PAINKILLER REHABILITATION AND TREATMENT

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Basics of Painkiller Use

This guide uses the terms to provide a overview of the painkiller addiction treatment process for people who are dependent on prescription opioids.

Evidence-based treatment is a vital to consider for people in the recovery process. Many people abusing painkillers need genuinely relief from their underlying health issues and pain, which can be treated with medical and behavioral approaches. The appropriate time frame for opioid tapering and its success and the treatment plan being discussed. Each patient starting painkiller treatment should be evaluated for underlying mental health issues, such as depression, anxiety, and PTSD, which are commonly accompanied by pain. Dual diagnosis of pain and opioid addiction is an area that requires extensive research and treatment.

Behavioral therapy and/or counseling must be combined with pharmacotherapy treatment as part of the recovery process. Therapy counseling may be electronic delivery and/or group, include, individual and family counselors, and peer support. Behavioral therapy can be helpful for long-term pain relief and addiction. Opioid substitution is a complex health condition that often requires a multidisciplinary approach and should be included medical and behavioral specialists with pain expertise. See Substance Abuse Treatment.

Four Steps of the Rehab Process

There are the four components of substance abuse treatment:

- **Assessment:** This stage involves consultation by a physician (or the individual patient) based on age, weight, and severity of the last addiction, as well as any unique challenges that they face such as co-occurring mental health issues or medical issues.
- **Detox:** Drug and alcohol detox, the physical process of the body's response to the absence of the substance of addiction.
- **Therapy:** This stage begins and continues the underlying causes of the addiction, and gives addicts the tools to avoid relapse and maintain sobriety.
- **Aftercare:** The number of first year aftercare is the lifeline for treatment that engages that will help to continue the lifelong process of recovery. Aftercare is the building of the treatment received in the previous stages and promoting long-term success.

For more information, read our guide to the rehab process.

What Makes Painkiller Rehabilitation Difficult?

Opioid-based pain relief is a problem for many people, including those who have chronic pain, cancer, and those who are in the end-of-life care. Painkillers are a vital part of pain management for many people with chronic pain, cancer, arthritis, fibromyalgia, hyperalgesia, neuropathic, and nociceptive. An estimated 2 million people aged 18 and older, or 1.1% of the population, have a substance use disorder related to prescription opioid pain relief medications in the past year.

Prescribed opioids, including hydrocodone and oxycodone, are the most common painkillers aged 18 and older misused. Pharmaceutical opioids, including buprenorphine, oxycodone, codeine, and hydromorphone, are also misused. Opioids are a class of medications that are derived from the opium poppy plant and are used to treat moderate to severe pain.

Tolerance, different than pain relief, occurs when the body becomes accustomed to the medication, and the patient requires more medication to achieve the same pain relief. Tolerance can lead to physical dependence, which occurs when the body has adjusted to prescribed medication, and if stopped, can cause withdrawal symptoms. Dependence is a medical condition that requires medical treatment and can be life-threatening if not treated.

- **Tolerance:** The number of first year aftercare is the lifeline for treatment that engages that will help to continue the lifelong process of recovery. Aftercare is the building of the treatment received in the previous stages and promoting long-term success.
- **Dependence:** Dependence is a medical condition that requires medical treatment and can be life-threatening if not treated.
- **Addiction:** A chronic condition characterized by the inability to control the use of a substance, which increases the risk of a crash.

Painkiller Rehabilitation Statistics

Opioids Treatment Statistics by Gender

The Substance Abuse and Mental Health Services Administration (SAMHSA) reports:

- 1.9 million people age 12 or older – 0.8% of the population – misuse pain relievers in 2018
- 1.1 million people age 12 or older:
  - Hydrocodone: 1.0 million – 0.4%
  - Tramadol: 1.0 million – 0.3%
  - Codeine: 1.0 million – 0.4%
  - Morphine: 400,000 – 0.2%
  - Hydromorphone: 0.1%
  - Oxymorphone: 0.1%
  - Opioids: 1.0 million – 0.4%
  - Hydrocodone/acetam: 0.4%
  - Methadone: 200,000 – 0.1%
  - All other prescription pain relievers: 700,000 – 0.3%

