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3. Finding The Right Addiction Treatment Program For Prescription Drug Abuse

Addiction to prescription drugs has become pervasive in the U.S., affecting thousands. Watching your loved one struggling with addiction or battling it yourself can be overwhelming and exhausting.

Fortunately, addiction treatment programs are available to help you kick prescription drug abuse. These rehab facilities provide intensive psychological and medical treatment to help individuals break free of the shackles of prescription drug dependency and go on to live sober lives.

Available Addiction Treatment Programs for Prescription Drug Abuse

Different treatment programs can help those dealing with prescription drug abuse. For instance, residential rehab where the patient spends time living at the treatment facility is highly effective.

This takes anywhere between 30-90 days with those spending up to 3 months in treatment having a lower incidence of relapse. Treatment services including detoxification, individual, group, or family therapy as well as medical attention are also provided.

If you don't have time to dedicate yourself to residential treatment, you can opt for a partial hospitalization program or intensive outpatient treatment where you receive the same level of care as inpatient treatment, without having to stay at the facility. Outpatient rehab is also available but this is for those who have a strong support system at home, are highly motivated, and have less severe addictions.

What to Look for in an Addiction Treatment Program

1. Highly customized care

Prescription drug abuse affects people differently so it makes sense to go for a tailored treatment plan. This means that the rehab facility takes time to develop a treatment plan that suits your individual needs and is based on your personal history, physical condition, addictive medicines, and co-occurring disorders.

2. Provision of detoxification services

Medically-assisted detox allows the body to rid itself of drugs and to start re-adjusting to sobriety. This can be a tricky process and close medical supervision is necessary to help deal with the withdrawal symptoms, some of which can be severe.

3. Pain management support

Addiction to prescription medicines, especially opiates, sometimes occurs because the individual is trying to manage some chronic physical pain. Effective pain management, therefore, needs to be part of the addiction treatment program to help such individuals live pain-free lives.

4. Capacity for dual diagnosis management

Prescription drug addiction can also hide a psychological disorder such as depression or anxiety or a personality disorder. The right treatment facility should have the capacity to provide concurrent treatment to help resolve the underlying disorder as well as the drug addiction.

5. Dedicated aftercare

Reputable prescription drug addiction treatment programs should provide ongoing follow-up services. This is to ensure patients go on to improve their lives post-treatment. Treatment facilities differ in the type of aftercare services they provide and these could range from alumni days and telephone consultation to connecting you with sober living communities or support groups.

If you or your loved one is struggling with prescription drug abuse, help is only a phone call away. Call Evolve Indy today to get started on your recovery journey.

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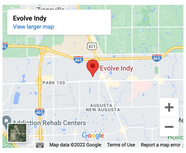
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