Highland Rivers Behavioral Health

LOFT - Leaving Opioids For Treatment

PROGRAM OVERVIEW

Through a combination of counseling, education, behavioral therapy and medication, Highland Rivers Behavioral Health's LOFT (Leaving Opioids For Treatment) program provides an integrated "whole-person" approach to treating opioid misuse and addiction. Through integrated therapies, the LOFT program helps participants learn to manage life issues and day-to-day living without using mood- or mind-altering substances, while promoting recovery, self-sufficiency and other important life skills.

Individuals in the LOFT program receive recovery education and counseling and also participate in the Substance Abuse Intensive Outpatient Program (SAIOP) or other substance use treatment programs. The three-phase SAIOP program ranges from 13 to 26 weeks and includes behavioral therapy and 12-step programs.

In addition, because some medications have been shown to benefit individuals in recovering from opioid addiction, participants in the LOFT program may be prescribed Subutex, Suboxone, or Vivitrol when such medications are clinically appropriate as part of an individual's recovery plan. *(Note: Highland Rivers does not prescribe or provide methadone).*

THE BENEFITS OF INTREGRATED TREATMENT

Opioid use disorders – including misuse, abuse and addiction – are serious conditions that can negatively impact an individual's job, family and health, and may also be fatal. Yet, recovery from opioid addiction is possible.

Today, there are several supports available that can help ease the symptoms and anxiety of withdrawal, manage legitimate pain conditions, and help individuals transition to living in recovery without using opioids. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), research shows that a combination of behavioral therapy and medication can successfully treat opioid use disorder and help sustain recovery. Integrated approach to treatment has been shown to:

- Improve individuals' survival
- Increase retention in treatment
- Decrease illicit opiate use and other criminal activity among people with substance use disorders
- Increase individuals' ability to gain and maintain employment
- Improve birth outcomes among women who have substance use disorders and are pregnant

USING MEDICATION IN ADDICTION TREATMENT

A common misconception about using medication to treat opioid addiction is that individuals are substituting one drug for another. Programs such as LOFT provide a safe and controlled level of medication that does not produce a "high." Instead, the medications help individuals overcome opioid use by relieving withdrawal symptoms and psychological cravings that cause chemical imbalances in the body, reducing the need and desire to use opioids.

Further, research shows that when provided at the proper dose, these medications have no adverse effects on an individual's intelligence, mental capability, physical functioning or employability.

Highland Rivers Behavioral Health provides comprehensive treatment and support services for adults, children and families, and veterans affected by mental health disorders, intellectual and developmental disabilities, and addictive diseases in 13 counties in north Georgia.

For more information about LOFT and how to enroll, contact
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To visit our website, scan the QR code or go to www.highlandrivers.org