Why is Counseling So Important?

Medication alone only addresses the physical side of addiction.

Counseling leads to better results!

Key Statistics
(for Counseling + Medication)

2x More Likely to Stay in Treatment

Magill et al., 2021

84% Opioid Abstinence at 12 Months

National Institute of Health, 2020

62% Abstinence from all Illicit Substances at 12 Months

National Institute of Health, 2020

50–60% lower relapse rate

SAMHSA, 2023

Up to **31%** Fewer Overdoses

JAMA Psychiatry, 2025

Benefits of Counseling

- Addresses Underlying Issues
- Reduces Relapse Risk
- Builds Coping Skills
- Improves Relationships
- Supports Long-Term Recovery

Counseling + Medication = **Better Results!**