

Assessment – extensive interview that often includes testing to measure or assess an individual’s level of substance use, abuse, or dependence (addiction).

Detoxification (detox) - medical intervention that manages an individual safely through the process of acute withdrawal.

Outpatient care – structured substance abuse treatment that typically incorporates counseling with substance abuse education and group participation. Outpatient care averages less than nine hours per week. Intensive outpatient (IOP) services involve a minimum of nine hours per week.

Residential treatment – individual lives at the treatment facility and participates in day and evening treatment and support activities. Programs are often 28 or 30 days, but may involve longer lengths of stay (e.g., 90 days, 6 months or even 2 years).

Inpatient treatment -- hospital-based and medically managed treatment; the most intensive therapeutic option.

Intervention – a specific and orchestrated process to compel the individual to “get help” for addiction. Individuals who lead the process are trained as *interventionists*.

Recovery -- a process of change through which an individual achieves abstinence and improved health, wellness, and quality of life.

Individualized treatment plan - developed to meet the individualized need of the client is a written plan that includes goals and objectives, time frames designed to stay on track with strategies that move the individual to recovery.