

The Success Rate Of Opioid Treatment And How To Get The Most From It

by impactwellness | Nov 24, 2023 | Blog



The opioid crisis has been a major public health issue in many parts of the world, including the United States. Opioid addiction has devastating consequences for individuals and communities, and finding effective treatment options is of paramount importance.

In recent years, opioid treatment programs have gained attention for their potential to help individuals struggling with opioid addiction. We'll go over the success rate of opioid treatment and explore how you or your loved ones can get the most out of these programs.

Understanding Opioid Addiction

Before we dive into the success rate of opioid treatment, it's essential to have a clear understanding of opioid addiction. Opioids are a class of drugs that include prescription pain relievers like oxycodone, hydrocodone, and illicit drugs such as heroin. When individuals misuse opioids, it can lead to physical and psychological dependence, making it incredibly challenging to quit without professional help.

The Success Rate of Opioid Treatment

Opioid treatment programs (OTPs) have been developed to address the complex nature of opioid addiction. These programs use various approaches to help individuals overcome opioid dependence and achieve long-term recovery. The success rate of OTPs can vary widely depending on several factors, including the type of treatment, the individual's commitment to recovery, and the support they receive.

Medication-Assisted Treatment (MAT)

Medication-assisted treatment (MAT) is a widely used approach in opioid treatment programs. It involves the use of medications, such as methadone, buprenorphine, and naltrexone, to reduce cravings and withdrawal symptoms.

Research has shown that MAT is highly effective in increasing the chances of successful recovery. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), MAT has been shown to reduce opioid use, decrease overdose deaths, and improve overall well-being.

Behavioral Therapies

Behavioral therapies, such as cognitive-behavioral therapy (CBT) and contingency management, are often incorporated into OTPs. These therapies help individuals address the underlying issues that contribute to their addiction, develop coping strategies, and set goals for recovery.

The effectiveness of behavioral therapies can vary from person to person, but they play a vital role in improving the overall success rate of treatment.

Length of Treatment

The duration of treatment is a crucial factor in determining success. Research has consistently shown that longer periods of treatment are associated with better outcomes. The National Institute on Drug Abuse (NIDA) recommends that individuals remain in treatment for at least 90 days to achieve the most significant benefits. Extended treatment plans and aftercare support can further enhance the chances of sustained recovery.

Personal Commitment and Motivation

The success of opioid treatment programs also depends on the individual's commitment to recovery and their motivation to change. Recovery is a personal journey, and those who are more determined and motivated are more likely to overcome addiction.

Treatment programs can provide the necessary tools and support, but the individual's willingness to make positive changes in their life is a key driver of success.

How to Get the Most From Opioid Treatment

Now that we've discussed the success rate of [opioid treatment](#), let's explore how you or your loved ones can get the most from these programs:

Seek Professional Help

The first step towards successful opioid addiction treatment is to seek professional help. Opioid addiction is a complex and challenging condition, and trained healthcare providers can offer a comprehensive assessment and create a personalized treatment plan tailored to your needs.

Choose the Right Treatment Program

Not all opioid treatment programs are the same, so it's essential to select one that suits your preferences and circumstances. Consider factors such as the type of treatment offered (MAT, behavioral therapy, etc.), the location of the facility, and the availability of aftercare support. (or a combination), and the availability of supportive services.

Stay Committed to the Process

Recovery is not a quick fix; it's a lifelong journey. Stay committed to the treatment process, even when facing challenges or setbacks. It's normal to have moments of doubt, but perseverance is key to achieving lasting recovery.

Build a Support System

Having a strong support system can significantly enhance the success of opioid treatment. This can include family, friends, support groups, and mentors who can provide encouragement and assistance during difficult times.

Address Co-occurring Issues

Many individuals with opioid addiction also have co-occurring mental health issues, such as depression or anxiety. Treating these underlying conditions is essential for a successful recovery, so make sure to address them in your treatment plan.

Contact Impact Wellness Network Today

Opioid addiction is a complex and challenging issue, but there is hope for recovery. The success rate of opioid treatment programs, when approached with the right combination of evidence-based therapies and personal commitment, is promising.

