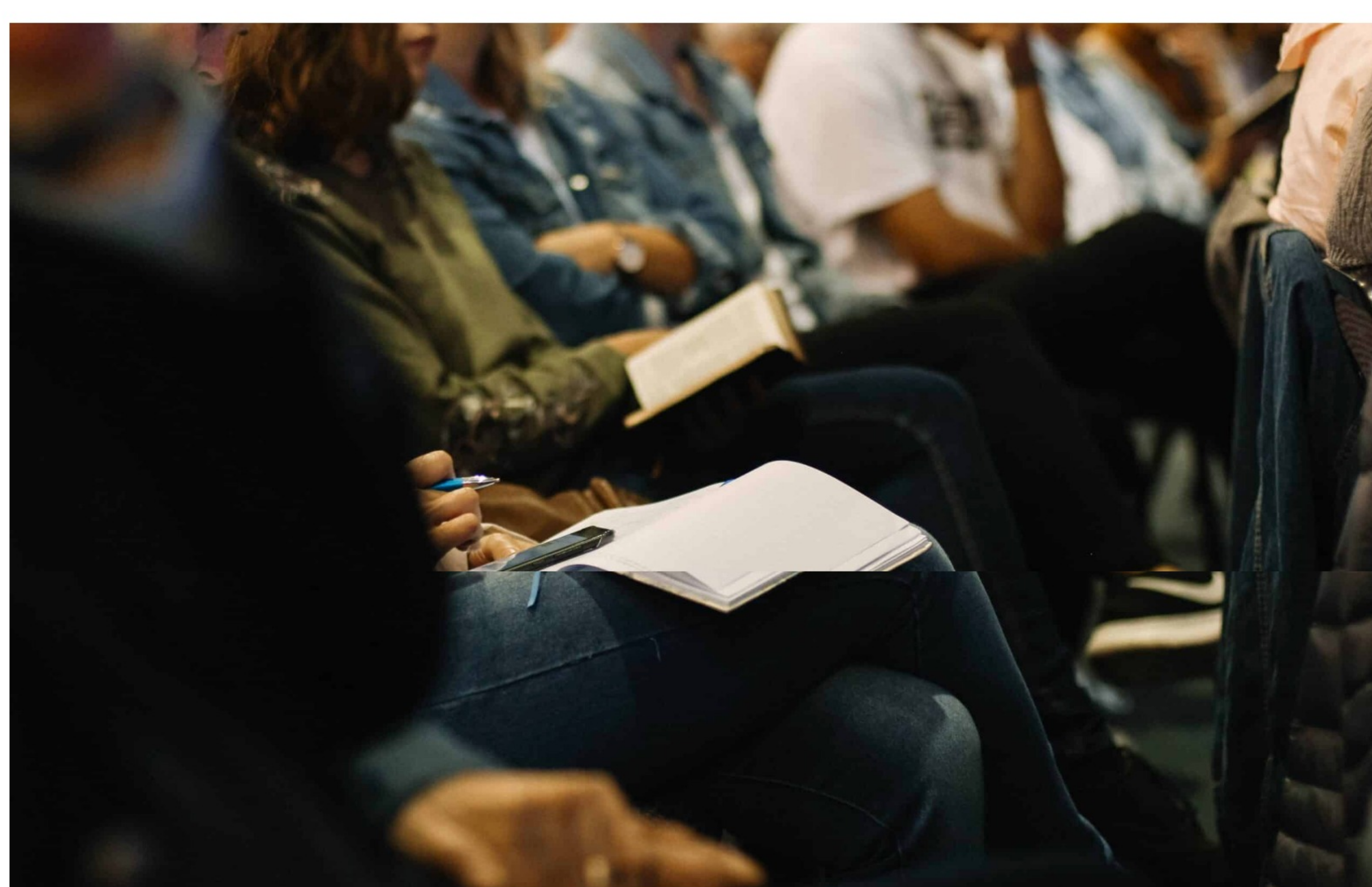


Heroin/Opioids Addiction Assistance: Support Resources

by Robert Alexander Center | May 6, 2023 | Blog



Watching your loved one struggling with heroin or opioid addiction can be distressing. You want to help them but don't quite know how. To make matters worse, they are in denial and refuse to accept that they have an addiction or that it's taking a toll on their lives.

