

A silhouette of a person in a yoga pose (Urdhva Dhanurasana) stands on a rocky beach at sunset. The person's arms are raised, and their hands are clasped above their head. The background shows the ocean and a cloudy sky with a warm, golden light from the setting sun.

Heroin Detox Program

Find addiction treatment help
today at Beaches Recovery!

866.605.0532

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If you are suffering from [the signs of heroin addiction](#), Beaches Recovery offers professional care at our heroin detox program. Our treatment specialists can help you get through the difficult part of your detox and monitor your health and progress. To get help right now, contact us. We can help you take the first and most important step to addiction recovery.



The dependence that your body builds when using heroin makes is nearly impossible to quit on your own. In fact, self-detox can be especially dangerous. Withdrawal symptoms can become too intense, causing individuals

to relapse. When they do, an overdose is likely because even a short amount of time off the drug resets an individual's tolerance. Thus, when someone relapses and uses the amount of heroin they're accustomed to, they overwhelm their body. Overdoses frequently lead to death. Therefore, medically supervised detox is the best option for being heroin addiction treatment.

What is Heroin Detox Like?

While heroin detox is not the most pleasurable experience, it also does not have to be a lonely or isolated experience either. How well you do in a heroin detox program often depends on how comfortable and safe your environment is, as well as how caring and accommodating your treatment specialists are.

At Beaches Recovery, we provide a safe environment and reinforce it with ongoing monitoring to ensure that you make it through detox successfully. While you may feel a tremendous amount of discomfort, pain, or anxiety, you are in good hands with professionals that have helped countless others get through what you will go through.

HEROIN DETOX PROGRAM

1

Heroin withdrawal symptoms can begin up to 8 hours after the last use. Most intense symptoms happen 1-3 days after the last use. Post-acute withdrawal syndrome can cause symptoms to persist for much longer.

2

Detoxing with a detox program can help relieve the symptoms and help patients resist and limit accessibility to use again.

3

Roughly 500,000 Americans struggle with heroin addiction. Heroin has a high rate of abuse and potential for addiction.

4

Half of heroin users developed a heroin addiction after prescription opioid abuse.

<https://americanaddictioncenters.org/withdrawal-treatment-tips/>

heroin. However, the medications do so in a far less harmful manner than the drug allowing patients to slowly overcome their dependency. Partial agonist medications bind to the brain receptors, but as its name suggests, only partially. By doing so, the individual's body is less likely to form a dependency on the medication if or when it gets passed its dependency on heroin. By using a variety of medications, sometimes in conjunction with each other, medical professionals can best treat patients struggling with heroin addiction.

Some of the medications that are available at our [Florida heroin detox program](#) at Tides Edge Detox Center include:

- Buprenorphine: A partial opioid agonist, buprenorphine lessens euphoria, and physical dependence with a lower potential for misuse and mild withdrawal symptoms. This medication can not only lessen the impact of withdrawal symptoms but decrease cravings.
- Methadone: This medication reduces heroin cravings and withdrawal. Usually taken once a day in a variety of forms (liquid, powder, or tablet). Usually, this methadone is one medication in a larger treatment plan for heroin addiction.
- Naltrexone: Typically used to prevent relapse, this medication successfully blocks the pleasurable effects of heroin. Thus, individuals are better able to ween themselves off of heroin with support from this.

Medication for Heroin Addiction

[Medication-assisted treatment](#) is one way to help you with your withdrawals and cravings as you recover from addiction. Medication can help you get through the toughest part of the detox and reduce your cravings as your lingering symptoms or urges continue over the next few weeks. Usually, the medication used in a heroin detox program falls into one of two categories: agonist or partial agonist.

Agonist medication binds to and activates brain receptors to mimic the effects of

- Suboxone: A mixture of buprenorphine and naloxone, suboxone both blocks the effects of heroin and relieves cravings.

These types of medications are given in limited doses and for limited amounts of time so that you do not become dependent upon them. The goal is to help you with a short-term medication so that you can handle your withdrawal symptoms or initial cravings.



Click on the image to see the video.

What Happens After Heroin Detox?

While detox is an important first step in helping you get clean, you need to continue your treatment so that you have a successful recovery. Beaches Recovery offers therapy and [treatment of heroin addiction](#) as a part of our heroin detox program, such as:

Dual diagnosis therapy

Often, when an individual suffers from substance use disorder, it is a symptom of a deep mental health issue. Sometimes patients don't even know they are suffering

from depression, anxiety disorder, or PTSD (post-traumatic stress disorder). However, it is the pain or discomfort of this condition that prompts them to abuse drugs to self-medicate. Treating both the underlying mental health issue and the body's dependency is necessary to heal fully from addiction and prevent relapse. Dual diagnosis treatment for co-occurring disorders is how we do so.

Intensive outpatient therapy

Some individuals recognize they need help breaking free of their addiction and healing. However, they aren't able to enter a residential rehab program. For these patients, after completing rehab, an [intensive outpatient program](#) may work best. Here patients still live at home or in a sober living house but come to a treatment facility for therapy. This allows them to meet social, personal, and work obligations while still getting the treatment they need.

Partial hospitalization program

Similar to an intensive outpatient program, in a [partial hospitalization program](#), or PHP, patients also are allowed to return to their home or living facility. The difference, however, is that patients in a PHP have a much more fixed and regulated treatment regime.

Holistic rehab center

Using a variety of evidence-based treatment, a holistic rehab center focuses on healing the mind, body, and spirit. Patients are encouraged to not only work through how addiction has affected their body and mind but work with others to improve their spiritual understanding of themselves and others.

Experiential therapy

For some patients, talk therapy isn't enough to help them connect or identify the issues contributing to or triggering their substance abuse. In [experiential therapy](#), organized activities challenge patients. They allow them to see themselves work through tasks and work with others in a productive yet healthy manner. At Beaches Recovery, we offer some unique experiential therapies like boating and hiking, among others.

We also offer a complete 90-day rehab program that includes detox, individual counseling sessions, a 12-step program, support groups, and alternative treatments and activities. The 90-day program gives you a boost and empowers you to start your journey toward full recovery. Once you've completed a heroin detox program and worked your way through treatment, you may want to explore aftercare options. This is where your treatment facility puts you in touch with support groups and alumni

programs so you can join and build a community to back your sobriety.

"During my stay at beaches recovery my mind was blown away by all of the hardworking and compassionate staff members. They will individually work one on one to accommodate each and every one of your needs. I would recommend this program to anybody who is serious about recovery and starting a brand new life."

Zack

Why You Need Treatment for Heroin Addiction

Heroin is extremely dangerous. It is easy to overdose, to get a bad trip, or to become physically and psychologically dependent on it. The side effects of heroin addiction may include slowed breathing, heart problems, lethargy, and feeling sleepy all the time, brain damage, or organ failure.

If you quit now, you can reclaim your life free of addiction. However, if you keep going, you are not certain of your health, your relationships, or your financial future. It is never too late to get help for addiction.

Beaches Recovery is here to help you break the cycle of addiction and get off of heroin for good. To find out more about our heroin detox program, [contact us](#) today at 866.605.0532. We can answer your questions, discuss your addiction, and create a roadmap for your recovery. You can get clean today.

**Call us today at 866.605.0532
so that we can get started.**