

## What is Xanax?

by Evolve Indy | Jun 29, 2022 | Drug Addiction | 0 comments



Xanax is a medication that can be prescribed to help us manage symptoms associated with anxiety disorders. Xanax is a controlled substance that is classified as a benzodiazepine. The effects of Xanax are similar to a sedative.

Xanax is one of the most prescribed medications. An estimated 44 million prescriptions are written each year for Xanax in the United States. A 2013 study estimated that 30% of overdose deaths in the United States involved Xanax.

### What is Xanax Used to Treat?

Xanax, also known as Alprazolam, can be used to treat a variety of mental health concerns. This can include generalized anxiety disorder, anxiety caused by depression, and panic disorders. Xanax is commonly used as a short-term medication.

Since Xanax is a benzodiazepine, it will have similar effects as Ativan and Valium. These medications work by slowing down our Central Nervous System. Our Central Nervous System is responsible for basic life functioning including breathing, heart rate, blood pressure, and body temperature. The effects of Xanax can resemble the effects of alcohol, which is a depressant as well.

When we are stressed, our brain can send signals that lead to feelings of anxiety. When we feel anxious, our brain can release an acid, GABA, that is meant to relieve the anxiety we feel. Xanax is designed to make the natural effects of GABA stronger and provide a stronger sense of relief.

### Can Xanax Be Addictive?

Research has found that benzodiazepines have a similar impact as opioids on the natural occurrence of Dopamine in our brains. While different substances have different ways they impact Dopamine, the end result is the same.

Dopamine is a naturally-occurring neurotransmitter in our brain that is associated with pleasure. When someone takes Xanax, their brain releases a surge of Dopamine which causes significant feelings of pleasure. These feelings will be stronger than the pleasure experienced with other enjoyable activities. With repeated abuse, our brain develops a new reward system that is related to the development of an addiction.

### What are the Symptoms of Xanax Abuse?

When someone is abusing a benzodiazepine, such as Xanax, there are a variety of signs you may notice. For example, you may observe slurred speech, drowsiness, impaired coordination, and tremors.

Xanax abuse can also lead to mental health concerns such as irritability, aggression, rage, mania, memory difficulties, and increased suicide risk.

Behavioral changes that you may see when someone is struggling with Xanax abuse includes damaged interpersonal relationships, financial problems, work or school difficulties, legal concerns, and withdrawing from previously enjoyed activities.

It is important to note that some of the mental health and behavioral changes listed can occur with mental health concerns such as anxiety, depression, and trauma. Because of this, it is important to be mindful of how you talk about your concerns to those who may be struggling. Until you speak to them, there is no way to fully understand their troubles.

### What to Look for in a Xanax Addiction Treatment Center in Indiana

When you are beginning to look for Xanax addiction treatment centers in Indiana, you may find yourself feeling overwhelmed. This is a normal reaction! There are many different kinds of treatment programs available and it can be difficult to determine which would be the best fit for you on your own.

Because of this, it is worthwhile to speak with a professional, such as your primary care physician, about your Xanax abuse concerns. This would allow the professional to give you a referral for treatment, and discuss which level of care they believe you need.

There are two categories of treatment; inpatient and outpatient.

Inpatient treatment programs include detox and inpatient residential treatment programs. Detox programs last about one week. Detoxing from Xanax, as well as other benzodiazepines can be life-threatening and needs to be monitored by a health professional. Rehab programs typically last from 30 to 90 days. This is the typical recommendation for treatment after completing a detox program.

There are a variety of outpatient treatment programs with varying levels of intensity and required therapy. **Partial hospitalization programs** have a high-intensity treatment program with a 6-8 hour treatment schedule 4-5 days a week. This program is also referred to as a day program.

**Intensive outpatient programs** typically include 15 to 25 hours of group therapy each week. Outpatient treatment programs will include significantly fewer hours of treatment each week. The hours you are expected to attend will depend on the program itself, as well as any specialized treatment needs you have.

Once you determine which level of care you should be looking for, you can begin looking at the treatment programs available near you. When it comes to inpatient treatment programs, you may not mind being further from home. Whereas for outpatient treatment you will likely want to avoid a significant commute as you will be getting back into your daily routine.

You will want to look for a treatment program that tailors your treatment plan to your needs, rather than having the same plan for each individual. You may need to have additional treatment for mental health concerns or meet with a physician for medication management.

The cost of treatment is another factor that individuals are mindful of when selecting their treatment program. To get a better understanding of what you would be responsible for, you can call your insurance company and ask for clarification about your coverage.

### Evolve Indy Provides Indiana Addiction Treatment for Xanax Abuse

Evolve Indy is an addiction treatment facility located in Indianapolis. We offer a variety of treatment programs including a partial hospitalization program, an intensive outpatient treatment program, an outpatient program, and a family therapy program.

**Our staff** is experienced in working with individuals who struggle with anxiety, depression, bipolar disorder, trauma, and PTSD. We believe that kindness and compassion are important characteristics of our counselors and staff. We work with you to meet you where you are and provide you with the care that you need.

To learn more about the treatment services we offer in our Indiana Xanax rehab, we encourage you to call (833)999-1551 and speak with a representative, today.

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