When it comes to addiction, the first step toward recovery is acknowledging there's a problem. Getting your loved one to admit this might mean staging an intervention. This can be done with help from a trained professional from the [Robert Alexander Center for Recovery](#). We are a drug and alcohol rehab in Kentucky that provides affordable, evidence-based addiction treatment to all who need it. We understand how difficult it is to watch your loved one battling addiction and can help them get better.

Unfortunately, opioid addiction is notoriously hard to beat, and to get better, your loved one will need to enter one of our treatment programs. We provide different support resources both for those struggling with substance abuse as well as their families.

Support Resources for Heroin/Opioid Addiction in Kentucky

Heroin or opioid addiction is challenging to overcome because these drugs affect the working of the brain and the central nervous system. They attach to opioid receptors in the brain and induce the CNS to suppress pain while increasing endorphin levels. This process can lead to tolerance, dependence, addiction and even overdose death as an individual keeps increasing the dosage of the drug as they chase the high.

We at the Robert Alexander Center for Recovery provide these support resources to help your loved one break free from this cycle:

Medical detox

Before proceeding to a treatment program, individuals battling addiction have to undergo [detoxification](#). This allows the body to remove all the toxins and other substances left behind by heroin or opioids. Your loved one will be closely monitored by our medical personnel to ensure that they are comfortable and that any withdrawal symptoms they experience are manageable.

Addiction treatment programs

After detox, they can proceed to either residential, partial hospitalization, [intensive outpatient treatment](#) or an [outpatient program](#). These programs all employ individualized treatment methods to ensure long-term success in recovery. The therapies used include individual, group or [family therapy](#).

We also use cognitive behavioral therapy to help individuals identify the thought patterns and habits that led to addiction and swap them with healthier ones that support recovery.

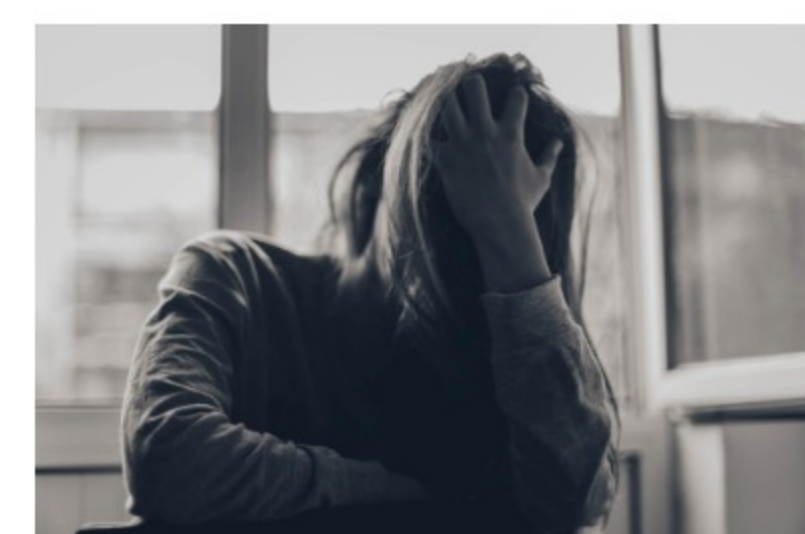
Relapse prevention

As part of relapse prevention, we'll teach your loved one how to recognize and manage their triggers and stressors. We'll also teach them communication and life skills that will help them rebuild their lives and relationships.

