



# Substance Use Options for Care

The prevalence of Black Americans using substances (illegal & legal) are below the national average. Black Americans are also just as likely to seek treatment for substance use disorders (Source: SAMSHA). Regardless of the statistics, substance use is still a prevalent issue in the Black community.

**If you or someone you care about has an addiction to substances, here are some options of consider:**

## Approaches for Care

**Harm Reduction:** An approach that focuses on reducing negative consequences associated with drug use. Harm reduction respects the agency and rights of people who struggle with drug use (Source: Harm Reduction Coalition)

**Abstinence Only:** An approach that recovery only exists if the addictive substance is completely removed from the life of the individual (Source: New Hope Recovery Center)

**Detoxification:** Detoxification is when a substance is withdrawn from someone and they are provided medical and mental health care to provide support with withdrawal symptoms. Detox can be medicated or non-medicated to assist someone with the transitioning off of a substance. It is recommended that additional services be used with detox to support someone who's taking steps to to end their addition. To learn more about detox visit: <https://luxury.rehabs.com/drug-detox/>

## Options for Care

- **Inpatient Treatment:** Inpatient are short-term or long-term residential programs where you stay overnight or a few days in a facility receiving around-the-clock care. Inpatient treatment centers can be an expensive option. However, inpatient can be a great option for people who are in crisis and need medical support immediately. You can find a local treatment center at: <https://findtreatment.samhsa.gov>
- **Outpatient Treatment:** Outpatient treatment programs are services that someone can come to during normal business hours to receive services like counseling, detox, or see a primary care doctor. Outpatient treatment can be a great option for people who can be consistent with seeking the care they need independently that works around their existing schedule. You can find a local treatment center at: <https://findtreatment.samhsa.gov>
- **Support Groups:** Support groups like Narcotics Anonymous (NA) and Alcoholics Anonymous (AA) are great options for accountability and peer support for people looking for a community support. Find a local AA group at: <http://www.aa.org> . Find a local NA group at: <https://www.na.org/meetingsearch/>