

# **Pinnacle Treatment Centers Publishes Article on Opioid Addiction Statistics**

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Pinnacle Treatment Centers, based in Mt Laurel Township, New Jersey, has announced that they have recently released a blog post that presents the current opioid addiction statistics in the United States. They want to point out that the statistics is evidence that opioid use disorder (OUD) has become a national crisis that has affected both the economic/social welfare and public health in the country.

OUD has become one of the leading causes of preventable deaths in the US and this endemic actually started in the late 1990s when pharmaceutical companies began promoting opioids as pain relievers with the claim that they don't have the potential to become addictive. The result was that most doctors began to prescribe opioids for various kinds of pain at high rates. In turn, this resulted in the gradual misuse of the drugs until they finally realized that they were addictive. With this increasing misuse of prescription opioid pain killers, the rates of opioid overdose also started to increase at a rapid rate.

It has been observed that children and adolescents are more likely to develop OUD when exposed to opioid pain killers. Women are also more likely to develop OUD compared to men because they are prone to suffer from chronic pains. People suffering from OUD will need professional guidance, such as the guidance provided at Pinnacle Treatment Centers.

Melanie Eilers, Senior Director of Communications at Pinnacle Treatment Centers, says, "Pinnacle Treatment Centers is a recognized leader in comprehensive drug and alcohol addiction treatment serving more than 28,000 patients daily in California, Indiana, Kentucky, New Jersey, Ohio, Pennsylvania, and Virginia. With more than 110 community-based locations, Pinnacle provides a full continuum of quality care for adult men and women which includes medically-monitored detoxification/withdrawal management, inpatient/residential treatment, partial hospitalization/care, sober living, intensive and general outpatient programming, and medication-assisted treatment (MAT) for opioid use disorder."

The therapeutic approaches at Pinnacle Treatment Centers include individual therapy, group therapy, family therapy, expressive therapy, complementary therapies, trauma support, and exercise and recreation.

Individual therapy consists of one on one sessions with a trained therapist or psychiatrist, and the goal is to help the patients develop an idea on where they want to go. Various types of individual therapy may be used, depending on the patient, such as dialectical behavioral therapy, cognitive behavioral therapy, cognitive processing therapy, eye movement desensitization and reprocessing, and acceptance and commitment therapy.

Group therapy consists of meetings led by a trained professional where small groups of patients discuss issues that directly impact their recovery journey. These group sessions may include interactive, in-depth conversations regarding alcohol and substance abuse, past trauma, emotional issues, and relationship challenges. In these sessions, peers listen, offer support, and help one another by sharing their insights and experiences on topics that have been chosen by the therapist leading the session.

Family therapy involves the family members of the patient because family support and engagement plays a key role in the long term, successful recovery of patients, and in the ongoing management of chronic mental disorders like anxiety and depression.

Expressive therapy makes use of creative arts as a unique and power component of the overall healing of patients. It makes use of a wide range of creative and artistic abilities, such as music, visual art, creative writing, and journaling. They have been proven to be effective as a component of a high quality treatment program.

Complementary therapies used at Pinnacle Treatment Centers include adventure therapy, acupuncture, equine therapy, hypnotherapy, yoga, and mindfulness/meditation. It has been observed that these complementary therapies sometimes become important elements of long-term sobriety and aftercare strategies.

Pinnacle Treatment Centers has a team of certified and licensed physicians, clinicians, nurses, and support staff to offer a comprehensive range of quality care for addiction. They offer outpatient treatment, residential treatment, and medication-assisted treatment, using various therapeutic approaches based on the specific needs of the patient.

Those who are searching for an addiction treatment center may want to visit the Pinnacle Treatment Centers website, or contact them on the telephone, or through email.

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For more information about Pinnacle Treatment Centers, contact the company here: Pinnacle Treatment Centers Melanie Eilers (844) 768-0107 info@pinnacle-treatment.com 1317 NJ-73 #200 Mt Laurel Township, NJ 08054

## **Pinnacle Treatment Centers**

*Over 10000 people recovering daily through proven outpatient and inpatient addiction rehab programs. With locations in KY, IN, OH, NJ, PA, VA. Accredited.*

Website: <https://pinnacle-treatment.com/>

Email: [info@pinnacle-treatment.com](mailto:info@pinnacle-treatment.com)

Phone: (844) 768-0107

