

# Outpatient Heroin Addiction Treatment in Utah

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Many people have held onto certain stereotypes of heroin addicts as being from lower levels of society, but the truth is anyone can become addicted to heroin, and they are. According to a 2015 report released by the [National Survey on Drug Use and Health](#), nearly 5.1 million Americans have used heroin. Those users include men and women of every income bracket and social background and so if you or someone you love is addicted to heroin, the most important thing is to know you aren't alone.



Heroin addiction has become a serious epidemic and one that often requires outside [professional help](#). The following is a look at the symptoms and effects of heroin and how a heroin addiction treatment center can help:

## Heroin Addiction Symptoms

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Immediately after ingesting heroin, a person will feel a rush of happiness and good feelings. Some users describe it as being covered in a warm blanket in which all worries and stresses are gone. This then fades into a feeling in which the entire world has slowed down and the person will generally move, think and talk more slowly or sluggishly. These are short-term symptoms.

Long-term symptoms of heroin addiction include:

- **Depression and anxiety** that may exacerbate to suicidal thinking
- **Mood swings** that range from euphoria to irritability and hostility
- Increasing **social isolation** and/or loss of interest in once-favored activities
- Inability to fulfill work, home, and/or school obligations
- Increased **risky behavior** including increased libido
- Slowed or slurred speech often combined with **clouded mental function**
- And more

## Heroin Effects on the Body

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Heroin is a very dangerous drug with a high risk of overdose both fatal and nonfatal. But while most of the general public understand this major health effect, it isn't the only physical consequence heroin can have on the body. Other heroin effects on the body include:

- **Cardiovascular damages** which can lead to collapsed veins and an increased risk of strokes, seizures, and heart attacks
- **Neurological issues** related to brain cell reproduction and the blocking of chemicals signaling pleasure
- **Pulmonary issues** including but not limited to lung disease, slowed breathing, and increased risk of pneumonia
- **Kidney and liver** disease
- *And more*

## Outpatient Heroin Addiction Treatment

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An outpatient heroin addiction treatment program includes both group and one-on-one therapy sessions that help each individual to better understand their need for a given drug in order to develop the skills necessary to confront and reject situations that lead to a need for heroin use. Depending upon the patient's age and familial situation, part of this therapy is also likely to include multidimensional family therapy which will help the entire family gain the skills and social net necessary to eliminate the addiction and strengthen family bonds.

## Get Started Today by Contacting Our Team at Renaissance Ranch Ogden

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Due to its ability to give users such intense feelings of euphoria and comfort, heroin is one of the most addictive drugs. As such, there is no safe level of heroin use and if you or someone you love is addicted or are feeling they may become addicted, then you should speak with a health care professional about recovery options as soon as possible. One great recovery path is through an outpatient heroin addiction treatment at Renaissance Ranch Ogden Addiction Treatment Center. To learn more or to make an appointment for an evaluation, [contact us](#) today at 385-222-3737. Our staff is available to take your call 24 hours a day, seven days a week.