- 1.0 million people age 12 or older – 0.4% of the population – had opioid use disorders in 2018
- 191,000 people age 12 or older – 0.1% of those requiring treatment – received pain relievers in 2018

Demographics of Painkiller Prescribing Treatment Prescribed by Prescribing Specialty

According to the CDC's MMWR report, three clinical elements in and discharges from publicly funded substance use treatment programs in 2015 were prescribed opioid medications, medication-assisted treatment, and naloxone prescribed. Prescribed opioid medications accounted for 16 percent (or 77,143) of all 2015 discharges. Within painkiller addiction treatment, of all age groups, the most common age group addicted to painkillers is the 35 to 44 years old. Painkiller addiction is 52.7% male and 47.3% female. Average age of painkiller addiction is 35 years old.

Opioids Treatment Admissions Percentages by Age Group, 2017

Age at the Time of Treatment Admission	Percentage of Treatment Admissions for Other Opioids (not including Heroin)
15-17	2%.
18-24	15.4%
25-34	34.5%
35 – 44	25.6%
45-54	12.1%
55-64	5.0%.
65+	0.6%

Source: SAMHSA Treatment Episode Data Set, 2017

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II. Painkiller Detoxification & Withdrawal Process

Detoxification is the body's way of removing a harmful substance, which occurs after a person stops using the substance. It is also a beginning of the recovery process. Many people who have been addicted to prescribed pain medications or illicit opioids, such as heroin, will experience withdrawal symptoms when they stop using the substance. Withdrawal symptoms are more severe without tapering. The physical and psychological withdrawal symptoms are dependent on the prescribed, used, daily, and the length of time the person has been using the substance. Withdrawal symptoms can be life-threatening and require medical assistance to ensure. Medical professionals can help ease the process, or if needed and the drug is taken, a medication.

Each person experiences painkiller withdrawal differently, and further, some of them feel more uncomfortable or being intolerable. The withdrawal process can be a challenging and difficult process, and it is important that a person who is attempting to quit or limit their use, provide a proper medical tapering or detox process.

Withdrawal Symptoms

Body	Mind
Short Term Symptoms: Muscle aches Bone aches Muscle cramps Excessive sweating Diarrhea Vomiting	Agitation Anxiety Irritability Cravings
Long Term Symptoms: Diarrhea Vomiting Insomnia Appetite loss Sweating Muscle aches Cramps Chills alternating with hot flashes Runny nose High blood pressure Increased heart rate	Drug cravings Restlessness Irritability Severe depression

Source: 1) J Addiction Medicine & Research, and 2) Substance Abuse Treatment

Rapid Tapering or sudden discontinuation of painkillers is dangerous

The Substance Abuse and Mental Health Services Administration recommends sudden or discontinuation of opioids unless there is some indication of a life threatening issue, such as warning signs of a potential overdose. Physically dependent people should not stop taking their medication without medical supervision. Medical professionals can help with pain management, pain and psychological distress, and opioid fatigue.

Painkiller withdrawal can increase the risk of overdose

Painkiller tolerance that develops over a period of time, can increase the risk of overdose. Although, drug tolerance is not the cause of overdose, it is important to be aware of the potential of tolerance to opioids and risks. Medical tapering or detox is a process that is supervised by a medical professional, and it is a process that is tailored to the individual patient. Tapering is a process that is slow and gradual. It is important that a person has a safe and effective in combination with counseling and psychosocial support for the treatment of opioid dependence.

Rehabilitation Settings

While rehab or treatment is available widely, treatments such as detoxification and tests, behavioral therapies, and medication-assisted treatment are available in different settings.

Outpatient treatment includes longer time frames, ranging from an hour to several hours a day, and psychosocial treatment includes scheduled appointments at a facility in which you go for hour to some days. Within each category, there are several distinctions.

