

What to Expect from Prescription Drug Addiction Treatment

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Prescription drug addiction treatment is an important step in the journey to sobriety. The good news is that there are a variety of treatment options available, and each person's path to recovery will be unique.

Here's a Look at What to Expect from Prescription Drug Addiction Treatment:

Detoxification

The first step in any type of addiction treatment is detoxification, or "detox." Detox typically includes gradually reducing the person's physical dependence on the drugs they have been abusing, as well as managing any associated symptoms and complications.

Depending on the individual, this process can take one day up to several weeks for more serious cases of addiction. At Grandfalls Recovery, we offer specialized medical detox programs designed to safely help our patients manage their withdrawal symptoms and successfully detox from the drugs they have been using.

Therapy

After detox, patients can expect to participate in various types of therapy designed to treat their addiction. Cognitive behavioral therapy (CBT) is one of the most widely used forms of psychotherapy for treating drug and alcohol addiction.

CBT focuses on helping individuals identify, understand, and cope with the triggers that lead them to use substances in order to help them stay sober long-term. Other therapies may be included in treatment plans as needed, such as group counseling, family therapy, art or music therapy, and more.

Stress Management Techniques

At Grandfalls Recovery, we also offer a variety of holistic therapies, such as yoga and mindfulness meditation which can assist with stress management and restoration of balance.

Additionally, we offer dual diagnosis treatment for those who may also be struggling with mental health issues such as depression or anxiety, which can compound their drug addiction. Dual diagnosis treatment helps patients understand how these conditions are intertwined and the best ways to manage them in order to achieve lasting sobriety.

Your Solution

Finally, recovery is a lifelong process that requires ongoing support and resources even after a patient has completed treatment. Grandfalls Recovery offers access to community programs and alumni support services to assist our former patients in finding the help they need as they continue on their path to recovery. In addition, our highly trained counselors are available 24 hours a day, 7 days a week, to provide additional guidance and support when needed.

Prescription drug addiction treatment can seem daunting at first, but with the right resources and support, it is possible to find long-term sobriety. At Grandfalls Recovery, our team of experienced professionals is dedicated to helping each patient reach their recovery goals and live a healthier, happier life.

So reach out today if you or someone you love is ready to begin their journey to sobriety. With the right treatment plan and help, recovery is possible.

By taking the first step towards healing, you can start your road to recovery today! Contact us with any questions or concerns you may have about prescription drug addiction treatment at Grandfalls Recovery. We look forward to working with you on this journey towards lasting sobriety and improved quality of life.


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