

Acupuncture

- Can effectively suppress cocaine-induced dopamine release, reducing cocaine-seeking behaviour through GABA neuron's activation in the ventral segmental area. (Jin et al., 2017)
- Acupuncture emerges as a holistic and cost-effective strategy for addiction treatment, offering potential benefits beyond synthetic drugs.



(Needham, n.d.)

- By improving our understanding of the intersectionality and comorbidity that is closely associated with substance use disorders and addiction, social workers can endeavor to provide more adequate and empathetic care to individuals who are living with addiction.
- By integrating these elements into addiction treatment, we aim to provide comprehensive, personalized, and ethical care, fostering a supportive environment for individuals on their journey to recovery.



(Coast to Coast Recovery. (2016))



(Streu, L. (n.d.))

Alternative forms of Addictions Treatment Programs



(Legacyoutdodev. (2023))

SOCW 4660: Addictions and Social Work Practice
 Sydney Bailey, Aaron Karcz, Lindsay Campbell, Sara Turko, and Sonya McMahon
 Thompson Rivers University
 Kathie McKinnon



(Walters, n.d.)

Art therapy

- Was shown as a promising form of psychosocial rehabilitation, specifically for stress reduction for preventing relapse and successful reintegration into society following treatment. (Kang et al., 2023)
- “Overall, this intervention may benefit dually diagnosed individuals by strengthening personal investment in recovery, bringing new motivation, and instilling hope that change and healing are possible. (Stuebing et al., 2019)”

Wilderness therapy

- The connection with nature, opportunities for reflection, and nature's metaphorical representation of life have been proposed to enhance therapeutic processes.
- Improvement in skills, such as; communication, emotional regulation and hard skills; health such as healthy eating and physical activity; and self-concept such as understanding why they were acting out and improved self esteem (Harper et al., 2019).



(Legacyoutdodev. (2023))

Yoga therapy

- An effective supplementary treatment for addiction is that it “provides a space wherein recovering individuals can learn to tolerate discomfort by practicing mindful breathing when in challenging postures and receive a delayed gratification without disconnecting or numbing their experience (Esfeld. et al., (2023)).



(The Yoga Institute. (n.d.))

- The shift into mindfulness is associated with increased self-esteem and self- efficacy, which encourages agency over the impulsive or compulsive behavior of substance abuse (Esfeld. et al., (2023)).