

Substance Abuse: Treatment and Recovery

“Real Talk” Panel Discussion Questions

1. What causes substance abuse addiction?
2. Why do people avoid seeking substance abuse treatment?
3. What is substance abuse treatment?
4. Can you discuss the various types of treatment programs and the levels of care?
5. How important is education as it relates to substance abuse addiction treatment?
6. What is involved in the recovery process?
7. Is the use of medications like methadone/suboxone simply replacing one addiction with another? Has medication assisted treatment been effective?
8. Treatment is changing and moving from abstinence-based to more of a harm reduction or avoidance program. What are your thoughts on this change?
9. What are the important elements of substance abuse treatment? What needs to occur in treatment that will contribute to positive outcomes?
10. Should substance abuse treatment be individualized? Do you consider treatment as a static process or should a multi-discipline approach be used?
11. What helps an individual stay involved in the treatment process?
12. Can you discuss the need for dual diagnosis treatment program?
13. How do other mental health disorders co-existing with substance abuse addiction affect the outcome of addiction treatment/recovery?
14. How long does substance abuse treatment last?
15. What is the importance of family and friends during treatment? How critical is family involvement to recovering individuals?
16. How can the workplace play a supportive role in substance abuse treatment/recovery?
17. What are the important elements of a successful recovery?
18. Can exercise play a role in treatment/recovery and if so how?
19. How do 12 step programs enhance recovery for a person and their family?
20. How would you recommend handling the relapse of an employee (i.e., co-worker or supervisor)?

Note: Due to time constraints, all questions may not be asked by the moderator.