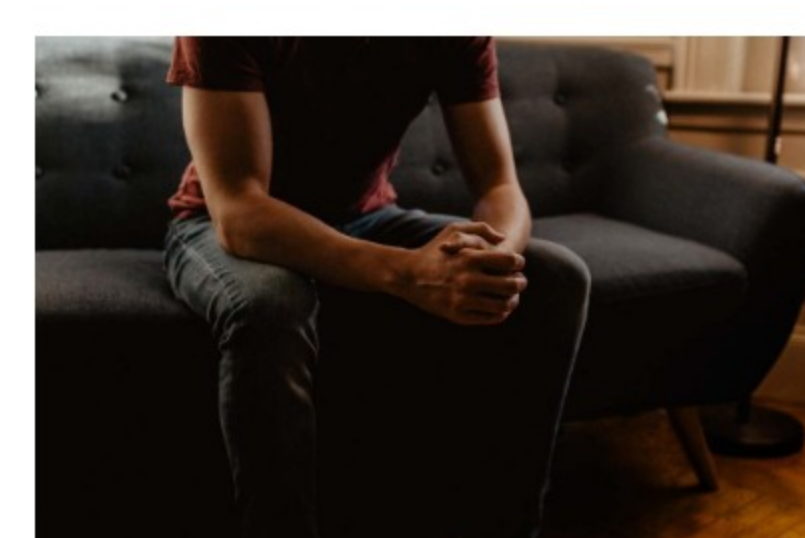
Aftercare program

Recovery from opioid addiction doesn't end after rehab. This is why we provide aftercare services such as linking those in recovery with community support groups e.g. Narcotics Anonymous. These are vital in supporting and motivating those who've left recovery to keep living clean, sober lives.

If you're looking for support resources to help someone struggling with opioid or heroin addiction, don't hesitate to contact us.

 Search


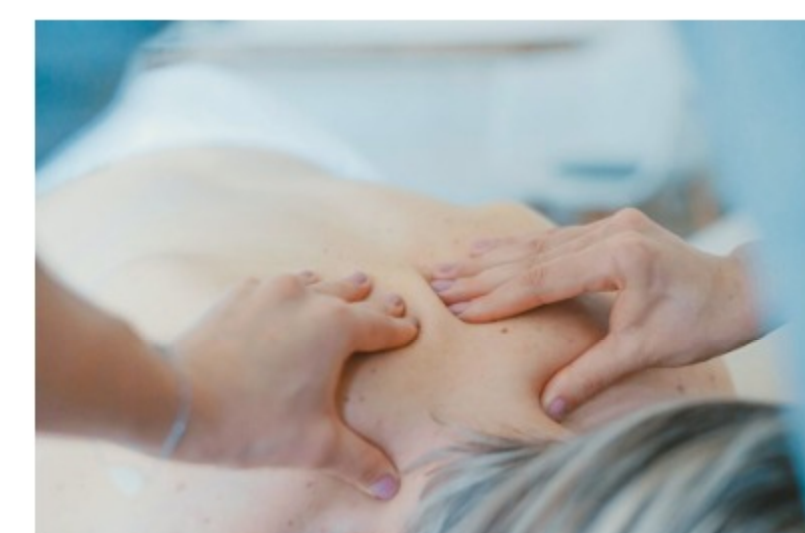
[Recognizing Alcoholism Symptoms in High-Functioning Adults](#)



[Intensive Outpatient Program For Drug Addiction Treatment](#)



[Crafting a Reentry Strategy Following Successful Alcohol Abuse Rehabilitation](#)



[Achieving Lasting Sobriety: Tips for Setting Goals Post-Rehabilitation Treatment](#)



[Choosing the Right Rehab Treatment: Comparing Outpatient and Inpatient Options](#)

Key Resources

- Home
- Tour
- Treatment
 - Detox
 - Residential
 - Partial Hospitalization
 - Intensive Outpatient
 - Outpatient
 - Family Program
 - Aftercare Program
- Reviews
- About
- Admissions



The Robert Alexander Center for Recovery is a brand new, state of the art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

