



You're in Treatment, Now What?

Now that you are in treatment, you have taken a significant step toward recovery. This chapter is designed to help you understand what to expect and how to navigate your journey through treatment for substance use and mental health disorders. By partnering with professionals, engaging your loved ones, and actively participating in your care, you can build a strong foundation for lasting recovery.

What to Expect in Treatment

During treatment, you will work with a team of professionals, including psychiatrists, therapists, counselors, medical professionals, recovery coaches and case managers. Their role is to support you in setting and achieving your recovery goals. Depending on your program, you may participate in workshops, therapy sessions, educational groups, and other structured activities designed to promote healing and growth.

To make the most of your treatment experience:

- ▶ **Be Honest and Open:** Share your thoughts and feelings truthfully. Vulnerability helps your team understand your needs and challenges.
- ▶ **Engage Fully:** Participate actively in therapy, ask questions, and complete assignments. The more effort you put in, the more you will gain.
- ▶ **Communicate:** If you encounter issues or concerns, discuss them with your team. They are there to help.
- ▶ **Build Trust:** Allow your team to work collaboratively to support your recovery. This may include open communication among professionals involved in your care.
- ▶ **Involve Your Family:** When possible, include loved ones in your treatment. They can provide additional support and gain tools to better understand your journey.

The Role of Family and Loved Ones

Family and loved ones play a vital role in both treatment and recovery. Involving them in your care can provide emotional support and strengthen your commitment to sobriety. Research shows that family involvement improves treatment outcomes and fosters a healthier recovery environment.

- ▶ **Education:** Loved ones can learn about substance use disorders, mental health challenges, and the recovery process. This knowledge helps them understand your experiences and challenges.
- ▶ **Support:** Encouraging open communication and setting healthy boundaries can create a safe space for growth.
- ▶ **Family Therapy:** Participating in family therapy sessions allows loved ones to address past issues, learn effective communication skills, and develop strategies to support your recovery.
- ▶ **Building Connections:** Recovery is not just about overcoming addiction; it is also about repairing relationships and rebuilding trust. Involving family members creates opportunities for healing and reconciliation.

The Interaction Between Substance Use and Mental Health

Substance use and mental health disorders often go hand in hand. This interaction, known as co-occurring disorders, requires integrated treatment to address both issues simultaneously.

- ▶ **Impact of Substance Use on Mental Health:** Long-term substance use can worsen symptoms of anxiety, depression, and other mental health conditions. Substances may initially provide temporary relief, but over time, they disrupt brain chemistry and exacerbate emotional instability.
 - ▶ **Impact of Mental Health on Substance Use:** Mental health disorders, such as post-traumatic stress disorder (PTSD) or bipolar disorder, can increase vulnerability to substance use as individuals may self-medicate to cope with their symptoms.
 - ▶ **Recognizing Trauma:** Many individuals in treatment have experienced past trauma. Recognizing that you have trauma and understanding its impact on your feelings is an important step in recovery. Trauma can influence how you react to stress, form relationships, and regulate emotions. Being aware of this connection helps you approach your recovery with greater self-compassion and clarity.
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Symptoms and Feelings During the First 30 Days

The first 30 days of recovery can be challenging as your body and mind adjust to life without substances. It is common to experience:

- ▶ **Physical Symptoms:** Fatigue, headaches, and disrupted sleep patterns are common as your body detoxes and begins to heal.
- ▶ **Emotional Symptoms:** You may feel irritable, anxious, or overwhelmed. These emotions are part of the adjustment process.
- ▶ **Cravings:** Intense urges to use substances can arise but tend to diminish over time with proper coping strategies.
- ▶ **Mental Fog:** Difficulty concentrating or remembering things is a normal part of early recovery as your brain works to rebalance.

It is normal to feel moments of doubt or even think about leaving treatment during this period. Many people feel this way, but it is important to remind yourself of the reasons you started this journey. Discuss these feelings with your support team—they can help you process these emotions and keep you focused on your recovery goals. Every day you stay in treatment is a step closer to a healthier, more fulfilling life.

The Importance of Remaining in Treatment

Staying in treatment significantly increases the likelihood of long-term recovery. Evidence-based treatment—approaches that are backed by research—can lead to better outcomes for individuals with substance use and mental health disorders.

- ▶ **Consistency:** Remaining in treatment allows you to build and sustain the tools needed for recovery. Recovery is a process, and leaving treatment prematurely can disrupt progress.
- ▶ **Support:** Treatment provides a structured environment where you can access therapy, peer connections, and professional guidance.
- ▶ **Skill Development:** Staying engaged helps you develop essential coping strategies, communication skills, and relapse prevention plans.

If you feel tempted to leave, it may help to remember that these feelings are temporary, but the benefits of completing treatment are long-lasting. Trust the process, lean on your team, and remind yourself why you chose to begin this journey.

Continuing Care: Your Next Steps

Completing this phase of treatment is a major accomplishment, but it is just one step in your recovery journey. Planning for the next level of care ensures that you maintain the progress you have made.

- ▶ **Aftercare Planning:** Work with your treatment team to create a detailed aftercare plan. This may include ongoing therapy, support group meetings, and strategies for managing triggers.
- ▶ **Outpatient Programs:** Transitioning to an outpatient program allows you to continue receiving therapy and support while reintegrating into daily life.
- ▶ **Community Support:** Engage with recovery communities, such as 12-step programs or peer support groups. Building a network of people who understand your journey can provide long-term encouragement and accountability.
- ▶ **Alumni Participation:** Stay in touch with the place that helped you launch your new life. Through our Alumni support you can interact through our app or on social media, or call us anytime you need support.

Remember, recovery is a lifelong process. Each step you take builds on the foundation you have created during treatment.

Conclusion

Reaching the end of this treatment phase is a milestone worth celebrating. You have faced challenges head-on and committed to a path of healing and growth. While the journey isn't always easy, the rewards of sobriety and mental wellness are immeasurable.

You should feel proud of the hard work you have done. Your loved ones will also share in this pride as they see the progress you have made. Completing treatment is a testament to your strength and determination, and it sets the stage for a brighter, healthier future.

Journaling Questions

1. What emotions am I feeling today, and how can I express them in a healthy way?
2. How has involving my family or loved ones impacted my recovery journey so far?
3. What steps can I take to remain committed to my treatment plan?
4. What are my goals for continuing care, and how can I prepare to achieve them?

Bibliography

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