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How to Find Treatment for Prescription Drug Abuse?

Nick - March 28, 2022

When an individual finds themselves addicted to prescription drugs, it is essential to consider what, if anything, is possible to do about it. For many individuals, treatment will include stopping use and attending rehabilitative therapy for substance use disorder and whatever condition afflicted the individual to initiate use. Additionally, individuals who abuse prescription drugs should speak with their doctor about what non-addictive alternative medications are available.

At Impact IOP, we offer intensive outpatient and outpatient therapy in Louisville, KY, to individuals struggling with substance use disorders. Our program is designed to support those who have mild to moderate substance use disorders and can commit to regularly attending intensive outpatient treatment in Kentucky and maintaining sobriety while living at home.

Contact us today to see what we can do for you.

Why are Prescription Drugs Commonly Abused?

Prescription drugs are helpful medications prescribed by a doctor to support an individual in need. However, they are also commonly abused because they can often be addictive themselves. This causes individuals who need the medication to be put into a dangerous situation. Use the drug and possibly become dependent on it or not use it and try to deal with the ailment differently. Unsurprisingly, many will choose to use the medication to alleviate the symptoms they are currently having.

Doctors closely monitor prescription medications that are addictive because of the known side effects of tolerance and dependence. Individuals prescribed addictive medications will be warned to make sure they follow the correct dosage instructions provided and not to deviate. They will also be told to contact their prescriber if there is an issue, side effect, or the medication seems not to be working. This is a preventative measure against abuse and addiction.

Abuse of prescription drugs can happen in many ways and often with innocent intentions. For example, individuals prescribed medication can abuse drugs by taking more than prescribed accidentally, out of need, or purposefully getting high.

Prescription drugs can also be abused by altering the way they are taken to increase the speed with which they become effective. For example, individuals given prescription pain medication may crush the pill and snort it or dissolve it in water to make it more effective and fast-acting.

Another way abuse of prescription drugs occurs is when they are purchased, stolen, or taken without a prescription. This is perhaps the most dangerous way to abuse prescription drugs because they are explicitly dosed for a person based on need, history, and body composition. A much bigger or smaller individual than who the medication is prescribed could potentially have fatal side effects.

What are the Signs of Prescription Drug Abuse?

Misuse of prescription drugs that lead to abuse has several concrete signs that can make it easier and harder to identify. In comparison, the physical symptoms may mimic the user when taking the medication, but more frequently. It might also include a host of social signs.

When an individual abuses prescription drugs, it can impact all aspects of their lives. Signs of prescription drug abuse may include changes in close relationships, personal and self-care routines, participation in loved activities, and loss or lack of responsibility in regular routines.

These changes can be gradual or sudden and often indicate a more severe issue with drug use than individuals taking their standard prescription should experience.

How to Find Treatment for Prescription Drug Abuse

Finding rehab for prescription drugs is quite common. Individuals often misuse their prescription and seek help or misuse a prescription, transition to its' illegal counterpart, and then seek help. Prescription medication is dangerous in that way as well. Many individuals who misuse or abuse prescriptions often transition to the illegal version when their healthcare provider cuts them off. This increases the risks and potential for more severe addiction.

When looking for prescription drug abuse treatment, clients should consider the multiple types of treatment available to them. Treatment ranges from inpatient treatment to outpatient care. By providing different levels of support, clients can find the treatment style that works best for them.

If prescription drug abuse is caught early, clients can meet with success in varying degrees of outpatient treatment. Intensive outpatient treatment, partial hospitalization, and outpatient care are often the ideal treatment levels for individuals with an active prescription drug abuse problem. This type of client should have the ability to maintain a drug-free living environment and schedule their work or time around traveling and accessing regular treatment.

At Impact, IOP clients have the opportunity to maintain certain aspects of their lifestyle while attending treatment through an organized and specialized outpatient treatment program. In addition, clients work with counselors, therapists, and groups to learn to manage their substance use disorder and actively use their learned skills to counter triggers and patterns of abuse.

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