

# How to Find the Most Effective Treatment for Opioid Addiction

by Robert Alexander Center | Jan 27, 2023 | Blog



Opioid addiction is a serious and growing problem in the United States. People overdose every single day as a result of [opioid addiction](#), and many people feel completely trapped and unsure of where to turn.

While there's no easy solution to the opioid epidemic, there are effective treatments that can help those struggling with addiction overcome their dependence and turn their lives around. And we can help you with that here at [The Robert Alexander Center for Recovery](#)



## Medication-Assisted Therapy

Medication-assisted therapy is one of the most effective approaches to treating opiate addiction (MAT). Methadone maintenance treatment combines the use of approved drugs such as methadone, buprenorphine, and naltrexone with counseling and other behavioral therapies.

These drugs work by lowering cravings and withdrawal symptoms, allowing people to concentrate on their recovery and stay on a positive track.

## Cognitive-Behavioral Therapy

Another effective treatment for opioid addiction is cognitive-behavioral therapy (CBT). This type of therapy focuses on identifying and changing negative thought patterns and behaviors that may be contributing to the addiction. CBT has been shown to be especially effective in helping individuals reduce their risk of relapse and maintain their recovery in the long term.



## Alternative Drug Addiction Therapies

However, not all therapies or programs are going to be ideal for you and your needs. It is critical to choose one that meets the patient's specific demands and personal circumstances.

Some people, for example, may benefit more from inpatient rehab programs, whereas others may gain more from outpatient rehab programs. Personal preferences and the degree of the addiction must also be considered.

Another important factor to consider when [looking for treatment](#) is the credentials and qualifications of the treatment team. Make sure to look for a facility with a staff of licensed and certified professionals, including doctors, nurses, counselors, and therapists. Here at The Robert Alexander Center for Recovery, we'll be more than happy to share all of that information with you.

Finding the [right treatment](#) for opioid addiction can be a difficult and overwhelming process, but it is important to remember that recovery is possible, and there are many resources available to help you or your loved one get the help they need.

## We Can Help

At [The Robert Alexander Center for Recovery](#), we understand the challenges of opioid addiction and we are dedicated to providing our patients with the best treatment options and a supportive, compassionate environment. Our team of experienced professionals is committed to helping individuals overcome their addictions and rebuild their lives.

With that in mind, we take a tailored approach, meaning that you'll get a treatment plan and approach to therapy that works for you and your specific needs. We understand that no two people are in the same situation when it comes to opium addiction. And, as such, it's important to find a treatment plan that's equally unique.

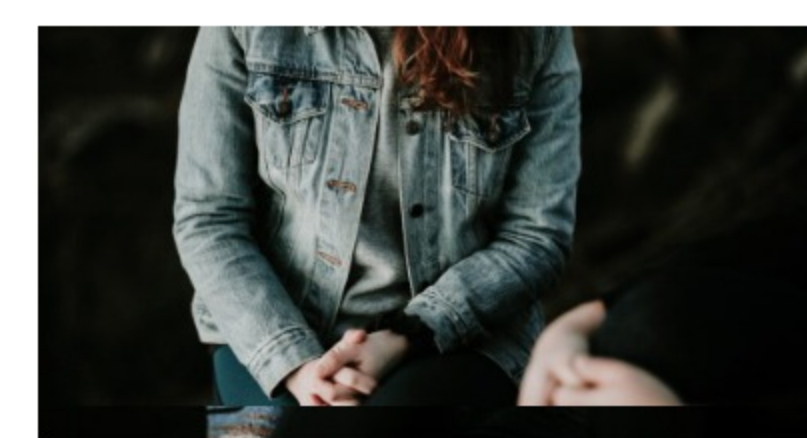
[Contact us today](#) to learn more about our program and how we can help you or your loved one on the road to recovery. We'll be more than happy to discuss the treatment options we offer with you.

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What Is The Benzo Flu And What Will It Be Like



The Difference In Residential Vs. Partial Hospitalization In Addiction Rehab



Can Alcoholics Successfully Moderate Their Drinking Habits?



Brain Recovery From Opioid Addiction: A Timeline



Breaking The Cycle: Treating Trauma For Lasting Recovery

## Key Resources

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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

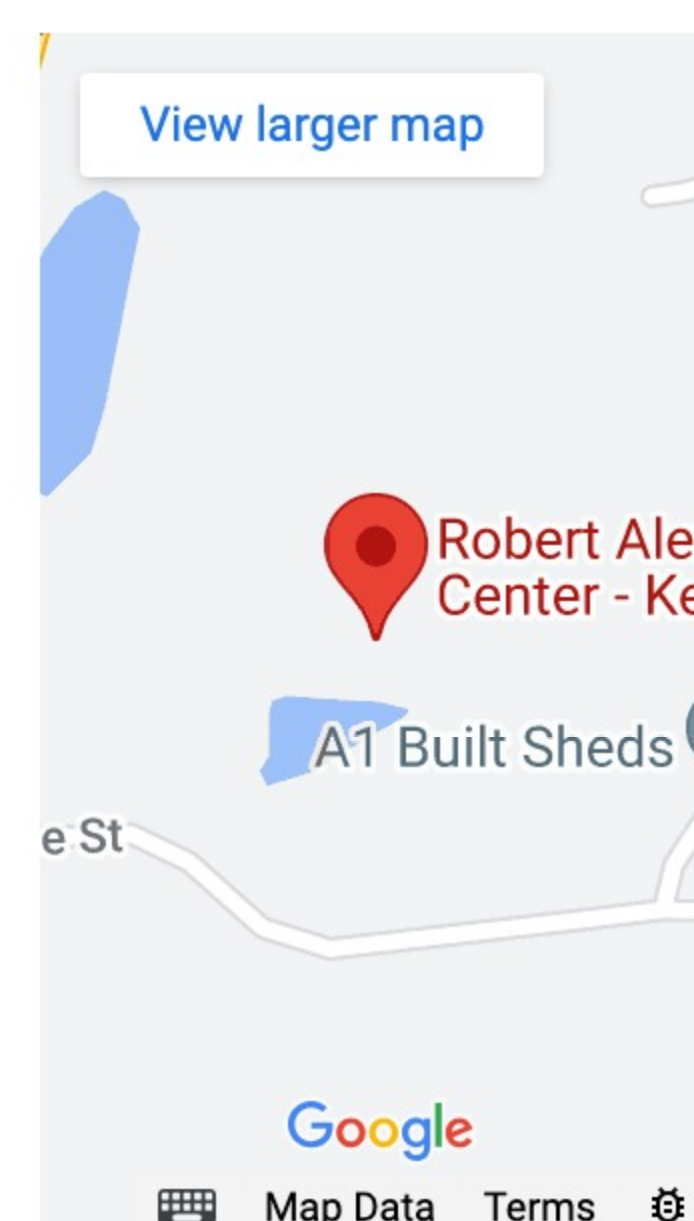
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### Treatment Solutions

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### Get In Touch

130 Hope Street  
 Mount Washington,  
 Kentucky 40047



### Addictions

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### About

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### Areas We Serve

- [Louisville, Kentucky](#)
- [Lexington, Kentucky](#)
- [Bowling Green, Kentucky](#)
- [Corbin, Kentucky](#)
- [Richmond, Kentucky](#)
- [Cincinnati, Ohio](#)
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- [Men](#)
- [Women](#)
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### Treatment Programs

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