

## **Choosing the Best Opiate Rehab Centers in Utah**

**by J. Jeanty**

After so many months or years of ongoing drug abuse, the damaging effects of opiate addiction can make day-to-day living all but unbearable. Deep-seated depression, money problems and relationship conflicts become glaring signs that your life is coming undone and opiate abuse is the problem.

If you've reached the point where opiates have all but destroyed your life as you know it, the good news is there are programs that can help you make a new start. As a resident of Utah, you have access to some of the best opiate rehab centers in areas like Salt Lake City, West Valley City and Provo as well as other well-populated areas.

At this point, finding a program is a matter of determining what it will take to help you beat addiction and finding programs that offer the level of support you need.

### **Inpatient vs. Outpatient Opiate Addiction Treatment**

While opiate addiction treatment centers vary in terms of set-up, treatment approach and program durations, all programs operate as either inpatient or outpatient facilities. According to the [Substance Abuse & Mental Health Services Administration](#), inpatient vs outpatient treatment approaches make a big difference as far as treatment intensity goes.

The inpatient treatment setting becomes a live-in environment where patients can develop the day-in, day-out habits and routines that support a drug-free lifestyle. Outpatient treatment settings rather provide support and guidance throughout the week while patients continue to live at home.

Your level of addiction best determines which type of opiate addiction treatment setting is right for you.

## **Utah Opiate Detox Centers**

While not everyone will require opiate detox center treatment, anyone wanting to overcome addiction must still go through the detox process. As the first essential stage of treatment for opiate addiction, detox care becomes necessary if you're unable to stop abusing opiates on your own, according to the [National Institute on Drug Abuse](#).

Considering how easily opiate withdrawal effects can make ongoing abstinence difficult to come by, opiate detox center supports can greatly increase your odds of making it through this critical stage.

### **Your Privacy During Opiate Addiction Treatment**

Once addiction reaches a certain point, the need to hide one's activities from employers, family and/or friends becomes necessary; especially when these same people think you have a problem with drugs. Having to hide drug-using behavior naturally breeds feelings of paranoia. Add to this the fact that drug abuse is considered illegal under the law and it's only natural to be concerned about privacy matters when it comes to drug treatment.

Treatment centers for opiate addiction are held to the same standards as hospitals, medical clinics or any other form of healthcare. The same federal laws that dictate patient privacy procedures for other health-related facilities also apply for drug treatment.

This means that no one -be it a family member, employer or friend- can obtain information regarding your treatment stay unless you've given prior authorization to the treatment facility.

## **How Long is Rehab**

According to the [Office of National Drug Control Policy](#), the length of time you'll spend in rehab depends on a range of factors, including:

- Addiction severity
- Mental health status
- Physical health
- Motivation to get well

In order to ensure a full recovery, treatment for opiate addiction should last as long as it takes to help you establish and maintain a drug-free lifestyle on a continual basis.

## **I Want to Find Treatment for Opiate Addiction in UT**

The decision to get treatment help doesn't come easy, so choosing the right opiate addiction treatment center becomes all the more important to your continued success in recovery. With so

many program options to choose from, it helps to know which types of programs offer the types of services you most need.

- If you're dealing with an addiction problem, residential-based programs offer the amount of structure and guidance needed to develop a lifestyle that supports drug-free living.
- If you're struggling with mental health issues or a chronic medical condition on top of an addiction problem, inpatient programs can provide you with the range of care needed to get addiction under control
- If you've only just started abusing opiates and see a drug problem in the making, outpatient programs offer the level of support needed to get you back on the right track

Once you determine what type of program will work best for you, it's important to ensure you're choosing from the best opiate rehab centers as far as quality of care goes. Programs that meet Utah state requirements for licensing and accreditation are most likely to offer quality care on an ongoing basis.

## **Paying for Treatment**

With money problems being a very real consequence of drug abuse, being able to afford the cost of opiate rehab may well be a challenge. Fortunately, treatment centers for opiate addiction offer a range of payment options to help make drug treatment accessible to anyone who wants it.

Available payment options include:

- Health insurance
- Payment arrangements (varies from program to program)
- Free drug treatment (through nonprofit organizations, such as the Red Cross and local churches)

Of these three choices, health insurance offers the most convenient and surprisingly accessible option. While not everyone has health insurance through their employer, qualifying for Medicaid is much easier than it used to be. According to the [U. S. Department of Health & Human Services](#), as far as health insurance goes, any type of health plan will cover a good portion of your treatment costs.

**Get Help Today**

While it may be easy to put off getting needed treatment help, the decision to get help only gets harder to make the longer you wait. Over time, the effects of opiate addiction take an even stronger hold on your emotions, will and intentions, all of which work to keep you trapped inside a vicious cycle of drug abuse.

In effect, the sooner you take the needed steps to eliminate addiction's hold on your life the easier the recovery process will be.



