

# Understanding Opiate Addiction And How A Drug Detox Can Help!

Living with any addiction can be hard, and for opiates such as heroin or morphine, it's one that can take a physical and emotional toll. The addiction can not only impact your own physical wellbeing, but it can lead to serious consequences that could affect your employment, relationships with loved ones, and financial problems. When it comes to addiction, it's seen as a chronic disease that affects both the mind and body, and that is why it can be deadly in some cases.

As it affects both, it requires treatment methods that tackle both areas, and it can be something that you can't just do on your own. In order to get the best chance possible of overcoming the addiction and living a long, healthy life, you should consider the treatment options available.

## Spotting signs & symptoms of an opiate addiction

Opiate addiction is one that is a life-threatening disease. There are many signs and symptoms associated with it that are somewhat easy to spot if you and others are paying attention. Most will often feel like they are in control of the addiction when actually they're far from it. The most common signs of addiction will include: "CATEL"

- Change of mood that's abnormally quick and aggressive.
- A noticeable withdrawal from friends and family.
- The appearance of unexplainable marks or perhaps sores on the skin.
- Excess partying or spending time alone in isolation.
- Loss of complexion in the skin and dramatic change in weight.

There are different intensities of these symptoms too that can differ from person to person. They're also the reason why addiction can sometimes be a difficult one to spot because everyone reacts and handles it differently. There are anxiety, body fatigue, and bouts of confusion that can come too with addiction, as well as hallucinations and paranoia.

## Picking the right treatment formula

When it comes to **treatment options**, there are many out there, but it's important to consider what format of rehabilitation is best for you and your needs. If you or your loved one has been suffering from the addiction for a while, it's severe or persistent then you'll likely want some form of intensive care that is perhaps in the form of **inpatient rehabilitation**. This type of treatment will require the individual to live in a treatment facility for a period of time. They will get access to a team of medical staff and mental health staff to help them along with their drug detox.

With inpatient treatment, it is known to have some of the highest success rates in helping the patient overcome the addiction. Patients are also less likely to relapse as a result of the strict guidelines and intense methodologies in place. They are also provided with the tools they need to help avoid the temptations.

You also have **outpatient rehabilitation**, which can be another popular format that is a little less intensive than inpatient treatments. They are an alternative or could be a follow on from the inpatient treatment for those who need it. The patient doesn't need to relocate and simply attends rehab according to a set timetable and then can return home. For anyone with long-term addiction, it's not the best option. However, for those who have a strong support system in place at home, it can be a better route to go down.

## Types of therapies used in opiate addiction rehabilitation

Therapy is an important part of the recovery process for the patient. It can also serve as an introduction to help the patient learn new skills in coping with the detox and finding new interests to keep them occupied. Both types of rehabilitation offered above can offer similar services which include:

- One-to-one counseling
- Group therapy
- Cognitive-behavioral therapy (CBT)

With individual counseling, they help provide a safe space with a therapist. The patient can discuss anything that's on their mind in a private space which will help them find strategies to overcome the addiction. Group therapy offers similar benefits but involves a number of people all together at once. Cognitive-behavioral therapy works by replacing destructive behaviors with healthy alternatives that hopefully break the cycle.


There are also other forms of therapy available such as music therapy, art, and more. By doing a mixture of the therapy options, it can help find new ways of coping but also new interests. It's all helpful to help beat the individual's addiction.

If you feel you need the support, then **get in touch** with a rehab or treatment center that can provide you the support and guidance you need to break the addiction.

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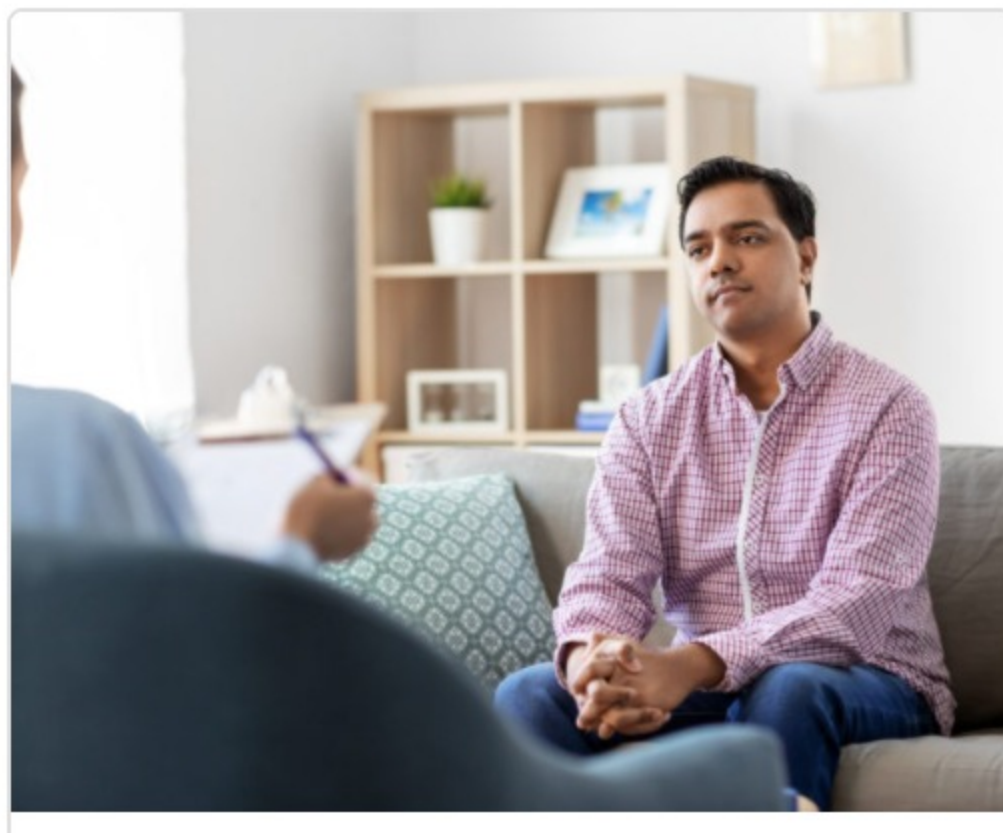
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### Contact Details

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### Hours of Operation

Weekdays	24 Hours
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### About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.