Site Map

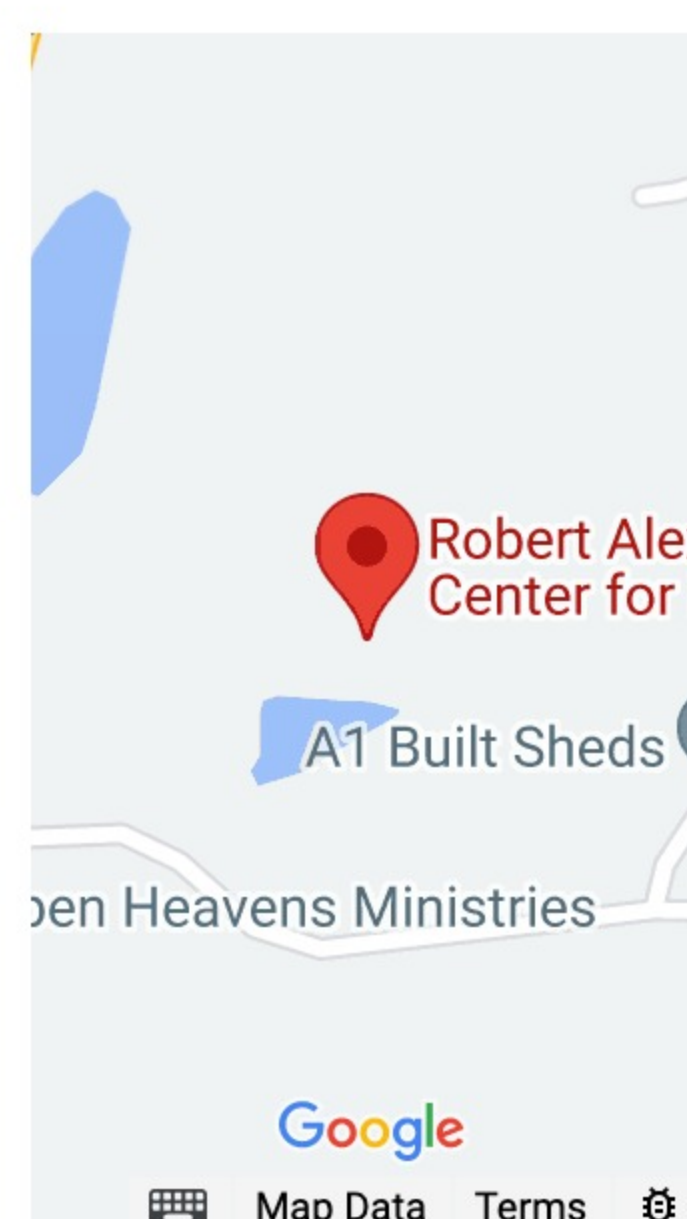
- [Home](#)
- [Tour](#)
- [About](#)
- [Admissions](#)
- [Blog](#)
- [Privacy Policy](#)

Treatment Solutions

- [Detoxification](#)
- [Residential](#)
- [Partial Hospitalization](#)
- [Outpatient Programs](#)
- [Aftercare & Alumni](#)

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Mount Washington,
Kentucky 40047



Addictions

- [Alcohol Abuse](#)
- [Opioid Addiction](#)
- [Heroin Addiction](#)
- [Benzoin Addiction](#)
- [Cocaine Addiction](#)
- [Crystal Meth Addiction](#)
- [Drug Addiction](#)
- [Alcoholism](#)

About

- [About](#)
- [Media & Videos](#)
- [Last Articles](#)
- [Careers](#)

Areas We Serve

- [Louisville, Kentucky](#)
- [Lexington, Kentucky](#)
- [Bowling Green, Kentucky](#)
- [Corbin, Kentucky](#)
- [Richmond, Kentucky](#)
- [Cincinnati, Ohio](#)
- [Nashville, Tennessee](#)

Who We Help

- [Men](#)
- [Women](#)
- [Professionals](#)
- [LGBTQIA+](#)
- [College Students](#)

Treatment Programs

- [30 Day Drug Rehab Program](#)
- [60 Day Drug Rehab Program](#)
- [90 Day Drug Rehab Program](#)