

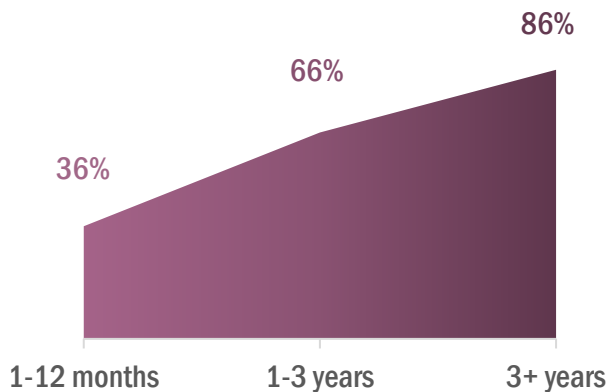
SUD Treatment is Effective

January 2024

More time engaged in any type of treatment increases chance of sustained recovery

Longer treatment/recovery, better outcomes

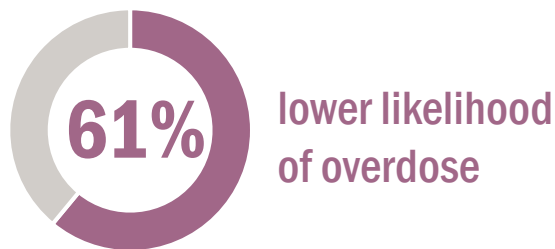
People with abstinence from substance use at one year have a 50% chance of being abstinent at year two.



Time in Treatment/Recovery

MOUD helps prevent opioid overdose

People in treatment who continue using medication for opioid use disorder (MOUD) for 2 months have a...



...in the 12 months following the start of MOUD. Every 2-month period after that results in another 10% decrease in overdose risk in that 12-month period.

Time in treatment matters more than setting

This overall approach requires treatment for at least 90 days in any setting, to be effective.

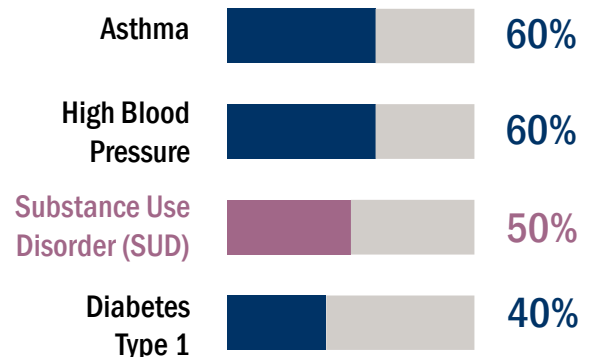


of Vermonters who begin treatment stay in treatment and receive at least 2 services within 34 days.

No single treatment type works for everyone. Treatment plans outline options and goals specific for each person.

Addiction is a chronic disease

Substance use disorder (SUD) requires a long-term approach beyond short-term residential treatment. Recurrence* is common in SUD and rates are similar to other diseases.



*Also known as "relapse," which can carry stigma when used by people and organizations who have not experienced SUD.

Sources:

1. Time in treatment: <https://pubmed.ncbi.nlm.nih.gov/17986709/>
2. Treatment engagement: [Substance Use Scorecard](#)
3. MOUD: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10683938/>
4. Reoccurrence rates: <https://jamanetwork.com/journals/jama/fullarticle/193144>

@healthvermont