

## YOUR RECOVERY SOLUTIONS

### COACH

Note – for individuals as needed or desired

#### **New Patients:**

Choosing a provider, selecting treatment (pros/cons, myths), treatment contract/agreement, harm reduction, Medicaid application assistance  
Naltrexone (PO, IM) for both alcohol use disorders (AUD) and opioid use disorders (OUD)

Starting treatment, medication adherence, communication with clinic staff  
Family/Significant Other (SO) relations, Peer advocate/mentor/buddy support

Managing MAT side-effects, cravings/urges, stress, negative thoughts/limiting beliefs; polysubstance use

Recovery goals...barriers, progress; lifestyle balance

Overdose prevention (Narcan)

#### **Relapsing Patients:**

Changing treatments; dual diagnosis/co-occurring disorders

Sponsor/ Lifeline

Using MAT related m-Health applications (mobile phone)

Self care/Self advocacy; wellness healthy habits; *Exercise Is Medicine*

#### **Returning Patients:**

Limited targeted intensive case management; more frequent clinic visits, more counseling/contacts/communication;

Relapse prevention classes, mutual self-help groups (SMART Recovery meetings)

