



OPIOID DETOX

Call Santé Center for Healing today to get started on your recovery!

866.238.3154



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Do I Have a Problem with Opioids?

The [American Society of Addiction Medicine](#) defines addiction as a “treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual’s life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences”.

What Does an Addiction to Opioids Look Like?

The [US Department of Health and Human Services](#) defines opioids as “a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others”. While you may have been prescribed opioids under the care of a physician, many people find themselves misusing opioid medication, intentionally or unintentionally, which can cause dependence and addiction.

You may be contemplating whether you have a problem with opioids. Oftentimes this is prompted by concerns made by family, friends, a work colleague or supervisor, therapist, or medical provider. According to the [American Society of Addiction Medicine](#),

here are a few markers that may indicate you have a problem with opioids -

- Opioids are often taken in larger amounts or over a longer period of time than intended.
- There is a persistent desire or unsuccessful efforts to cut down or control opioid use.
- A great deal of time is spent in activities necessary to obtain the opioid, use the opioid, or recover from its effects.
- Craving, or a strong desire to use opioids.
- Recurrent opioid use resulting in failure to fulfill major role obligations at work, school or home.
- Continued opioid use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of opioids.
- Important social, occupational or recreational activities are given up or reduced because of opioid use.
- Recurrent opioid use in situations in which it is physically hazardous. For example, driving under the influence or operating heavy machinery while intoxicated.
- Continued use despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by opioids. For example, periods of depression, anxiety, changes to appetite, or drowsiness.
- Tolerance, as defined by either of the following: (a) a need for markedly

increased amounts of opioids to achieve intoxication or desired effect (b) markedly diminished effect with continued use of the same amount of an opioid.

- Withdrawal, as manifested by either of the following: (a) the characteristic opioid withdrawal syndrome (b) the same (or a closely related) substance are taken to relieve or avoid withdrawal symptoms. Opioid withdrawal symptoms can include, but are not limited to, sweating, vomiting, diarrhea, fever, and body aches.

Opioid use disorder exists on a spectrum, from mild, to moderate, to severe. While you don't have to identify with all of the characteristics listed above, if even a few resonate, early treatment could prevent the escalation to more serious problems, including relationship crisis, financial upheaval, employment dilemmas, legal issues, medical distress and death.

How Prevalent is Opioid Addiction?

According to the [Substance Abuse and Mental Health Services Administration](#), "among people aged 12 or older in 2020, 3.4% (or 9.5 million people) misused opioids in the past year. Among the 9.5 million people who misused opioids in the past year, 9.3 million people misused prescription pain relievers and 902,000 people used heroin."

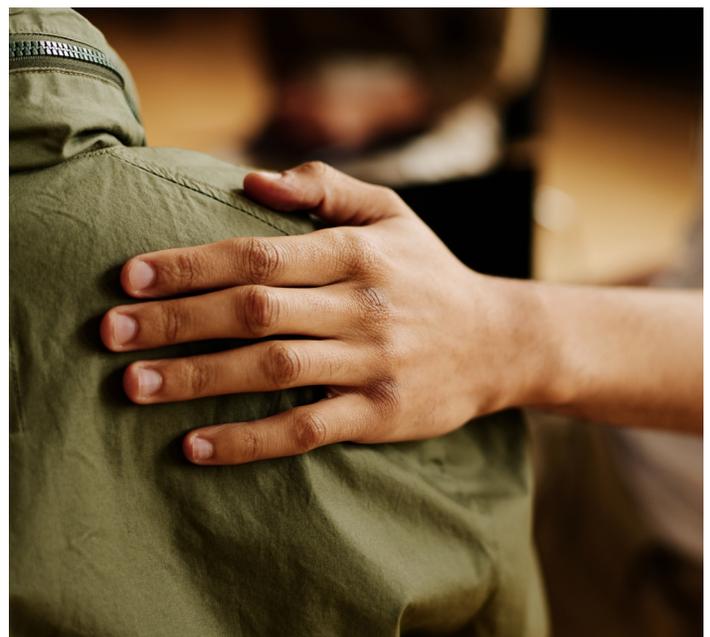
- An estimated 745,000 people had used heroin in the past year, based on 2019 NSDUH data.

