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Despite the recent increase in awareness, there is still a significant stigma associated with drug addiction. There are many paths that can contribute to the development of an addiction. Whether you began trying drugs at a young age or developed an addiction to a legitimate prescription, you will find similarities in your experience with others who also struggle with alcohol addiction.

As we begin talking about signs that someone may be struggling with an addiction, it is important to note that there are other reasons the changes discussed can occur. For example, a common thing others will see is the person struggling begins to withdraw from social events. In addition to an addiction, this can occur when someone is struggling with depression. Individuals who are struggling with a drug addiction can show many signs of their struggle, or they may show zero. Addiction does not affect everyone the same way.

Individuals who are struggling with drug use may become irritable or have mood changes. This commonly occurs when they begin to experience withdrawal and need to use the substance again. They may begin to struggle financially and neglect to pay for some of their financial obligations.

Physical signs of drug use can include changes in their pupils, slurred speech, poor hygiene, sudden weight changes, and appearing sluggish. Withdrawal occurs when someone stops using drugs and their body is attempting to adjust to the change. Common symptoms associated with withdrawal include nausea, vomiting, and shaking. Withdrawal from benzodiazepines is a serious condition and requires monitoring by a medical professional because there is a risk of seizures, coma, and death.

What Causes Drug Addiction?

To this day, we have yet to meet an individual who has chosen to have a drug addiction. While we understand there are factors that contribute to the development of an addiction, there is still much to learn. Research into this has been ongoing.

What we do know is that addiction is heavily impacted by a person's environment and genetics. How much of it is caused by our genetics is a topic that research is investigating. For example, there have been cases where twins who grew up in the same environment do not have the same experience when it comes to addiction.

One can develop an addiction, while the other may not. Research has shown that individuals who have family members who struggle with addiction are at a higher risk of developing an addiction. Additionally, individuals who have experienced trauma, abuse, and neglect are at a higher risk of developing an addiction.

When we look at the physical reaction that contributes to addiction, we need to look at the release of dopamine in our brains. Dopamine is a naturally occurring neurotransmitter that is released when we do enjoyable activities. When we use drugs, our brain releases a large amount of dopamine. This makes those every day enjoyable activities less enjoyable when compared to the enjoyment level you experience when your brain is under the influence of a substance.

When drugs are used consistently, our brain develops a new reward system. When we stop using, we can experience depressive symptoms because we don't have the dopamine in our bodies we have come to expect.

What is the Recovery Process for Drug Addiction?

While the path to drug addiction varies, the road to recovery has many similarities. To start, the individual needs to be ready to get sober. The motivation a person has for sobriety can have a difference on their journey. For example, someone who is motivated for reasons such as wanting more for themselves would be described as having internal motivation. External motivation would include things such as getting sober for your job, because of legal charges, or for loved ones. Both can be helpful; however, internal motivation tends to have a stronger impact in the long term compared to external motivation.

For many, when your path to sobriety begins, you need to go to a detox program. Detoxification programs are monitored by medical professionals who keep an eye on withdrawal symptoms such as seizures and coma. They may be able to ease some of your symptoms and discomforts as well. Because of the physical toll withdrawal has, it is unlikely you would be asked to engage in extensive addiction treatment at this time.

Once you have completed detox, you can then begin engaging in addiction treatment. There are a variety of treatment programs that are designed to help you. A professional would work with you to figure out which treatment program would be best suited for your needs. Your treatment program should address your addiction, as well as other mental health struggles you may have.

Individuals who have been in treatment programs and have been successful in their recovery may choose to continue engaging in outpatient treatment on a smaller scale. Others choose to stay active in groups such as Narcotics Anonymous.

What Types of Drug Addiction Treatment in Kentucky are Available?

A drug treatment program in Kentucky can offer a variety of treatment programs. We touched upon detoxification earlier. Another form of inpatient treatment would be a residential rehab program. These programs can vary from 30 to 90 days, depending on your needs. They will include group therapy, individual therapy, and addiction education.

Partial hospitalization programs will have similar content as an inpatient rehab program with the main difference being, you live at home, compared to the treatment facility. Some individuals go into this program after completing an inpatient rehab program.

Intensive outpatient programs typically include 15 to 25 hours of group therapy each week with one hour of individual therapy. Unlike partial hospitalization programs, treatment would not occur every day of the week.

Outpatient treatment also includes group therapy; however, it is on a smaller scale when compared to other treatment options. Typically, as you accomplish your goals in treatment, the hours you spend in treatment will decrease. You will still have individual therapy to address any unique concerns you may have.

Impact IOP Provides Drug Addiction Treatment in Louisville, KY

Impact IOP is a drug rehab in Kentucky that has several outpatient addiction treatment programs. We have a Partial Hospitalization Program, an Intensive Outpatient Program, and an Outpatient Program.

Additionally, we have a variety of specialized treatment groups. This includes groups for men, women, members of the LGBTQ+ community, professionals, and first responders. If you struggle with a mental health concern, such as anxiety, depression, bipolar disorder, trauma, and PTSD, we can provide you with dual diagnosis treatment.

To learn more about our Louisville drug rehab, call (502)912-1038 to speak with a representative, today.

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