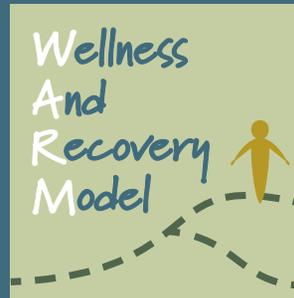


# Clinical Recovery

is an idea that has emerged from the expertise of mental health professionals, and involves getting rid of symptoms and restoring social functioning.

- ▶ For connection to *The Doorway* program for treatment services, call: 2-1-1
- ▶ To connect with a *Community Health Worker/ Recovery Coach* at the *NCHC Wellness And Recovery Model*, call: 603-259-1729



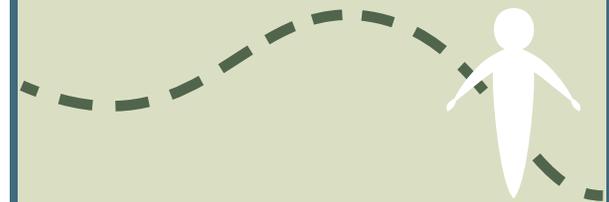
Reducing the impact of Opioid Use Disorder in the North Country through Education • Access • Support • Treatment • Recovery

Program phone number: 603-259-1729



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# Is This The Right Path For You?



A discussion of  
clinical recovery

# Words for Today

(before treatment)

"I was anxious, excited, overwhelmed, and incapacitated."

"I was embarrassed, anxious, and worried to be judged. I called because I needed to."

"It was easy for me to call and ask for help. I needed a game plan to stay sober."

"I was freaking out. I knew if I didn't call, I would be in a worse place than I was. I was hopeless."

"When I called, I felt out of options. I was lonely, desperate, hopeless, yet also optimistic. This was the first I am doing this for myself. I am searching for something different."

## Residential Treatment:

Inpatient treatment that includes case management, counseling, education and treatment planning. Some programs may offer daily skills and family support.



## Medication Assisted Treatment (MAT):

A program that combines counseling and medication for starting and maintaining recovery.

## Outpatient Treatment:

A program designed to help achieve change and work through issues that may undermine recovery progress.



## Intensive Outpatient Treatment:

A more intense program designed to help achieve change and work through issues that may undermine recovery progress. This includes individual counseling, group counseling, early recovery, family education, social support and planning for relapse prevention.

# Words for Tomorrow

(after treatment)

"I am hopeful and determined."

"I feel like a whole new person since entering treatment. I have a clear mind again."

"I feel great because I am sober. I'm not tempted or else I would be edgy."

"I feel Really good! I am happy and content with my life. I am happy for my future."

"I am procrastinating less, more active in my recovery, and doing more work. I am more optimistic, thorough, and able to get stuff together by planning. I am content."

*"If we can do it, we think you can do it too."*