



Rehab Connects Opioid Use To Depression

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Greenville, TN ? ReVIDA® Recovery is a local rehab center that recently published an article about the connection between opioid use and depression. They specialize in treating the specific needs of people managing opioid use disorder (OUD) through medication-assisted treatment and outpatient therapy.

Many people living with OUD also experience depression. However, it can be difficult to identify which came first. Lots of people use opioids to push away feelings of sadness or isolation because opioids produce a euphoric feeling in the body.

Opioids bind to the opioid receptors in the brain, which activates the brain's reward center. While this feels good in the short term, it often leads to an increased tolerance. This means that a person needs more and more opioids to get the same effect. Over time, the brain can no longer feel the effects of the naturally occurring opioid in the body.

?Within the brain, there is a natural opioid system, charged with managing both endogenous and exogenous opioid sources. Endogenous opioids are naturally occurring, and include the peptides beta-endorphins, enkephalins, and dynorphins. They help regulate the stress response, mood, and motivational process.

G-protein-coupled receptors include mu, delta, and kappa. These receptors are directly affected by the above peptides. They cause effects directly to the central and peripheral nervous systems.

Exogenous opioid sources are introduced from the outside. This would include morphine, heroin, fentanyl, and other opioids. When this occurs, the natural opioid system becomes dysregulated. Studies have shown this dysregulation affects emotional processing, cognitive ability, and social interactions negatively. The result showed high symptoms of depression in those taking exogenous opioids, the article states.

This suggests that a person's ability to regulate their emotions decreases when they use opioids. Even if someone with OUD did not have depression before they began taking opioids, they are likely to experience depressive symptoms after taking them.

Tennessee is no stranger to opioid use and depression themselves. In 2022, almost 20,000 non-fatal substance overdoses occurred as outpatient visits in Tennessee. Of these, over 8,000 were equated to opioids. This does not include the over 3,000 fatal opioid overdoses that occurred in the same year.

A survey from February 2023 showed that 37.3% of Tennessee residents experienced symptoms of depression and/or anxiety, higher than the national average which sits at 32.3%. Tennessee also ranked 45th in care options for mental health, among the lowest on the list of 52 states, the article continues.

When it comes to developing OUD, some people have more risk factors than others. Some of those risk factors overlap with the risk factors for depression. These include adverse childhood experiences (ACEs), and a history of mental health conditions.

ReVIDA® Recovery is dedicated to helping people living throughout Tennessee and Virginia reclaim their lives from OUD. They provide patients with flexible outpatient scheduling to accommodate busy schedules. Their case managers assist patients looking to secure employment, afford food costs, and locate housing. Paying for treatment is often a concern for those seeking help, which is why ReVIDA® Recovery accepts commercial insurance, Medicaid, and self-pay, and provides scholarships for those without insurance. Their clinics are proud to provide MAT for opioid use disorders because they've seen the benefits it offers firsthand. New patients can get same-day appointments at each location, so they get started as soon as possible.

To learn more about ReVIDA® Recovery, call 423-631-0432 or visit their website.

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For more information about ReVIDA® Recovery Greenville, contact the company here:ReVIDA® Recovery

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