Painkiller Treatment Programs

Setting	Type	Description	Duration	Time Commitment
Inpatient	Inpatient Residential	Intensive treatment, sometimes in hospital setting. Therapists offered on session. Medication-assisted treatment available in some cases.	28 or 45 days	Most/All Day Week
	Long-term Residential	Intensive treatment in a residential setting. Therapy and counseling with other patients. Therapists offered on session. Medication-assisted treatment is available in some cases.	3 months or more	Most/All Day Week
	Partial Hospitalization	Intensive treatment in a hospital setting. Patients do not stay overnight. Therapists offered on session. Medication-assisted treatment is available in some cases.	2 weeks	Most/All Day Week
Outpatient	Intensive Day Treatment	Intensive services at an treatment program that provides short-term behavioral and psychiatric care. Therapists offered on session. Medication-assisted treatment is available.	3 to 4 months	Most/All Day Week
	Counseling	Both individual counseling and group counseling focus on short-term behavioral and psychiatric care. Therapists offered on session. Medication-assisted treatment is available.	30 Long Days	Most/All Day Week
	Support Groups	Self-help groups center on maintaining abstinence after another form of treatment. Typically meet one day per week in a location.	30 Long Days	Most/All Day Week

Source: Substance Abuse Treatment

Behavioral and Medication-Assisted Therapies

Behavioral therapy for substance addiction aims to identify and change addictive behaviors that have to use and prevent relapse. Behavioral therapy is based on the principle of behavior is learned and, thus, unlearned behaviors can be changed. Behavioral therapy can be helpful for long-term pain relief and addiction. Behavioral therapy can be electronic delivery.

Buprenorphine and naltrexone are drugs that are some of the most successful in treatment of opioid dependence and addiction. Behavioral therapy that the effects of opioid on the brain should be used after a person has detoxed. All three medications are approved by the Food and Drug Administration. Learn more about medication-assisted treatment.

Behavioral Therapies for Certain Addictions

Type of Therapy	Definition
Cognitive Behavioral Therapy **Further reading:** • Article: Cognitive Behavioral Therapy • Article: Cognitive Behavioral Therapy for Checklists and Worksheets • Article: Cognitive Behavioral Therapy for Anxiety and Depression • Article: Cognitive Behavioral Therapy for Addiction and Substance Abuse	Cognitive behavioral therapy helps individuals learn to recognize, avoid, and cope with situations in which they are most likely to use painkillers. Several CBT techniques are used to teach those addicted to pain killer and other addiction are disorders, that they can use to cope with cravings, and to prevent relapse. Cognitive behavioral therapy is a form of talk therapy. CBT addiction treatment focuses on the "thinking" side of the brain and how it influences the behavior. Change their thinking patterns, and behavior will change. Cognitive behavioral therapy can be helpful for long-term pain relief and addiction.
Contingency Management and Motivational Incentives **Further reading:** • Article: Incentives for Abstinence and Contingency Management • Article: Incentives for Abstinence – Contingency Management • Article: Incentives for Abstinence – Contingency Management • Article: Incentives for Abstinence – Contingency Management • Article: Incentives for Abstinence – Contingency Management	Contingency management uses positive reinforcement, including rewards for staying drug-free, taking CBT medications, and attending/participating in counseling sessions.
Motivational Interviewing **Further reading:** • Article: Motivational Interviewing and Substance Abuse • Article: Motivational Interviewing and Substance Abuse • Article: Motivational Interviewing and Substance Abuse • Article: Motivational Interviewing and Substance Abuse • Article: Motivational Interviewing and Substance Abuse	Motivational enhancement therapy uses strategies to encourage people to become internally motivated to change their behavior. Motivational enhancement therapy helps people through the recovery process.
Contingency Management **Further reading:**	A Top Performer Therapy is a community-based recovery support therapy used in conjunction with settings. It facilitates the guidelines of 12 step and Self-help programs, including peer support that helps participants learn to cope with their addiction and avoid triggers that might lead to relapse.

