



THE SIGNIFICANCE & IMPACT OF SUPPLEMENTAL THERAPIES IN ADDICTION TREATMENT

AUTHORED BY RECOVERY UNPLUGGED TREATMENT CENTER

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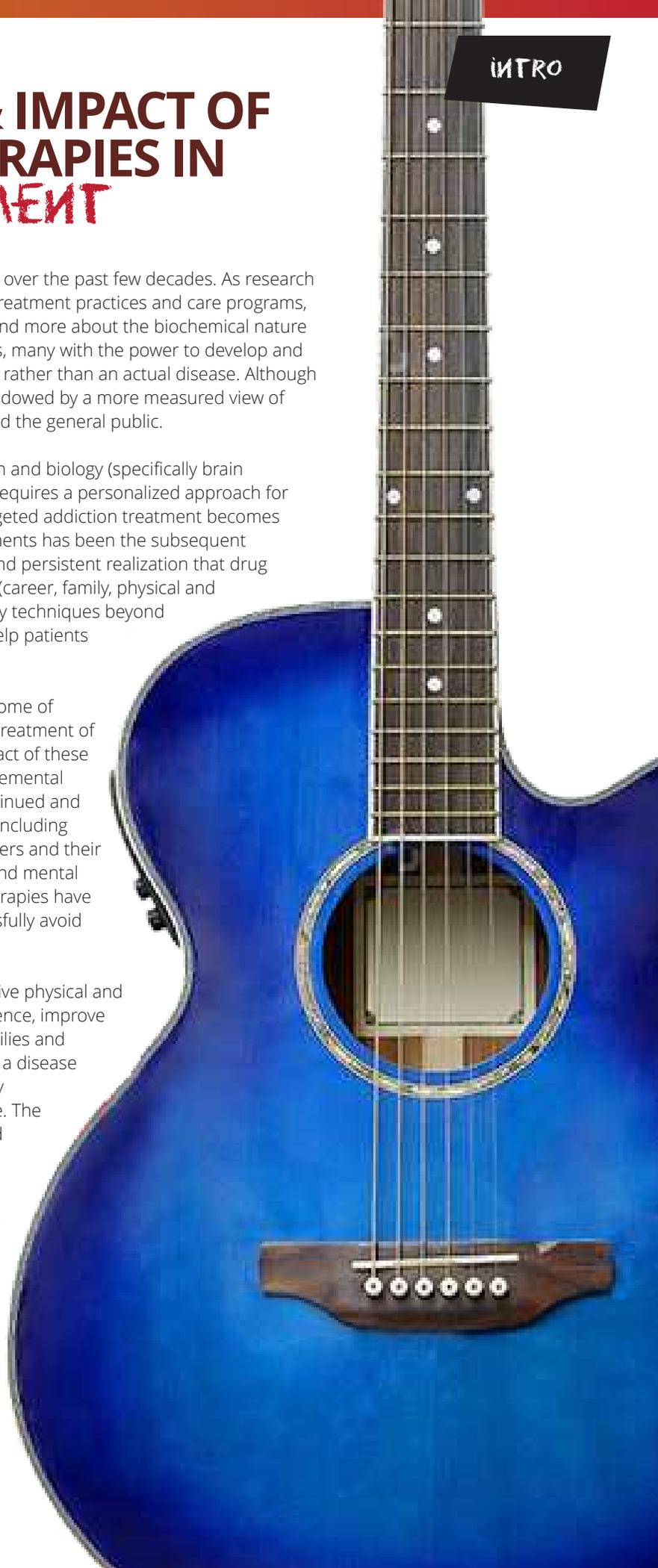
The addiction treatment landscape has evolved considerably over the past few decades. As research on chemical dependency continues to inform and innovate treatment practices and care programs, clinicians and treatment advocates, alike are learning more and more about the biochemical nature of the disease and how it directly impacts behavior. For years, many with the power to develop and implement relevant policy viewed addiction as a moral failing rather than an actual disease. Although this perception continues to persist, it is increasingly overshadowed by a more measured view of chemical dependency among both the clinical community and the general public.

A chief benefit of further exploring the link between addiction and biology (specifically brain chemistry) has been the realization that effective treatment requires a personalized approach for maximum success. As the importance of specialized and targeted addiction treatment becomes more and more evident, one of the most impactful developments has been the subsequent implementation of supplemental therapies. The continued and persistent realization that drug and alcohol addiction impacts every aspect of a person's life (career, family, physical and mental health, etc.) has mandated the use of modern therapy techniques beyond traditional detoxification, talk-therapy and 12-Step work to help patients reclaim the entirety of their lives.

