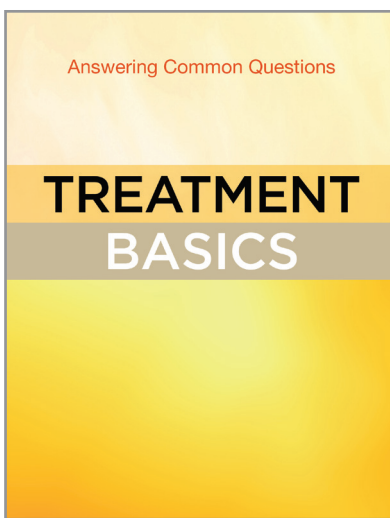


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# TREATMENT BASICS

*Answering Common Questions*



SCOPE AND SEQUENCE



For more information about this program,  
visit [hazelden.org/bookstore](http://hazelden.org/bookstore) or call 800-328-9000.

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### **Purpose of the Video**

The purpose of the *Treatment Basics* video is to present information for clients and their loved ones on what *substance use disorder*—also known as *addiction*—treatment is, why someone might need treatment, what the treatment experience is like, how to be successful in treatment, and how to support someone who is going through treatment. By discussing these topics, the learner will gain an understanding of why treatment is an important part of a person’s recovery and will be motivated to engage in treatment.

Through interviews with subject matter experts and people who have been through substance use disorder treatment, *Treatment Basics* introduces the facts about treatment and provides discussion questions that prompt the learner to better understand the experience of treatment and take steps to get treatment help for him- or herself or a loved one.

### **How Could the Video Be Used?**

The video could be used in a wide variety of ways, including

- with individual clients or in groups
- in intervention settings
- in treatment settings
- in correctional settings
- in primary care settings
- in educational settings
- in community groups
- in parent/guardian or family education settings
- in other therapeutic settings focused on substance use disorder treatment
- with both adults and young adult learners, as the interviews include stories from people of all ages about their experiences with treatment

The video can be used to complement a core treatment or education curriculum that is already part of your programming. You could also use a particular video chapter on its own to create a dynamic discussion session on any of the included treatment topics. For example, you might use “What Kind of Help Is Available?” (video chapter 2) as part of an orientation session as clients enter treatment, or you might use “How Can I Support My Loved One in Treatment?” (video chapter 6) as part of a family component of a treatment program.

### Learning Objectives for the Video

After viewing the video, the learner will be able to

- define what substance use disorder treatment is
- describe the common symptoms of someone who might benefit from going through treatment
- explain the different treatment options
- explain what withdrawal is and how it can be different for different substances
- describe what *success* looks like in treatment
- describe self-care strategies that family members and friends can use while their loved one goes through treatment
- describe strategies that family members and friends can use to support their loved one while he or she is going through treatment

### What Does the Video Cover?

The video consists of six chapters that cover important topics related to treatment. Each video chapter is approximately 10–27 minutes in length but is divided into shorter segments as well. Each chapter can be shown in its entirety in one sitting, or individual segments within a chapter can be shown by themselves. The entire video is not meant to be watched all in one sitting.

The video chapters are arranged in a recommended progression, but they can be used in any order, depending on the needs and presenting issues of clients or their loved ones. Each video chapter is accompanied by group facilitation instructions and one or two reproducible fact sheets that can be handed out as a resource or read aloud together with the learners. Each chapter of the video should take approximately 30–50 minutes to facilitate as part of a dynamic discussion with clients. Note that if you have more than six or seven learners in a group session, the discussion portion of the session may take longer, depending on how actively each person is participating in the discussion.

On the next page is a list of what clients or their loved ones will learn from each video chapter session.

### **Chapter 1: Do I Need Help?** (running time: approx. 23 minutes)

After this session, the learner will be able to

- identify some of the common symptoms that indicate a person may need treatment for a substance use disorder
- define what an addiction is and how it is different from harmful use
- recognize some of the common myths people believe about seeking help for substance use
- identify some of the positive outcomes one could experience if he or she chooses to seek help

*This chapter includes a fact sheet: “Addiction.”*

### **Chapter 2: What Kind of Help Is Available?** (running time: approx. 27 minutes)

After this session, the learner will be able to

- describe what treatment is, its purpose, and its effectiveness
- describe different treatment options
- explain the steps typically taken when someone enters treatment
- apply strategies to overcome any barriers to receiving treatment

*This chapter includes a fact sheet: “Introduction to Treatment.”*

### **Chapter 3: What Will Withdrawal Be Like?** (running time: approx. 23 minutes)

After this session, the learner will be able to

- define what the term *withdrawal* means
- explain why withdrawal happens and how it affects people physically and psychologically
- describe the withdrawal process from alcohol and specific illicit drugs (e.g., cannabis, opioids, benzodiazepines, stimulants, and hallucinogens)

*This chapter includes two fact sheets: “Withdrawal” and “Commonly Abused Drugs and Withdrawal Symptoms.”*

### **Chapter 4: How Can I Be Successful in Treatment?** (running time: approx. 20 minutes)

After this session, the learner will be able to

- describe what *success* looks like in treatment
- apply strategies to help ensure successful treatment
- describe what a *relapse* is
- apply strategies to prevent a relapse or facilitate a return to recovery if a relapse occurs

*This chapter includes two fact sheets: “Recovery” and “Relapse.”*

***Chapter 5: How Do I Take Care of Myself While My Loved One Is in Treatment?***

*(running time: approx. 10 minutes)*

After this session, the learner will be able to

- explain why self-care is important while a loved one is in treatment
- practice self-care activities
- explain how to educate oneself about addiction and treatment
- develop a personal support system as a part of self-care

*This chapter includes two fact sheets: “Taking Care of Yourself While Your Loved One Is in Recovery” and “Al-Anon and Alateen.”*

***Chapter 6: How Can I Support My Loved One in Treatment?***

*(running time: approx. 24 minutes)*

After this session, the learner will be able to

- define what *detachment* is
- apply strategies to detach with love
- explain ways to support a loved one effectively while he or she is going through treatment

*This chapter includes two fact sheets: “Detachment with Love” and “Healthy Ways to Support Your Loved One in Recovery.”*