- In 2019, there were 10.1 million people age 12 or older who misused opioids in the past year. The vast majority of people misused prescription pain relievers (2019 NSDUH).

Additionally, the Centers for Disease Control and Prevention (CDC) reports,

- Over 28% of all opioid overdose deaths in 2019 involved heroin.
- More than 36,000 people died from overdoses involving synthetic opioids, including fentanyl in 2019. The latest provisional drug overdose death counts through May 2020 suggest an acceleration of overdose deaths during the COVID-19 pandemic.
- An average of 128 Americans die every day from an opioid overdose.

In addition to overdose and death, abusing opioids presents additional risk factors, including escalation to injection drug use which puts addicts at greater risk for contracting HIV, Hepatitis B, and Hepatitis C.





What Does Treatment Look Like at Santé Center for Healing?

Treatment of opioid use disorder is unique to each individual and based on a number of factors. An assessment by a treatment center like Santé is a great place to start. During an assessment you'll meet with clinical and medical staff to assess what level of care (Medical Detox, Residential, Intensive Outpatient, Transitional Living, etc.) will be most appropriate to meet your needs. Levels of care help determine what your treatment looks like, for example -

- You may need more intensive treatment that includes around the clock residential care with services including medical detox, Medication-Assisted Treatment (MAT), or medication management.
- You may live at home while

attending an outpatient level of care during the day or at evening.

- You may need to enter structured transitional living to access peer support and accountability in a therapeutically supported environment.

Do you or your loved one experience shame or guilt associated with opioid use? These feelings are normal. It's important that you try your best to be as transparent as possible about your usage and any associated behaviors. It is not uncommon for people seeking treatment for one substance to also be using additional substances, including alcohol. Being upfront with medical staff about all the substances you've been using, how frequently you've been using, what amount, when you last used and any associated, compulsive behaviors are vital to getting you appropriate care.

You may have preconceived notions about what detox or addiction treatment looks like. At Santé, treatment includes a variety of clinical tools like individual therapy, group therapy, neurofeedback, ropes course, equine therapy, psychodrama, physical fitness, and more!

As referenced above, Medication-Assisted Treatment (MAT) is the use of FDA-approved medications, in combination with therapeutic counseling and behavioral therapies. When MAT is used for the treatment of addiction to opioids such as heroin and prescription pain relievers that contain opiates, the prescribed medication operates to normalize brain chemistry, block the euphoric effects of the initial substance, relieve physiological cravings, and normalize body functions without the negative effects of the abused drug.

“Opioid use disorder can lead to change in personality, loss of interests in previously enjoyed activities and takes a toll on relationships by creating emotional distance. At Santé Center for Healing we focus on treatment of opioid use disorder by tailoring to specific needs of patients including both opioid agonist and antagonist along with adjunct psychosocial treatment. Both medically supervised withdrawal and long term medication assisted treatment is discussed with patient and we work with patients to select the best treatment option for them.”

