

Understanding How A Drug Rehab Can Help with Opiate Addiction

Opiate addiction is a frustrating and harmful habit to find yourself entangled in, given the negative tolls these drugs take on your emotional and physical wellbeing. You can also experience severe legal, financial, and family-related issues as a result. The US Department of Health and Human Sciences reports that 128 people die daily due to opioid overdose. Experts consider addiction a chronic disease affecting the mind and body, that requires holistic treatment instead of relying on willpower.

Signs and Symptoms of Opiate Addiction

Opiate addiction is a life-threatening disease that manifests in a wide variety of ways. Experts typically categorize these signs and symptoms as behavioral, physical, and psychological. However, it is common for abusers to be oblivious to these tell-tale signs, believing in a false sense of control till they experience significant setbacks. These symptoms aren't exhaustive, as other symptoms may arise in varying degrees of intensity.

The most popular signs of opiate addiction may include:

Physical Signs:

- Sedation, lack of energy, drowsiness
- Slow, shallow breathing
- Poor coordination
- Scars on the body due to intravenous use
- Nausea or vomiting
- Bodily fatigue
- Digestive complications

Behavioral Signs:

- Withdrawing from hobbies and loved ones
- Mood swings and aggression
- Excessive partying or isolation
- Legal issues like arrests
- Noticeable euphoria

Psychological Signs:

- Hallucinations and paranoia
- Anxiety and depression
- Confusion and disorientation
- Distorted reality

Picking the Right Treatment Format

There are many treatment options like residential inpatient programs and outpatient addiction treatment you should consider for addiction treatment. Experts advise that you assess which rehabilitation format best suits your unique needs before deciding on your treatment option. Your available treatment options include the following:

Inpatient Rehabilitation for Opiate Addiction

Inpatient programs cater to the rehabilitation needs of people struggling with severe, long-term addiction. Under inpatient treatment, you live in the treatment facility for a fixed period, typically dependent on your addiction's severity. Within this period, you have access to skilled and empathetic professionals committed to helping you overcome your abuse issues.

Inpatient treatment is highly effective in drug treatment due to the strict routines you observe and the intensive treatment methodologies. You are less likely to relapse under inpatient treatment and are better equipped to handle cravings and triggers.

Outpatient Drug Rehabilitation

These programs are less intensive than the inpatient option; they are usually an alternative to or a follow up for inpatient treatment for individuals requiring intensive services. You aren't required to relocate under outpatient rehab, but you attend your sessions according to a strict schedule. Therefore, these programs aren't ideal for people battling persisting addictions. On the other hand, this program might be perfect for you if you have a robust support system at home. Some outpatient rehab variations include:

Partial Hospitalization

Partial hospitalization is one of the viable options available to opiate addicts. These programs cater to patients who don't require the level and intensity of service that inpatient residential programs provide. As such, you receive effective treatments without an overnight stay or living at the addiction treatment facility, like in inpatient treatment programs. **Partial hospitalization** typically offers more treatment time than a standard outpatient treatment program.

Intensive Outpatient Programs (IOP)

These programs are usually reserved for people who don't require detoxification or constant supervision during treatment. Therefore, experts don't recommend **IOPs** for those battling severe addiction. This program's patients usually live at home; they can continue with their everyday lives with much flexibility while progressing through their treatment, compared to residential or inpatient treatment programs.

Outpatient Drug Rehabilitation

Outpatient rehabilitation exists for individuals with a mild substance problem who want to get sober. However, their commitments at work, home, and elsewhere may rob them of the time and restrictions that accompany inpatient, partial hospitalization, and intensive outpatient programs. Patients are typically required to check-in at specific times for counseling and medication. **Outpatient programs** vary in intensity and the range of services available to you, but the overall focus is on education, counseling, and providing a support network.

Rehabilitation Therapies for Opiate Addiction

Therapy is crucial to your recovery process; aside from getting you off drugs, you can also learn vital new coping mechanisms and hobbies. Both inpatient and outpatient treatment option types provide individual counseling, group therapy, and cognitive-behavioral therapy (CBT).

Counseling exposes you to trained therapists dedicated to helping you discuss and navigate any hidden challenges you may be experiencing with your recovery. Group therapy has similar benefits, but you get to engage other recovering peers and even family members. Cognitive-behavioral therapy also helps replace destructive behavior with more positive alternatives to destroy your addiction from a behavioral perspective.

Why Choose Evolve Indy?

Here at Evolve Indy, we believe in helping people struggling with varying addiction degrees to find the best treatment option. Our team of top-notch professionals uses individualized care combined with expert-level therapy to treat your addiction's root cause.



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