



WHAT YOU NEED TO KNOW:

TREATMENT & RECOVERY FOR OPIOID USE DISORDER

UNDERSTANDING OPIOID USE DISORDER

Opioid use disorder (OUD) is a chronic brain disease that affects how the brain responds to reward, stress, and self-control. It is not due to moral failure or lack of willpower. Like other chronic diseases, it can be managed with the right treatment and support.

TREATMENT WORKS, RECOVERY IS POSSIBLE

Recovery is a lifelong journey, and treatment can help you get there. Many people living with OUD can and do recover with support, structure, and medical care.

MANAGING SUBSTANCE USE DISORDER

Preventing overdose death and finding treatment options are the first steps to recovery. Treatment may save lives. It can also help people struggling with OUD get back on track by allowing them to counteract addiction's powerful effects on their brain and behavior.

REDUCE STIGMA

Be supportive and help reduce stigma. Stigma or fear of stigma may stop someone from sharing their health condition and prevent them from seeking the health or behavioral health services and support services they need.

THE REALITY OF OVERDOSE

Opioid overdoses can happen quickly and unexpectedly. Recognizing the signs and having **naloxone** (Narcan) nearby can save lives.

Signs of Overdose

- Slow, irregular, or no breathing
- Pale, blue, or cold skin
- Unresponsive or unconscious
- Gurgling or choking sounds

Naloxone is a medication that reverses opioid overdoses. It's safe, easy to use, and available without a prescription in many states.

Common Struggles of Living with OUD

- **Stigma:** Fear of judgement can prevent people from seeking help.
- **Cravings & Relapse:** These are part of the disease, not signs of failure.
- **Mental Health:** Co-occurring anxiety, depression, or trauma is common.
- **Barriers to Care:** Transportation, insurance, or lack of support.



MEDICATION-ASSISTED TREATMENT

MAT combines FDA-approved medications with counseling and behavioral therapies. It is considered the gold standard for treating opioid use disorder.

METHADONE

A full opioid agonist that reduces cravings and withdrawal symptoms, taken daily at clinics.

BUPRENORPHINE

A partial opioid agonist that eases cravings and withdrawal symptoms, taken daily at clinics.

NALTREXONE

A non-opioid that blocks the effects of opioids. Used after detoxification to help prevent relapse.

TREATMENT & SUPPORT FOR LONG-TERM RECOVERY

- [SE Florida Behavioral Health Network](#)
- [Hope For Healing FL](#)
- [Florida Dept. of Children and Families](#)
- [CDC: Treatment of Substance Use Disorders](#)
- [Resource Guide – St. Lucie Cares](#)

TALK TO YOUR HEALTH CARE PROVIDER

Opioids are only one option for treating pain. Talk to your doctor about safer ways to manage pain, including treatments that don't involve prescription opioids.



[**stlucie.floridahealth.gov/overcome-the-opioid-crisis**](https://stlucie.floridahealth.gov/overcome-the-opioid-crisis)