Medication-Assisted Treatments for Painkiller Addiction

Type of Medication	Definition
Buprenorphine **Further reading:** • Article: Buprenorphine • Article: Buprenorphine • Article: Buprenorphine and Naloxone • Article: Buprenorphine and Naloxone • Article: Buprenorphine and Naloxone	Buprenorphine is a partial agonist drug that decreases opioid cravings and withdrawal symptoms. It can also decrease the length of painkiller detox and can be used for long-term maintenance to support recovery.
Naltrexone **Further reading:** • Article: Naltrexone • Article: Naltrexone • Article: Naltrexone and Alcohol Addiction • Article: Naltrexone and Alcohol Addiction • Article: Naltrexone and Alcohol Addiction	Naltrexone is an opioid drug that suppresses painkiller cravings and helps prevent relapse by blocking the euphoric and sedative effects that normally occur when taking opioids.
Methadone **Further reading:** • Article: Methadone • Article: Methadone Treatment and Methadone Clinics • Article: Methadone Treatment and Methadone Clinics • Article: Methadone Treatment and Methadone Clinics • Article: Methadone Treatment and Methadone Clinics	Methadone is an addictive drug that suppresses painkiller cravings and helps prevent relapse by blocking the euphoric and sedative effects that normally occur when taking opioids.
Naloxone and Lofexidine **Further reading:** • Article: Naloxone and Lofexidine • Article: Naloxone and Lofexidine • Article: Naloxone and Lofexidine • Article: Naloxone and Lofexidine	Clonidine and lofexidine are approved for tapering painkiller withdrawal. Both help with physical symptoms, including anxiety, muscle aches, cravings, runny nose, and sweating. Neither helps relieve cravings. Clonidine is more commonly used for withdrawal than lofexidine and relapse is reduced more.
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III. Treatment for Painkiller Addiction

Painkiller addiction affects both human and behavioral, but it is considered a chronic disease. Although, no single treatment is right for everyone, combining pharmacotherapy treatment with behavioral counseling is a proven approach. Research shows that combinations of medication and behavioral therapy are effective for treating addiction. Medication-assisted treatment has been proved to be safe and effective in combination with counseling and psychosocial support for the treatment of opioid dependence.

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While rehab or treatment is available widely, treatments such as detoxification and tests, behavioral therapies, and medication-assisted treatment are available in different settings.

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IV. How to Find Help

Finding a Rehabilitation Center for Painkiller Addiction

Finding a treatment center that offers the most effective treatment for painkiller addiction is a vital first step. Opioid-based hypothesis can be highly addictive, especially when combined, and it is difficult for people to stop using on their own. Painkiller addiction treatment centers can help ease the process of detox, taper off, and, in some cases, continue to develop a relationship that leads to lasting healthy habits. Addiction treatment facilities are available in many forms, including residential, outpatient, and inpatient, and offer various treatments and services.

Choosing a reputable rehabilitation center that provides evidence-based treatment, offers counseling and behavioral therapy, and provides aftercare is a vital first step in the process of recovery. Many people who are addicted to painkillers have underlying mental health issues, such as depression and anxiety, and a reputable rehab center should have a proven track record of treating both the addiction and underlying mental health issues.

Our Directory

Our directory of rehab and drugs rehab includes comprehensive information for addiction treatment centers and programs as provided by the facility, including services offered, specialties, and payment options. Our directory is not an endorsement or recommendation, you will find it on our site for a big variety, price, and location.

Find your state from the following. We have your city and state to find rehab near you.

Alabama	Alaska	Arizona	Arkansas	California
Colorado	Connecticut	Delaware	Florida	Georgia
District of Columbia	Florida	Georgia	Hawaii	Idaho
Illinois	Indiana	Iowa	Kansas	Kentucky
Maine	Maryland	Massachusetts	Michigan	Minnesota
Mississippi	Missouri	Montana	Nebraska	Nevada
New Hampshire	New Jersey	New Mexico	New York	North Carolina
North Dakota	Ohio	Oklahoma	Oregon	Pennsylvania
Rhode Island	South Carolina	South Dakota	Tennessee	Texas
Utah	Vermont	Virginia	Washington	West Virginia
Wisconsin	Wyoming			

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