine Alleviates Psychiatric Symptoms in Waitlisted OUD Patients](#) (March 2019)
- [A Promising Alternative to Opioid Pain Medications](#) (February 2019)

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Related News Releases

- [Opioids without the risk of addiction?](#) (March 2019)
- [Monthly buprenorphine injections effective for opioid use disorders](#) (February 2019)
- [Cascade of Care model recommended for opioid crisis](#) (January 2019)

[View more related News Releases](#)

Related Resources

- [Mental Health and Addiction Insurance Help](#) - U.S. Department of Health and Human Services
- ftc.gov/opioidhelp
- [Treatment Improvement Protocol: Medications for Opioid Use Disorders](#) - SAMHSA
- [Clinical Guidance for Treating Pregnant and Parenting Women With Opioid Use Disorder and Their Infants](#) - SAMHSA

Resources to Help Curb Adolescent Drug Use:

- [Family Checkup](#)
- [If a Teen or Young Adult Has a Drug Abuse Problem](#)
- [Keeping Youth Drug Free](#) - SAMHSA, Online Publication
- [Opioids and Adolescents](#) - Office of Adolescent Health
- [Principles of Drug Abuse Treatment for Adolescents: Summary](#)
- [Video: "Adolescent Substance Use, Addiction, and Treatment" with Sarah Bagley, M.D.](#) - Office of Adolescent Health

Therapy Manuals For Cocaine Addiction (Archives):

- [Cognitive-Behavioral Approach: Treating Cocaine Addiction](#) (Manual 1)
- [Community Reinforcement Approach: Treating Cocaine Addiction](#) (Manual 2)
- [Individual Drug Counseling Approach to Treat Cocaine Addiction: The Collaborative Cocaine Treatment Study Model](#) (Manual 3)
- [Counseling for Cocaine Addiction: The Collaborative Cocaine Treatment Study Model](#) (Manual 4)
- [Brief Strategic Family Therapy for Adolescent Drug Abuse](#) (Manual 5)

Other Resources

- [MEDLINEplus Health Information on Drug Abuse](#) - National Library of Medicine, NIH
- www.abovetheinfluence.com - Office of National Drug Control Policy
- healthfinder.gov - U.S. Department of Health and Human Services

Past information on many drugs of abuse is available on our [Archives](#) site.

Clinical Trials

Clinical trials are research studies in human volunteers conducted to answer specific health questions. Learn about the NIH-sponsored clinical trials available to you.

- [NIDA Clinical Trial Locator](#) - answer a few simple questions and get contact information for Clinical Trials near you.

Other Clinical Trials information sources:

- [NIH Clinical Trials and You](#) - NIH site that helps explain about clinical trials and why people participate.
- [NIDA Trials at ClinicalTrials.gov](#) - a resource of federally and privately supported clinical trials.
- [Clinical Research Studies from the National Drug Abuse Treatment Clinical Trials Network \(CTN\)](#) - a NIDA coordinated network of research institutions conducting human trials on drug abuse solutions.
- [Research Studies at NIDA Intramural Research Program](#) - located in Baltimore, Maryland.

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