

4 Treatment Options For Meth Addiction

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Methamphetamine, commonly known as “meth,” is an incredibly dangerous and addictive drug. It has been linked to a range of health issues including heart attack, stroke, paranoia, violent behavior, and suicidal thoughts.

If you or someone you care about is struggling with meth addiction, it’s essential that they receive the **right treatment** to help them overcome their substance use disorder. Fortunately, there are various effective treatment options available for individuals struggling with meth addiction.



In this blog post, we will discuss four key evidence-based strategies for recovery from meth addiction: detoxification programs; residential rehabilitation programs; medication-assisted therapy (MAT); and outpatient recovery services.

By understanding each option in detail, those seeking treatment can make an informed decision on the best route to take when it comes to tackling their meth dependency.

Inpatient treatment

Inpatient treatment is a type of treatment that requires the individual to live at the treatment facility for the duration of their treatment program. This type of treatment is typically recommended for those with a severe addiction as it provides around-the-clock care and supervision.



Outpatient treatment

Outpatient treatment is a type of treatment that allows the individual to live at home while attending treatment sessions at a facility or clinic. This type of treatment is typically recommended for those with a less severe addiction as it does not require 24/7 supervision.

12-step program

A 12-step program is a type of recovery program that follows a specific set of steps in order to recover from addiction.

The 12 steps include:

- Admitting that you have a problem
- Acknowledging that you cannot control your addiction
- Making amends for your past actions
- Making a commitment to change your behavior
- Attending meetings
- Finding a sponsor
- Working through the steps with your sponsor
- Helping others who are struggling with addiction.

Rehabilitation

Rehabilitation is a type of treatment that focuses on helping the individual to regain their physical and mental health after struggling with addiction. This type of treatment typically includes detoxification, therapy, and education on addiction and recovery.

Methamphetamine is a serious addiction that can be difficult to overcome. It is important to seek help as soon as you identify that there is a problem, whether it’s resources and treatments or simply professional advice.

Seeking help early on can make all the difference in curbing the negative effects of meth addiction and helping someone back onto the path of sobriety. The most important takeaway here is this: if you are struggling with meth addiction, know that there is support available, and no one needs to go through recovery alone.

Reach out to Evolve Indy for trusted **treatment options** and resources to start your journey toward healing today.

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