

8 Stages Of Opioid Addiction Treatment Relapse

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Opioid addiction creates severe distress in those who are struggling with it, but there is hope—and solutions. Treatment relapse for [opioid](#) addiction can take many paths, each of which involves its own challenges.

In this blog post, we'll discuss the eight stages of opioid addiction treatment relapse. By understanding these stages, those looking to break away from their battle with opioids will be better equipped to make positive changes in their lives and create a sustainable pathway for future success.



Detoxification

The first stage of treatment is detoxification, during which the body is cleansed of all traces of the drug. This can be a difficult and uncomfortable process, as it can cause withdrawal symptoms such as nausea, vomiting, and diarrhea.

Inpatient Treatment

After detoxification, the next stage of treatment is typically [inpatient treatment](#). During this phase, patients live at a residential facility where they receive around-the-clock care and supervision.

This allows them to focus on their recovery without having to worry about work, family, or other responsibilities.

Outpatient Treatment

After completing inpatient treatment, some patients may move on to outpatient treatment. This type of treatment allows patients to live at home while still receiving regular therapy and counseling sessions.

Outpatient treatment can be a good option for those who have a strong support system at home.

Sober Living Homes

Sober living homes are another option for those in recovery from opioid addiction. These homes provide a structured and supportive environment for residents as they transition back into society.

Sober-living homes typically have rules and regulations that residents must follow, such as abstaining from drugs and alcohol and participating in regular house meetings.

Therapeutic Communities

Therapeutic communities are long-term residential treatment programs that focus on helping patients develop a new way of life free from drug use.

Residents of therapeutic communities live and work together in an environment that promotes recovery and personal growth. Therapeutic communities typically last for six to twelve months, although some programs may be shorter or longer in duration.

Self-Help Groups

Self-help groups are another important part of recovery from opioid addiction. These groups provide peer support and allow members to share their experiences with others who are going through similar challenges.

Some self-help groups include Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and SMART Recovery (Self-Management And Recovery Training).

Medication-Assisted Treatment

Medication-assisted treatment (MAT) is a type of treatment that combines medication with behavioral therapy to treat substance use disorders.

MAT can be an effective option for those struggling with opioid addiction, as it can help to reduce cravings and prevent relapse

In conclusion

Relapse doesn't need to be a black mark on your recovery story, instead can become part of an even more triumphant journey of resilience.

If you find yourself facing a relapse or if you are considering treatment for addiction, it is important to remember that though relapse is a very real possibility and a normal part of the recovery process, there are myriad resources available to support and sustain recovery.

At [Grand Falls Center for Recovery](#), we strive to make sure that everyone has access to evidence-based addiction treatments and tools for effective self-care. We believe in fostering a network of support to help individuals succeed in their addiction treatment goals over the course of time with compassion and dignity.

If you or someone you know would like more information about our services or if you would like to speak with one of our clinicians don't hesitate to reach out and [contact us today](#).

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