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words

## Psychosocial aspects of addiction

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Psychosocial interventions for substance misusers are diverse, with NICE guidance supporting brief interventions (particularly for alcohol), self-help (e.g. AA, NA and SMART Recovery) and contingency management (including supporting families) in particular. Often, recovery involves the unpicking and reshaping of complex behavioural patterns, social and family networks and the effective treatment of mental illness. Sometimes, the need for intensive treatment necessitates a phase of residential rehabilitation in addition to usual community options. Sustainable recovery is underpinned by more than behavioural stability or sobriety. Modern addiction services promote well-being, increasingly as defined by the patient rather than by politicians, doctors or society.

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