**Preji Somar, MS, MSN, LPC,
APRN, CARN-AP, PMHNP-BC**

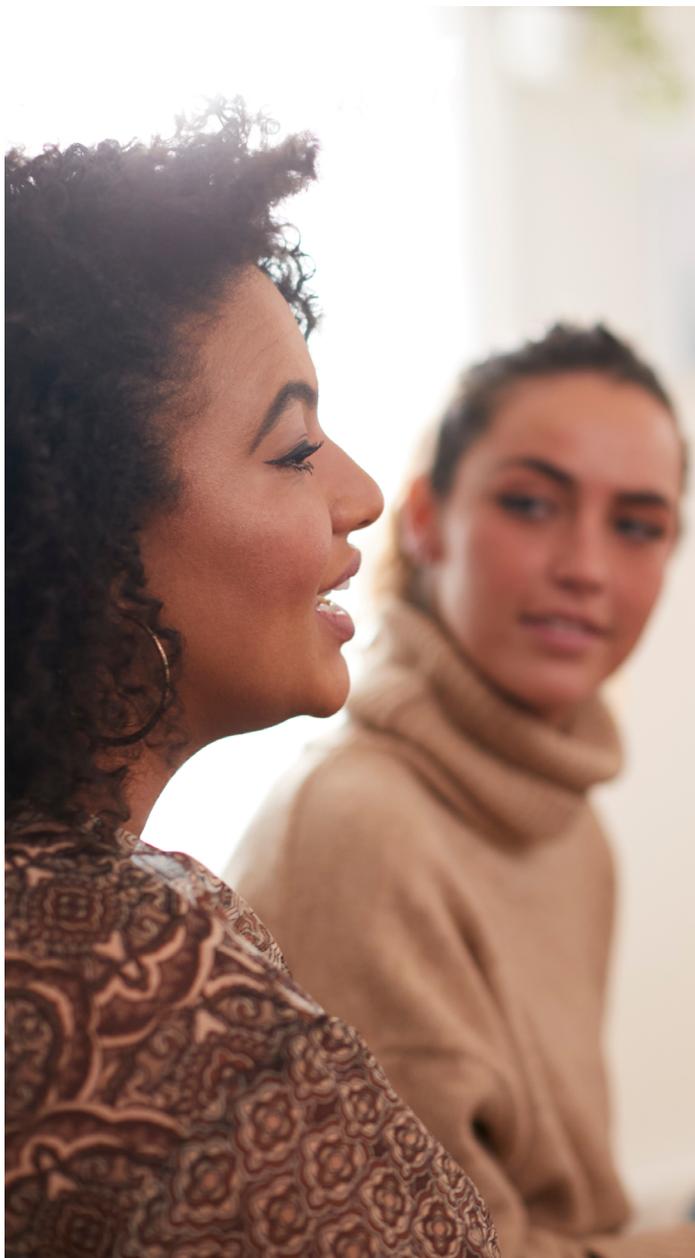


Why should I Seek Treatment?

Seeking treatment is one of the bravest decisions you can make. Achieving long-term recovery takes time and for many, professional help. The [National Institute on Drug Abuse](#) reports that “research has shown unequivocally that good outcomes are contingent on adequate treatment length. Generally for residential or outpatient treatment, participation for less than 90 days is of limited effectiveness, and treatment lasting significantly longer is recommended for maintaining positive outcomes.”

You may be thinking “90 days of treatment is a long time”. Take things one day at a time. Santé Center for Healing’s Director of Intake and Admissions Michelle Luttrell, MA, LMFT-S encourages, “make the decision just for today. Make the call. Enter into medical and clinical care. Take each day one at a time.”

Length of stay is important as the [American Society of Addiction Medicine](#) reports that opioid withdrawal “can last up to 10 days, but is most often between 3-5 days”. Seeking treatment for opioid use disorder can be especially helpful to help manage symptoms related to withdrawal including vomiting, cramps, and sweating. Opioid withdrawal syndrome is characterized like a flu-like illness that is subjectively severe; the risk for relapse during this time is significant.



What Does Long-Term Recovery Look Like?

At Santé, discharge planning begins as soon as you're admitted to any program or level of care. We want you to have a plan that's uniquely crafted to your needs after treatment. Addiction is a chronic disease that needs ongoing support. Recovery isn't achieved upon completion of residential or intensive outpatient treatment. Rather, it's a process of ongoing growth day by day.

To help you stay on track, upon discharge from Santé alumni are automatically enrolled in Santé's "Open Road" program where you'll have access to support, activities, and more, to help you along your path. The alumni program involves a variety of activities to learn how to do life sober with weekly support meetings, quarterly road trips, fun sports events, community service and sharing experience, strength and hope with those who need it.

Next Steps Needed?

If you want to discuss opioids in your life or that of a loved one, we're here to support you 24/7.

You can reach us anytime at (800) 258-4250 or by visiting our website at <https://www.santecenter.com/>.

"My stay at Santé has changed my life for the better in every possible way. Santé focuses on complete recovery in every facet of living - the disease of addiction, spirituality, physical wellness, and mental and emotional wellness. My case manager created a safe environment where I felt truly cared for and able to freely express my emotions, thoughts and feelings in a compassionate, caring environment. I have made lifelong friendships and connections with people from all over the US who completely understand this cunning disease and share my same hopes and dreams for a full life of recovery. I will never forget...

Santé Alumni



"Santé has been the best treatment center I have been to out of the few I have gone to. They have set me up for an opportunity for success and an actual chance of staying sober."

Santé Alumni

