

Benzo Detox Facilities Explained

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Benzodiazepines are drugs that are commonly prescribed to millions of Americans. Unfortunately, they do have risks. The number of [prescriptions](#) has increased dramatically over the years, and so have benzo-related overdoses. Benzodiazepine overdoses quadrupled from 2002 to 2015. It is estimated that about [20% of those who are prescribed benzos are abusing them](#). Because of the risks related to benzos and the increase in prescriptions, it is natural that more addiction-related services are needed. The first step is benzo detox.

What are Benzos?

“Benzo” is short for benzodiazepine. They are depressants that cause a hypnotic effect on the brain by releasing a neurotransmitter known as GABA-A. This drug is often used to treat insomnia, anxiety, seizures, muscle spasms, alcohol withdrawal, and many other conditions. Although helpful for many people, benzodiazepines are also very addictive, especially when they are used long-term (i.e., four weeks or longer).

Examples of benzodiazepines include Xanax, Librium, Valium, Ativan, Klonopin, and Halcion. These are prescription drugs in pill form but are often sold on the streets.

Signs of Benzo Dependence



Long-term use of benzodiazepines causes the chemistry in the brain to change. Once our brain gets accustomed to this change, [quitting cold turkey can wreak havoc on your body](#). This is a sign that your body has become dependent on the effects of benzodiazepines. Symptoms of dependence are known as withdrawals. Benzodiazepine withdrawals include

- **Palpitations**
- **Sweating**
- **Muscle Pain**
- **Tremors**
- **Dizziness**
- **Confusion**
- **Nausea**
- **Diarrhea**
- **Anxiety**
- **Panic Attacks**
- **Perceptual Distortions**
- **Irritability**

Withdrawal symptoms can range from mild to severe, depending on the individual. At worst, benzodiazepine withdrawal can cause physical harm and complications. Because of this concern, a medical professional must oversee your benzodiazepine detoxification.

Benzo Detox Facilities Explained

Benzodiazepine detoxification facilities aim to ensure the safety of the individual experiencing withdrawals as they are quitting benzodiazepine use. It is recommended that anyone stopping their benzos abuse complete detoxification under the supervision of a medical professional.

Withdrawal from benzodiazepines can sometimes be completed safely on an outpatient basis. However, often it is more appropriate for it to be done on an inpatient basis. [A medical professional will need to determine this](#). Medication can be used during detox to help manage withdrawals while the benzodiazepine is tapered off. This is all determined by the medical staff and is based on individual needs.

It is important that individuals going through benzodiazepine detox also receive psychological support during and after their detox services. Once detox is completed, different programs may be helpful, such as partial hospitalization, intensive outpatient, and outpatient services.

Why Evolve Indy Should be Your Detox Destination

The benefits of receiving care from Evolve Indy include:

- Same Day Admission
- Multiple Levels of Care
- Relaxing Environment to Detox In

Choosing to detox from benzodiazepines can be scary, especially when thinking of the side effects you may experience. Luckily, Evolve Indy is here to provide quality care for you and your loved ones. We have professionals trained in addiction treatment, and detoxification and dedicated to giving you the care you deserve.

We will not turn you away once you’ve completed detox treatment with us. We are here to provide care through the entirety of your recovery process. We offer many levels of care, including 30–90 day rehab, [partial hospitalization](#), [intensive outpatient](#), and [outpatient](#). [Contact us today](#) to learn more about how Evolve Indy can help you or your loved one.

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