










# Many Paths to Change

## Interventions for Substance Use

Change is not one-size-fits-all.

People choose different paths based on their needs, goals, and readiness.

 <p><b>Cutting Back</b></p>	<ul style="list-style-type: none"> <li>• Cutting back substance use gradually</li> <li>• Setting limits (ex: fewer days per week)</li> <li>• Safer use strategies</li> <li>• Goal may be moderation rather than abstinence</li> </ul>
 <p><b>Self-Help &amp; 12-Step Groups</b></p>	<ul style="list-style-type: none"> <li>• 12-step meetings or similar groups</li> <li>• Regular meetings and support networks online or in-person.</li> </ul>
 <p><b>Peer Support Groups</b></p>	<ul style="list-style-type: none"> <li>• Recovery coaches or peer specialists</li> <li>• Non-clinical encouragement</li> <li>• Recovery community engagement</li> </ul>
 <p><b>Medication-Assisted Treatment (MAT)</b></p>	<ul style="list-style-type: none"> <li>• Medications to reduce cravings or withdrawal</li> <li>• Combined with counseling/support</li> <li>• Evidence-based treatment option</li> </ul>
 <p><b>Outpatient Therapy or Counseling</b></p>	<ul style="list-style-type: none"> <li>• Individual counseling</li> <li>• Group therapy</li> <li>• Mental health support</li> <li>• Coping and relapse prevention skills</li> </ul>
 <p><b>Intensive Outpatient Programs (IOP)</b></p>	<ul style="list-style-type: none"> <li>• Several sessions per week</li> <li>• Therapy + education</li> <li>• Higher level of care than standard outpatient</li> <li>• Maintain work/school responsibilities</li> </ul>
 <p><b>Residential Treatment</b></p>	<ul style="list-style-type: none"> <li>• Live-in treatment setting</li> <li>• 24-hour support</li> <li>• Structured daily programming</li> <li>• Focus on stabilization and recovery skills</li> </ul>
 <p><b>Medical or Social Detox</b></p>	<ul style="list-style-type: none"> <li>• Supervised withdrawal management</li> <li>• Medical monitoring when needed</li> <li>• First step before ongoing treatment</li> </ul>
 <p><b>Sober Living Housing</b></p>	<ul style="list-style-type: none"> <li>• Substance-free housing</li> <li>• Peer accountability</li> <li>• Transition between treatment and independent living</li> </ul>

### Recovery Principles



People may move between paths



Multiple approaches can be combined



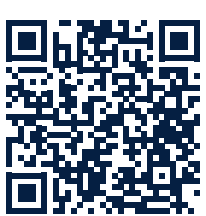
Recovery looks different for everyone

### Help is available Call 988



988 Lifeline

Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you.



*Change is possible when we start these conversations.*

Every path forward counts.



**Nevada Opioid Center of Excellence**  
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