

Medication assisted recovery: A primer

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To the layperson, it might sound counterintuitive: Treating a drug addiction with more drugs?

But medication assisted recovery is becoming more common in the medical community, with experts reminding you that addiction can happen to anybody. Tim Ditman of OSF HealthCare has more.

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Marla Nelson, a psychotherapist at OSF, says a person might take a drug like suboxone [suh-BOX-own] in a controlled way...to step down their use of the abused drug. This would go alongside therapy.

\*\*\*SOT\*\*\*

Marla Nelson

OSF HealthCare psychotherapist

**"There are a lot of people in recovery who have a history of traumatic life experiences. We might deal with that. We might change the way they think about things using cognitive behavioral therapy. So they have the medication to ease their withdrawal. And they have the therapy piece to learn new skills to live a productive life. It all really helps." (:29)**

I'm Tim Ditman.

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If you think you or your loved one could benefit from medication assisted recovery, talk to a member of your health care team. If someone is deep in addiction and not seeing their doctor regularly or is resistant to help, Nelson points out that some hospital emergency departments can fast track someone into a recovery program.