



# PINNACLE

## TREATMENT CENTERS

## **Columbus Addiction Treatment Medical Director Shares How They Help People With Addiction Recovery**

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Recovery Works Columbus, an addiction treatment center in Columbus, Ohio, has announced that Dr. James Sturmi, their medical director, has shared with Columbus Good Day Marketplace in an interview how they help people get started on their journey towards lasting recovery from addiction. The treatment center is part of the Pinnacle Treatment Centers Network, which has various locations in Indiana, Kentucky, New Jersey, Ohio, Pennsylvania, and Virginia.

At Recovery Works Columbus, the treatment they provide is based on the concept that each person and every recovery is unique and they offer a range of residential and outpatient programs to address the specific challenges for that particular situation. They provide treatment for a variety of addictions, whether it is alcohol, opioids, or other illegal drugs, or even prescription drugs.

In the interview, Dr. Sturmi points out that studies have shown that addiction is actually a disease. While, the decision to start using a particular drug or drink alcohol is the person's choice, the drug then takes control of or hijacks the reward center of the brain including the frontal cortex, which is that part of the brain where people make decisions, either good or bad.

With addiction treated as a disease, it has become possible to focus on providing medical treatment for it. The principle would be to protect the brain with medication that will allow the patients not to go into withdrawal and not experience those overwhelming cravings that are common with opioids. This makes them likely to be able to avoid getting a relapse or overdosing. When asked whether the patients will need to take the medication for the rest of their lives, Dr. Sturmi explained that it would be a case to case basis because each person and each situation is unique. What they do is weigh the costs versus the benefits and make their decision based on that.

A spokesperson for Recovery Works Columbus says, "Pinnacle Treatment Centers Network is a recognized leader in comprehensive substance use services. All locations - Indiana, Kentucky, New Jersey, Ohio, Pennsylvania, and Virginia - are CARF-accredited and include credentialed physicians, nurses, clinicians, and administrative and support staff. A full continuum of quality care includes detoxification for residential and outpatient clients as well as transitional living programs. We treat the individual's physical, emotional, spiritual, and psychological well-being."

The addiction treatment provided may be in-house or outpatient. The decision, according to Dr. Sturmi, on which one would be better would be based on a wide range of factors, including the kind of substance that was abused and for how long was it used.

At the residential treatment centers, a multidisciplinary team of caring professionals includes psychiatric, medical and support staff who will treat the whole person, including family and friends, so that patients would be able to heal themselves and repair their relationships. An individual treatment plan will be created for each patient. This and the therapist's recommendations will determine the length of the patient's stay in the treatment center.

For those who are unable to attend the in-patient program, they also offer an intensive outpatient program that provides an equally rigorous treatment while being more flexible. As with the in-patient treatment, it will be evidence-based and will include individual, family, and group therapy, 12-step meetings, and educational classes.

As mentioned by Dr. Sturmi in the interview, they offer medication-assisted treatment (MAT), which has been proven to be successful for opiate addiction. They provide methadone, Suboxone®, and Vivitrol as a way to minimize the symptoms of withdrawal and craving for opioids. MAT is important because as the patient stops using drugs or alcohol, withdrawal symptoms that include intense cravings and physical discomfort, can cause the patient to relapse. However, detoxing on their own is not advisable because it can have severe consequences. They can offer medication to help with medically supervised withdrawal and later for abstinence.

Those who need more information regarding the treatment provided by Recovery Works Columbus can visit their website or contact them on the phone or through email.

Pinnacle Treatment Centers has facilities across Ohio in locations such as Covedale, Dayton and Chillicothe.

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For more information about Recovery Works Columbus, contact the company here: Recovery Works Columbus  
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## **Recovery Works Columbus**

*Recovery Works Columbus is a drug and alcohol rehabilitation center located in Columbus Ohio.*

Website: <https://pinnacle-treatment.com/location/recovery-works-columbus/>

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