While, historically, it has been an admitted struggle to have some of these therapies recognized as legitimate techniques for the treatment of addiction, the mounting evidence regarding the positive impact of these techniques continues to further solidify them as viable supplemental care resources. The result of this research has been the continued and ongoing acceptance of these therapies in clinical treatment, including their increasing implementation at respected treatment centers and their acceptance and advocacy among respected addiction care and mental health treatment organizations. For many patients, these therapies have been a game-changing resource as they endeavor to successfully avoid relapse.

Not only do these supplemental techniques often yield positive physical and mental health benefits, they also strengthen patients' confidence, improve their interpersonal skills, help them better relate to their families and gain increased agency over their recovery and their lives. For a disease such as addiction, which so totally impacts a person's life, any positive element of treatment can make a world of difference. The continued evidence of their impact has pushed them beyond "wishful thinking" toward a place right alongside traditional and universally accepted methods of care. This is one of the primary reasons why we're seeing more and more quality facilities expand their menu of therapeutic offerings.

As a treatment organization founded on the proven healing power of music to aid in the addiction treatment and recovery processes, Recovery Unplugged understands the importance of supplemental therapies to achieve totality of healing and enrich their post-treatment lives. In this eBook, we will explore some of the more commonly used supplemental treatment practices and their impact on progress and treatment and long-term recovery. Treatment works best when it is tailored toward the individual; this commitment to targeted care is often mirrored in a facility's therapy options.



WHAT DO WE MEAN BY "SUPPLEMENTAL THERAPIES?"

SUPPLEMENTAL
THERAPIES

The term "supplemental therapies" is an admittedly large clinical umbrella. While many of these therapies have a considerable way to go before they enter the canon of acceptable and proven treatment practices, there are some that are undeniably effective. Supplemental therapies, for the purposes of this conversation, are therapy techniques that occur in conjunction with pillar-practices of modern addiction treatment, including detoxification and withdrawal management, group therapy and individualized counseling and medication-assisted treatment. Many of these techniques have been used for decades and offer their own evidence-based treatment models in some form.

TO BETTER UNDERSTAND THE CONCEPT AND SIGNIFICANCE OF SUPPLEMENTAL THERAPIES IN ADDICTION TREATMENT, LET US REVIEW SOME EXAMPLES:

DEFINING "FAMILY" IN THE INTERVENTION DISCUSSION MUSIC THERAPY

The bedrock of the Recovery Unplugged treatment experience, music therapy is a proven and effective therapy technique in addiction care. Music therapy can be administered in many stages, whether it's appreciation and examination of patients' favorite songs or the active writing, recording and performance of their own music. This type of therapy helps patients break down psychological barriers unlock dormant emotions to express their struggle through music and lyrics, often picking up where traditional talk therapy leaves off. Songwriting and lyrics can produce positive emotional change, while simple drumming promotes relaxation. Other elements of music therapy have been found to reduce anxiety, anger and stress to.

HOLISTIC THERAPY

Addressing the long-term and everyday physical aspects of recovery holistic therapies, like yoga, meditation and acupuncture, help patients align the body and mind as they endeavor to manage post-treatment withdrawal symptoms. They have been to promote relaxation, improve physical strength and help patients manage their long-term chronic pain. Holistic Therapies are especially effective for opioid withdrawal. Yoga, for example teaches bodily awareness and how to release pent-up emotions and stuck energy. For many in recovery, there has been a disassociation from the body through the use of drugs, alcohol, food, or other substances.

MEDICATION-ASSISTED TREATMENT (MAT)

Perhaps the most established form of supplemental post-treatment therapy, medication-assisted treatment (MAT) allows patients to take certain approved medications to combat cravings and withdrawal symptoms during and after the treatment process. These medications are administered by addiction-trained physicians who are trained in their symptomology and potential side effects. Each patient's eligibility for MAT is determined by their treatment provider.



There is currently a cap of 275 of the number of patients to whom one doctor can simultaneously prescribe these drugs. This number was increased from 100 earlier this year. Particularly effective for opioid and alcohol patients, medication-assisted therapy can include drugs like buprenorphine (Suboxone®), methadone and naltrexone (Vivitrol®). Side effects and duration of use will differ according to each patient's substance abuse history, and should be discussed thoroughly with your physician prior to beginning a regimen.

OTHER COMMONLY UTILIZED SUPPLEMENTAL THERAPIES INCLUDE:

- Art Therapy
- Nutritional Counseling
- Neurofeedback
- Animal/Pet Therapy
- Family of Origin Therapy
- Equine Therapy
- Fitness Therapy
- Creative Writing (Therapeutic Journaling)
- Gardening and Nature Therapy

The above therapies, and many others, have been widely incorporated by many treatment centers as part of the traditional and evolving treatment experience.

