



## LANDMARK RECOVERY

# What Are Some Examples of Continued Care in Addiction Treatment?

Continued care provides ongoing support and services to people who've completed addiction treatment.



**Regular check-ins:** Scheduled appointments with healthcare providers to monitor progress, address concerns and adjust the treatment plan as needed.



**Support group meetings:** Gatherings with recovery peers, providing a supportive community for sharing experiences, receiving encouragement and learning from others who have faced similar challenges.



**Medication management:** Close monitoring of medication effectiveness, dosage adjustments and addressing any side effects or concerns related to medication-assisted treatment (MAT).



**Therapy sessions:** Ongoing counseling or group therapy sessions to address underlying issues, learn coping skills, and develop healthier behaviors.



**Outpatient treatment:** Structured behavioral therapy and support while living at home. Outpatient treatment allows for flexibility and adding treatment into daily life.



**Sober living arrangements:** Substance-free living environments that provide a supportive community for people in early recovery to practice sobriety and develop essential life skills.