

Can someone truly and fully recover from opioid use disorder?

Yes, absolutely. Recovery begins by taking that difficult first step: asking for help.

Staying opioid-free is just one part of the recovery process. The whole person needs to be addressed. Things like removing toxic relationships or other triggers that could prevent recovery should also be part of the treatment plan. Surround yourself with supportive people—this will help you break the cycle of guilt and shame.

Where can I go for help?

Fast-Tracker is the premier resource for finding treatment in Minnesota and can be accessed at sud.fast-trackermn.org. Search by location or program service and Fast-Tracker will find the best fit for you. Some options for treatment include:

Detox

Opioid withdrawal is often uncomfortable and painful and requires help to prevent immediate relapse. In detox, you can receive observation and treatment while you go through withdrawal.

Residential

Often the most intensive level of treatment, as you can receive 24-hour observation and care.

Non-residential

There are outpatient services where you commute to the treatment facility or counseling center for appointments.

Telemedicine

If you live in an area without available care or cannot physically commute to treatment, telemedicine allows you to receive services via the Internet.

You can also use Fast-Tracker to identify services focused upon cultural communities, women/pregnancy and LGBTQ individuals.

Can I afford it?

To ensure you're getting the most out of your coverage, contact your insurance provider before officially beginning treatment. Also keep in mind that not having insurance shouldn't be a barrier to treatment. Your desired program may be willing to work with you to develop an appropriate payment plan.

Relapse can be a part of recovery. It does not mean that you have failed. It can take time to effectively change behaviors and thoughts. If relapse does occur, return to your treatment plan as soon as possible.

Other options:

- 12-step programs like Narcotics Anonymous
- Peer support groups
- Recovery housing or other therapeutic communities