



Technology Can Help Patients Suffering from Drug Addiction in Lubbock

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With an opioid epidemic affecting the country and claiming thousands of lives each year, it is safe to say that addiction is a serious problem in the United States. Of the US population, six percent or more is addicted to illegal drugs; 12 percent struggle with alcohol abuse; and even more people have problems with illegal substances?this includes abusing medications prescribed by a doctor.

Treatment options vary because of the personal nature of addiction and its many effects. Health problems and withdrawal are managed with drug detox programs, while mental health effects are addressed through counseling. Drug rehab is, therefore, a long and complicated journey.

But achieving sobriety is possible in Lubbock; albeit difficult. It is therefore interesting to find that technology is also contributing to the solution against the epidemic. It serves many roles, but one of the most prominent things that technology does in this age is changing the way people talk about addiction. Technology can address the stigma associated with addiction, which is one of the many barriers to keeping people from getting better and seeking treatment.

The Trigr Health app uses the term "remission" instead of "clean" when talking about abstaining from alcohol or drugs, for example. Not only is this more scientifically accurate, but it is also free of stigma. Although it is subtle, proper wording is necessary. It encourages addicted individuals to look for drug rehab, rather than suffer in silence because they think they are "unclean".

This is not the only mobile app that fills this niche. Mobile apps developed for addiction treatment is effective because it is sure to reach people where they are: on their phone. This is especially true for younger people who rely on technology every day.

For people in Lubbock who need a more flexible approach to treatment, mobile apps provide that. Keep in mind that it is no substitute for inpatient treatment and these mobile apps are not meant to.

BioCorRx is a mobile app that is designed for alcohol and opioid addiction treatment. This app offers an outpatient medication-assisted treatment program. It combines the use of naltrexone to reduce cravings, and a counseling program.

These apps are developed by clinical researchers along with app developers and designers. Trigr Health, for example, has medical experts and addiction treatment experts on board.

Another app, created by Pear Therapeutics and approved by the FDA, is reSet Connect. It went through testing and was proven to be effective. Its intended use is for medical professionals who need a way to monitor their patients during outpatient treatment. This is just as important for the patients because it's an easy way to stay on the right track, even if they are not staying in a treatment facility.

Doctors can also use reSet-O for patients who have an addiction to opioids. Ria Health is a mobile app that is designed for people who are developing a troublesome relationship with alcohol. It is useful for those who want to reduce their drinking. That said, it is not for people who are addicted to alcohol. It helps people keep their drinking habits under control.

Another app offers web-based support similar to attending an addiction treatment class. Workit Health provides a useful alternative by offering a craving log and exercises for the body and mind, based on modern treatment techniques.

Addiction is a lifelong journey. And so many mobile apps are also being developed for the post-rehab process. Sober Grid is an app that offers 24/7 support from a community of peers. It is used to track and share progress while accepting support from others and offering support of their own. It shows that people struggling with drug addiction is not alone, and don't have to go through recovery on their own.

In addition to mobile apps, there are other technological advancements that are being used to treat addiction. Computer-based training, gamification, and learning modules based on cognitive behavioral therapy can help addicted people retrain their brain in order to fight addiction.

Technology has proven to be highly effective, and its contributions should not be underestimated. Now that there is an opioid epidemic, more solutions are welcome. Click the link to see Lubbock's top rehab placement programs.

If someone in the family is struggling with opioid addiction, it is important to seek help. A combination of medical detox and behavioral therapy can go a long way in the fight against drug abuse. But because every individual is affected by addiction differently, a comprehensive program tailored to their specific needs is necessary. Look for a nearby addiction treatment facility today and find out how drug treatment programs work.

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