An acoustic guitar with a light wood finish and a dark fretboard lies on a wooden deck. Next to it is an orange, worn-out guitar case. The scene is lit with bright sunlight, casting shadows on the deck. A red banner with white text is in the top right corner.

SUPPLEMENT,
NOT SUBSTITUTE

SUPPLEMENT, NOT SUBSTITUTE

No supplemental therapy, no matter how proven or effective, has success in a vacuum. These therapies are not meant to replace or supplant traditional and long-standing treatment methods like detox, psychotherapy or group counseling; they are meant to occur alongside them in order to enrich the overall rehab experience and give patients a wide-ranging and well-rounded opportunity to heal.

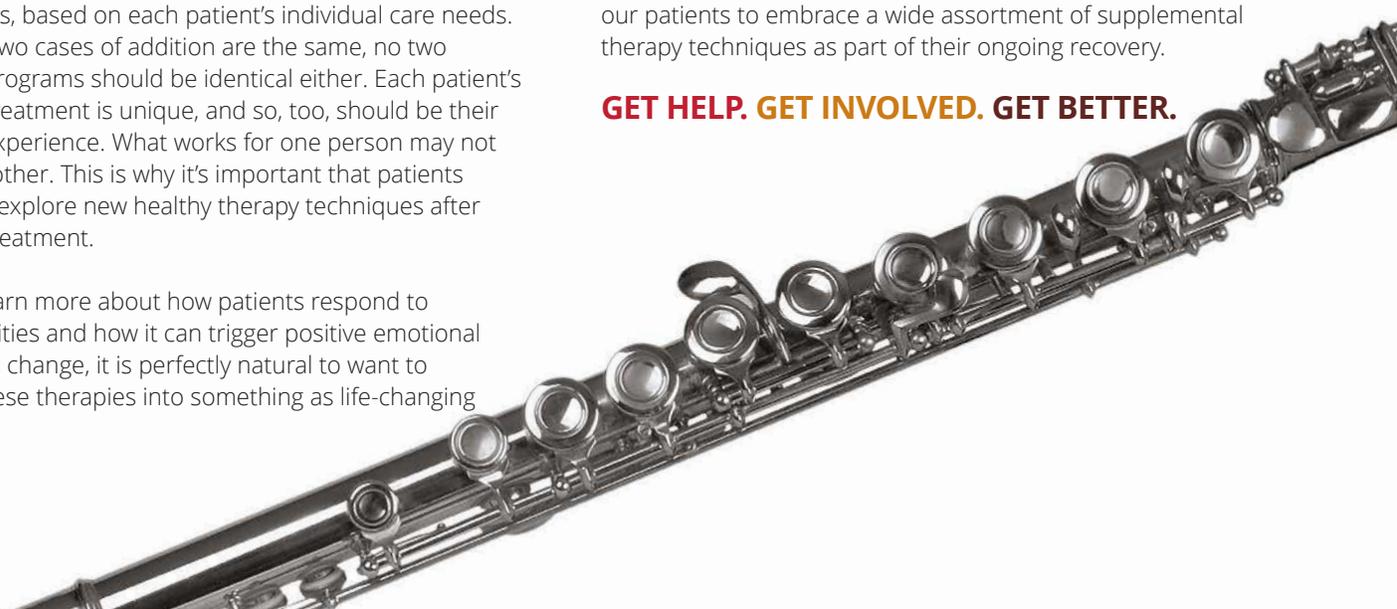
It's also important to remember that the application of these therapies are determined by experienced treatment professionals, based on each patient's individual care needs. Just like no two cases of addiction are the same, no two treatment programs should be identical either. Each patient's journey to treatment is unique, and so, too, should be their treatment experience. What works for one person may not work for another. This is why it's important that patients continue to explore new healthy therapy techniques after they leave treatment.

When we learn more about how patients respond to certain activities and how it can trigger positive emotional and physical change, it is perfectly natural to want to integrate these therapies into something as life-changing

and transformative as the addiction care paradigm. While the treatment process can admittedly take an enormous physical and emotional toll, it's also an opportunity to grow and learn more about ourselves, grow and, very possibly, develop new interests and find healing and catharsis in previously unexplored vocational environments.

Recovery Unplugged remains committed to helping our patients overcome addiction and reclaim their personal lives through music-based addiction treatment; however, we also encourage our patients to embrace a wide assortment of supplemental therapy techniques as part of their ongoing recovery.

GET HELP. GET INVOLVED. GET BETTER.

A close-up, diagonal view of a silver flute, showing the keys and the body of the instrument. The flute is highly detailed and polished.

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PLEASE CONTACT US TO LEARN MORE

Recovery Unplugged believes that family is an essential component of the treatment and recovery processes. We are committed to helping our patients reconnect with their families so they have a viable means of support during initial and ongoing recovery.



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