Opiate addiction has devastated Ohioans in an unprecedented way. Individuals, families, and communities throughout the state have been hurt by this epidemic. Fathers, mothers, sons, daughters, neighbors, colleagues and friends have all experienced the challenge of trying to help a loved one achieve recovery in their community. This piece is designed to describe multiple possible paths to recovery. These storylines demonstrate that each individual’s path to achieve recovery is unique to his or her life and circumstances. As we work on all fronts to end this epidemic in Ohio, we must recognize and support multiple paths to recovery.

The best treatment programs provide a combination of therapies and other services to meet the needs of the individual patient.

Source: National Institute of Drug Abuse

Ohio Association of County Behavioral Health Authorities
www.oacbha.org
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## Follow these six adults with an opioid addiction as they find their path to recovery.

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Gender</th>
<th>Race</th>
<th>Occupation</th>
<th>Education Level</th>
<th>Marital Status</th>
<th>Children</th>
<th>Substance Use</th>
<th>Path to Recovery</th>
</tr>
</thead>
</table>
| Angie  | 35      | Female  | White   | Construction Worker         | College Graduate | Single         | 2       | Opioids       | - Talked with Angie's sister about her struggles.  
- Went to a residential treatment program at age 28.  
- Went to an inpatient hospital where she received medication-assisted treatment.  
- Continued in an outpatient program to maintain her recovery.  
- Attended NA meetings and found a sponsor.  
- Became a mentor for others working their path to recovery. |
| Sudat  | 22      | Male    | Asian   | College Student             | College Graduate | Single         | 0       | Opioids       | - Discovered at age 22.  
- Went to a sub-acute detoxification program.  
- Transitioned to an outpatient program after 7 days.  
- Continued in an intensive outpatient program and an ambulatory program.  
- Became a sponsor for others working their path to recovery.  
- Became active in his community groups. |
| Devin  | 47      | Male    | White   | Construction Worker         | College Graduate | Single         | 2       | Opioids       | - Found out that he needed ambulatory detoxification at age 47.  
- Went to a residential treatment program.  
- Continued in an intensive outpatient program.  
- Returned home and continues in an outpatient treatment program.  
- Has become active in his faith community, helping others who are working to get on their path to recovery. |
| Maria  | 44      | Female  | White   | Mother                       | High School     | Single         | 1       | Opioids       | - Began utilizing prescription drugs after a dental procedure.  
- Went to a residential treatment program.  
- Continued in an intensive outpatient program.  
- Became a sponsor for young mothers in recovery while also continuing his studies. |
| Chris  | 20      | Male    | White   | Athlete                       | High School     | Single         | 0       | Opioids       | - While he was recovering, his mother took temporary custody of his daughter.  
- Once completed, she was transferred to a sub-acute detoxification center.  
- Continued to regularly attend NA meetings and serves as a mentor for others working their recovery. |
| Julie  | 28      | Female  | White   | Student                      | High School     | Single         | 0       | Marijuana     | - While she was overdosing, she talked with her recovery coach about getting help.  
- She continued to go to treatment and found a sponsor.  
- Continued to struggle with her depression, but has been able to maintain her recovery with the help of medication-assisted treatment, her sponsor, and the support she finds at her recovery house. |