

# Support *for* Sobriety This Season

The holidays can be joyful – and challenging. If the season feels heavy, support to sustain substance use recovery is available. Recovery is possible and help is here.

## ***Ways to Support Sobriety This Season***

- Plan ahead for gatherings and high-risk situations
- Stay connected to supportive people and recovery resources
- Maintain routines around sleep, meals, and self-care
- Set boundaries and practice saying “no” without explanation
- Reach out early if stress or cravings increase

## ***Substance Use Treatment Options at MiraVista***

- Intensive Outpatient Program (IOP)
- Walk-in access to the Opioid Treatment Program (OTP)
- Massachusetts Impaired Driving Program
- MiraVista Recovery Services (MRS) office-based supported treatment using evidence-based medications such as Suboxone, Sublocade, Naltrexone, and Vivitrol.
- Free transportation (25 mile-radius) available to eliminate barriers to care

All of MiraVista’s Substance Use Treatment Programs are intentionally life-friendly with hours that fit real lives, quicker access to take-home bottles when clinically appropriate, and a treatment team approach grounded in dignity, respect, and partnership. Care should be built around people. People should not be forced to build their lives around care.

When *you’re* ready,  
we’re ready.

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