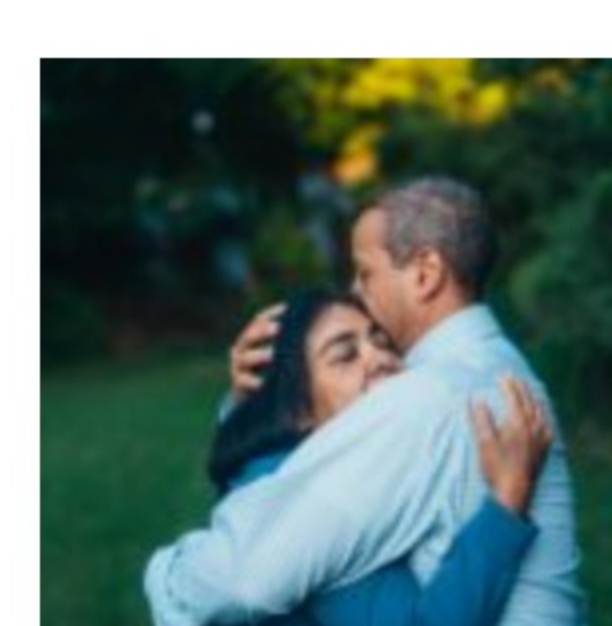
If you or a loved one is currently facing the battle of opioid addiction, take the first step towards recovery by seeking professional help. [Impact Wellness Center](#) is here to support you on your journey to a healthier, addiction-free life. Don't hesitate – [contact us today](#) and begin your path to recovery and a brighter future.

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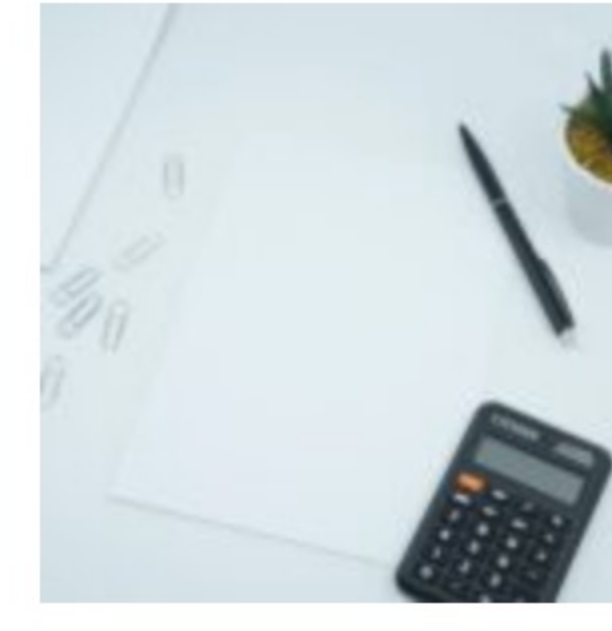
Learning to Forgive: Finding Peace and Letting Go of Resentment in the Journey of Sobriety

The process of learning to forgive can be a long and difficult road, but it is one that ultimately leads us to peace. The ability to forgive those who have wronged us not only allows us to move on from the hurt but also teaches us skills for healthier relationships in the future. At times...
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Discovering Your Passions: Exploring Hobbies and Interests to Enhance Your Life in Sobriety

Embarking on the journey of sobriety is a transformative experience that opens doors to self-discovery and personal growth. One of the key elements in maintaining a successful and fulfilling sober lifestyle is the exploration and cultivation of passions and interests. We will delve into the importance of discovering your passions, how hobbies can enhance your... [Read more](#)



Navigating Financial Wellness and Stability After Addiction Treatment: A Guide to Taking Care of Your Finances

Embarking on the journey of addiction recovery is a commendable and transformative experience. However, the challenges don't end with the completion of a treatment program. Achieving financial stability post-treatment is often an overlooked aspect of recovery. We'll explore the importance of taking care of your finances after addiction treatment and provide insights into navigating financial... [Read more](#)



The Importance of Self-Reflection: Taking Time to Pause, Reflect, and Grow in Sobriety Through Treatment

Embarking on the path to sobriety is a transformative journey that involves not only breaking free from the chains of addiction but also fostering personal growth and self-discovery. Amid the challenges that come with rehabilitation, the importance of self-reflection cannot be overstated. We will dive into the significance of taking time to pause, reflect, and... [Read more](#)



Creating a Vision for the Future: Setting Goals and Building a Life Beyond Alcohol Rehab

Embarking on the journey of alcohol rehabilitation is a courageous step toward a healthier and more fulfilling life. As individuals navigate through the process of recovery, it becomes crucial to not only overcome addiction but also to envision a future that is free from the constraints of alcohol dependency. Creating a vision for the future... [Read more](#)

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