Fountain City?s ReVIDA® Recovery Publishes New Guidance on Strengthening Opioid Recovery Support

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ReVIDA® Recovery in Fountain City has released a new educational blog about a part of opioid recovery that often does not get enough attention: support. In the new resource, ?Building a Support System During Opioid Recovery,? ReVIDA® explains why recovery takes more than managing cravings or getting through withdrawal. It also depends on having the right people around, whether that means family, friends, counselors, peers, or providers.

Opioid use disorder is still impacting families throughout Appalachia. In 2023, 3,616 overdose deaths were reported in Tennessee ? a stark reminder that people need support to heal and thrive. The blog discusses the need for support in a specific and concrete way, especially while juggling things like work, parenting, relationships, transportation, and treatment.

The article explains that a solid support system can create accountability when someone starts to pull back, and it can ease the isolation that often comes with recovery. It can also offer practical help with everyday problems that can make it harder to stick with treatment, like finding a ride, managing childcare, or dealing with stress.

ReVIDA® also notes that while medication-assisted treatment can be an important part of opioid recovery, it?s not the only part. Long-term stability often depends on structure, emotional support, and consistent connection. The blog breaks support down into several categories, including medical care from providers, therapy and counseling, peer support from others in recovery, and personal support from trusted people in everyday life.

The piece also makes an important point about privacy. Building a support system does not mean telling everyone what is going on. It means figuring out who feels safe, who is reliable, and who can help in ways that actually matter. That might be a family member who can help with rides, a friend who checks in regularly, or a counselor who helps someone stay grounded when things feel unsteady.

Another key message in the article is that support tends to work best when it is specific. Rather than asking generally for help, the blog encourages people to think in concrete terms. That could mean asking for transportation to weekly appointments, help with babysitting during counseling sessions, regular phone check-ins, or help keeping up with everyday responsibilities like laundry and errands. The value of building regular checkpoints through counseling, group therapy, and medical follow-up is also discussed.

Some of the most common barriers people run into during treatment are mentioned as well, including work conflicts, childcare demands, transportation issues, and emotional setbacks. In each case, the message is the same: support should be practical. A coworker may be able to help with scheduling. A relative may be able to provide a ride. A peer may be the person who notices when someone is isolating and reaches out before things spiral.

ReVIDA also talks about the role of peers, sponsors, and outpatient care in helping people stay connected to care during their recovery. According to the article, those relationships can reduce stigma, build accountability, and remind people they are not the only ones dealing with cravings, triggers, or difficult days. Outpatient treatment can make that process more manageable by allowing people to get care while continuing to live at home and handle day-to-day responsibilities.

For people in Fountain City and the greater Knoxville area, that message may feel especially timely. ReVIDA® Recovery offers outpatient treatment for opioid use disorder that is built around real life, combining medication-assisted treatment, counseling, and individualized support. The new blog comes back to a simple but important truth: recovery is hard to carry alone, and sometimes real progress starts with just one or two dependable people who are willing to show up. To learn more about program offerings and availability, call 423-631-0432.

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ReVIDA® Recovery Center Fountain City

When you begin treatment at our Fountain City location, you?ll meet with multiple members of your care team to ensure that you?re receiving the highest quality of care possible.

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