

## What are Substance Use Disorders?

Substance use disorders - including opioid use disorder and alcohol use disorder - are chronic and relapsing conditions that change how the brain works. They are medical conditions just like asthma or diabetes.



Substance use disorders include elements of both physical dependence and addiction behaviors:

- Dependence occurs when a person's body adapts to a substance and that becomes the new "normal." When this substance is stopped, a person's body and brain may go through changes known as "withdrawal."
- Addiction occurs when changes in the brain cause problems in a person's behavior, mood, and decisions. It creates uncontrollable cravings to use a substance, even when continued use causes harm.

Dependence and addiction can happen to anyone. It is NOT a sign of weakness.

### You are not alone

*Substance use disorders are widespread, affecting many individuals and families. Seeking help is a strong first-step to achieving health and recovery.*

*PCHS exemplifies a culture of community service*



**Peninsula  
Community  
Health  
Services**

PCHS Office: 360-377-3776

Extended Hours Line: 360-475-3729

Nurse Advice Line: 866-418-2920

[www.pchsweb.org](http://www.pchsweb.org)

### Substance Use Disorder Treatment services available at the following locations:

#### **Almira**

5455 Almira Drive NE,  
Bremerton, WA 98311

#### **Franklin**

627 West Franklin  
Street, Shelton, WA  
98584

#### **Port Orchard**

320 South Kitsap Blvd,  
Port Orchard, WA  
98366

#### **Poulsbo**

19917 7th  
Avenue,  
Suite 206,  
Poulsbo, WA 98370

#### **Wheaton Way**

2508 Wheaton Way,  
Bremerton, WA 98310

#### **Belfair**

31 NE State Route 300,  
Suite 200, Belfair, WA  
98528

#### **Kingston**

25989 Barber Cut Off  
Road NE, Kingston,  
WA 98346

#### **Sixth Street**

616 6th Street,  
Bremerton, WA 98337

#### **Silverdale**

3100 Northwest  
Bucklin Hill Road, Suite  
202, Silverdale, WA  
98383

#### **Key Peninsula**

11901 137<sup>th</sup> Ave. Ct.  
NW, Suita A, Gig  
Harbor, WA 98329



**Peninsula  
Community  
Health  
Services**

Your Patient-Centered Medical Home



## Substance Use Disorder Treatment



Hope for people struggling with  
opioid and/or alcohol disorder.

[www.pchsweb.org](http://www.pchsweb.org)

# What to Expect with Substance Use Disorder Treatment

Treatment for substance use disorders requires ongoing long-term management, much like other chronic conditions like asthma or diabetes.

We know that dealing with the brain changes caused by substance use disorders is challenging. Relapse, or returning to unhealthy use, is common in early recovery. However, this does not mean that treatment does not work.

**We will continue treatment as long as treatment is supporting progress in your recovery efforts.**

**We are here to partner with you.**

**We are here to listen to your struggles and talk about your goals.**

**We are here to design treatments plans that fit your individual needs.**

**We are here to support your recovery through a whole-person approach.**



*Spend time with one of our on-site counselors to begin the process of strengthening your recovery skills.*

Providing services to our communities with our patient-centered approach to care.



## Taking the First Step

Here at PCHS, we have a dedicated team of medical, chemical dependency, behavioral health, and pharmacy providers working with you for your recovery.

Talk with your Primary Care Provider (PCP) to see if this whole-person approach is right for you.

- On-site behavioral health
- On-site pharmacy
- Individual and group counseling
- Case management
- Naloxone kits for opioid overdose response

Medication Prescribing for Substance Use Disorders

- Suboxone: a partial-opioid that lowers the risk of opioid withdrawal, misuse, and overdose
- Vivitrol: an opioid blocker used to lower opioid/alcohol cravings and risk of opioid overdose
- Medications for Withdrawal Management: provide relief of common withdrawal symptoms as part of a transition to long-term treatment options



Our providers may recommend medication to reduce cravings and/or physical withdrawal symptoms. When used properly, these medications lower overdose risk, improve function, and do not create new addiction. These medications help the brain achieve a more calm and balanced state that supports the recovery process.

*PCHS uses a proven, whole-person approach that combines medication, care coordination, behavioral therapies, and other recovery support for the treatment of substance use disorders.*

## You may have a few questions

Substance use disorders are complicated, recovery is challenging, and treatments is not a "one-size fits all" approach

We at PCHS want to be your partners on the journey to recovery. Please contact us with any questions you may have!

