

# Tailored Addiction Treatment Plans for Benzodiazepine Dependency

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benzodiazepine dependence occurs when an individual develops physical or psychological reliance on benzodiazepines. Also referred to as benzos, these are a group of drugs often prescribed to treat medical conditions including anxiety, insomnia and seizures.

Benzos can be highly addictive even when taken according to prescription and it's easy for an individual to develop tolerance and dependency to these drugs. This means that the individual becomes unable to carry out their daily activities without using benzos. Over time, they require higher doses of the medication and any attempts to stop or reduce benzo use can trigger withdrawal symptoms.

## What do Tailored Addiction Treatment Plans Involve?

At [Grand Falls Center for Recovery](#), we recognize that every individual experiences addiction in a unique way. That's why we offer tailored treatment plans that address an individual's unique treatment needs as well as their circumstance and the challenges they face.

Tailored treatment plans are essential in treating benzo dependency because:

- They address co-occurring disorders which are present in many of those battling benzo dependency.
- They help individuals recognize their unique triggers and help them develop effective coping strategies to manage them.
- They provide a customized detox plan that manages the individual's withdrawal symptoms under medical supervision.

## Components of Our Tailored Treatment Plans

### Comprehensive assessment

Upon arrival at our [addiction treatment center in Missouri](#), our clients first undergo a complete assessment. This involves evaluating their physical and mental health, history of benzo use and co-occurring disorders. The results of the assessment are then used to draw up a tailored treatment plan.

### Medically-supervised detox

Detox from benzos can be physically taxing so our tailored treatment plans include medical detox under our detox program to safely manage withdrawal symptoms.

### Medication-assisted treatment (MAT)

Depending on the severity of benzo dependence, MAT may be incorporated into the individualized treatment plan to help manage cravings and withdrawal symptoms.

### Individual and group counseling

Counseling and therapy are the cornerstone of our tailored treatment plans. Our clients may attend one-on-one sessions with therapists or group therapy as part of their treatment.

### Dual diagnosis treatment

If co-occurring mental disorders are present, an individual's tailored treatment plan may include [dual diagnosis treatment](#). This will simultaneously treat the benzo dependency and mental health issues.

### Relapse prevention

As part of their treatment, individuals will learn to identify and manage their triggers, cope with stress and prevent relapse

### Aftercare planning

Recognizing that treatment doesn't end upon completion of a treatment program, we ensure that [our clients](#) have ongoing support and resources to help them maintain sobriety after rehab.

## Take Back Control

At the Grand Falls Center for Recovery, we recognize how challenging it can be to beat benzodiazepine dependence and the important role played by tailored addiction treatment plans. Our individualized treatment plans are part of our [addiction treatment programs](#). We ensure that we take into account an individual's unique recovery needs and circumstances while providing the comprehensive support they need to overcome their dependency.

If you or a loved one is struggling with benzodiazepine dependence, get in contact with us today to regain control of your life and embark on a path to long-term sobriety and well-being.



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5615 W. 32nd Street  
 Joplin, MO 64804  
 1-855-904-5910

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