

THE RECOVERY DESK

PREMIUM GUIDED WORKBOOK

Recovery With Medication

A patient-centred education and appointment-preparation workbook.

Five topic-specific chapters, worked examples, guided exercises, reusable planning pages and source notes.

PRACTICAL TOOLS FOR RECOVERY

Educational resource • Choose what fits • Seek professional support when needed

START HERE

How to use this resource

Choose one page that matches your circumstances. You can skip questions, take breaks, work privately, or invite a trusted support person. These exercises are for education and planning; they cannot diagnose, provide individualized treatment, or guarantee an outcome.

BEFORE YOU BEGIN

If there is an immediate medical or personal safety emergency, contact emergency services (911 in Canada). For suicide-crisis support in Canada, call or text 988. Withdrawal from some substances can require urgent medical care; ask a qualified professional rather than using a workbook to decide what is safe.

YOUR CHOICES

You may change your mind about an exercise, leave a question blank, and ask for assistance. Sharing personal experiences is optional; confidentiality cannot be guaranteed in group or shared living settings.

MAKE THE RESULT USABLE

At the end of each chapter, keep one specific next step: who, what, where, when, and your backup if the preferred option is unavailable.

CHAPTER 1 / 5

Medication can be part of recovery

Evidence-supported medications are available for some substance use disorders, including opioid use disorder. Treatment goals, benefits, side effects, and access need an individual discussion with a qualified prescriber. Do not treat other people's opinions as a substitute for medical guidance.

FICTIONAL EXAMPLE

When a relative says treatment medication “doesn’t count,” Taylor decides to discuss treatment goals with the prescriber and choose how much to share with family.

GUIDED REFLECTION

1. What questions do you have about your treatment plan?
2. What are your own goals, apart from others' labels?
3. Who is qualified to answer your medication questions?

YOUR PRACTICAL NEXT STEP

Prepare a personal goals-and-questions page for an appointment.

WORK IT THROUGH

Medication can be part of recovery

Keep answers specific to your circumstances. Write a few words, draw a plan, or discuss the prompts with a trusted person. You do not need to fill every line.

1 What questions do you have about your treatment plan?

2 What are your own goals, apart from others' labels?

3 Who is qualified to answer your medication questions?

PRACTICE / TAKE-HOME ACTION

Prepare a personal goals-and-questions page for an appointment.

My next action, who can help, and when I will review it

CHAPTER 2 / 5

Track concerns without self-adjusting

Write down what you notice: timing, possible side effects, missed access, or questions about interactions. Bring the record to the clinician or pharmacist. Do not stop, skip, double, or change doses based on a workbook or online advice.

FICTIONAL EXAMPLE

Jordan notices sleep changes after a schedule change and records the pattern to discuss with a pharmacist rather than altering the dose alone.

GUIDED REFLECTION

1. What symptom or question needs follow-up?
2. When did you first notice it?
3. What professional can you contact if it worsens?

YOUR PRACTICAL NEXT STEP

Create a concise medication conversation log with no dose-change instructions.