

XANAX ADDICTION TREATMENT

Contact Destinations for Teens Today!

877.466.0620



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Adolescents and teenagers face significant peer pressure, which is magnified, considering teenagers are also developing physically, mentally, and emotionally. The human brain, including the parts related to decision-making, does not fully develop until the mid to late 20s. Complicating matters, certain [mental health disorders](#) begin causing symptoms during adolescence and young adulthood, leading some to find Xanax addiction treatment.

Because teenagers are still in the midst of maturing and learning about conflict resolution, relationships, and critical thinking, they are more likely to engage in risk-taking behaviors. For this reason, Destinations for Teens offers our [teen drug rehab program in California](#).

Peer pressure makes teenagers especially prone to experimenting with recreational drugs. Vaping has become increasingly popular among teenagers, with alcohol and marijuana also among the most common recreational drugs used by teenagers.

Benzodiazepines, which are prescription medications that are used to treat anxiety disorders, are highly addictive and widely available. Xanax, the most prescribed and recognized benzodiazepine, is particularly dangerous and physically addicting. Our California [substance use disorder treatment](#) center focuses on helping you and your loved ones access the tools and resources needed to recover successfully.

What Is Xanax?

Xanax works by facilitating the release of GABA. GABA is a type of neurotransmitter that is naturally produced by the brain. When you take Xanax, your brain releases more GABA than usual. The effects are especially pronounced if you don't suffer from an anxiety disorder because many anxiety disorders deplete your GABA levels.

Xanax can become both psychologically and physically addicting. Because of the intense euphoria Xanax produces, the effects can cause your brain to begin associating Xanax use with pleasure. The pleasure reward center in your brain releases excessive neurotransmitters when you use Xanax to reward pleasurable behaviors. However, this also causes your GABA levels to become depleted when Xanax wears off, which leads to depressant effects.

Symptoms of Xanax use include:

- Drowsiness and fatigue
- Confusion and memory problems
- Difficulty concentrating
- Slurred speech
- Impaired coordination and balance

If you or a loved one is struggling with Xanax addiction, it's essential to seek treatment as soon as possible. At Destinations for Teens, we understand the complex nature of addiction and the importance of personalized care.



Signs Your Teen Suffers from Xanax Addiction

Detecting Xanax addiction in teenagers can be challenging due to the subtlety of initial symptoms, making understanding the signs of addiction crucial. Recognizing these signs early can lead to timely intervention, increasing the chances of successful recovery.

Signs of Xanax abuse and addiction can include:

- Taking more Xanax than prescribed
- Noticing that your Xanax medication is missing
- Mood and personality changes
- Always looking or acting exhausted, tired, and fatigued
- Experiencing blackouts or memory loss
- Concealing or hiding your Xanax use
- Possessing Xanax without a prescription

Xanax addiction is dangerous, particularly among teenagers, due to its potential to cause severe physical, emotional, and cognitive impairments. The danger escalates when coupled with the drug's high dependency risk and the profound impact it can have on a developing brain, necessitating urgent intervention and treatment.

At Destinations for Teens, we stand ready to help you navigate the path to recovery, providing a supportive, holistic, and personalized approach to Xanax addiction treatment.

What Are the Dangers of Xanax Addiction?

Xanax addiction poses severe risks to both physical and mental health. The drug's immediate effects include drowsiness, confusion, impaired memory, and even respiratory depression, which in extreme cases can be life-threatening. Over time, this abuse can lead to cognitive issues, with studies showing that long-term users may suffer from impaired concentration, memory, and motor skills.

When Xanax is mixed with alcohol or other substances, the dangers are exponentially amplified. This deadly combination can lead to severe respiratory depression, increased risk of overdose, potential for coma, and even death, making it imperative to seek immediate Xanax addiction treatment. According to the National Institute on Drug Abuse, there were over 8,000 overdose deaths involving benzodiazepines, such as Xanax, in the United States in 2017.



Moreover, psychological dependencies developed from Xanax use are particularly dangerous. Withdrawal symptoms can be debilitating and deadly, including seizures, hallucinations, and severe panic attacks. Especially for teens, Xanax addiction can derail life's trajectory, impacting schooling, relationships, and fundamental developmental phases. Our dedicated Xanax addiction treatment centers at Destinations for Teens are equipped to help navigate these challenges.

What is a Xanax Addiction Treatment Center?

Our Xanax addiction treatment center in California ensures that you have access to the treatment and support you need to recover. Since addiction is a family disease, Xanax addiction treatment focuses on healing all family members. [Family counseling](#) is one way Xanax addiction treatment helps you address how addiction impacts the entire family unit.

When you become physically dependent on Xanax, you can experience withdrawal symptoms. Some withdrawal symptoms can become life-threatening, making Xanax addiction treatment especially vital if you have a physical addiction.

Xanax addiction treatment can include both evidence-based and holistic treatments, such as:

- Cognitive and [dialectic behavioral therapy](#)
- [Psychotherapy](#)
- [Relapse prevention planning](#)

- Yoga therapy, hiking, and meditation
- Group therapy

While Xanax addiction can cause significant physical, emotional, and personal problems, it is highly treatable. Xanax addiction treatment improves your odds of achieving long-term recovery and abstinence.



Benefits of Xanax Addiction Treatment

Overcoming a Xanax addiction is a journey that requires consistent support and targeted treatment. By choosing Destinations for Teens, you'll gain access to a range of benefits that facilitate recovery and ensure long-lasting sobriety.

- **Personalized care** — Our Xanax addiction treatment is tailored to meet your unique needs and circumstances, ensuring the most effective recovery pathway for every individual.
- **Holistic approach** — We believe in treating the whole person, not just the addiction. Therefore, our Xanax rehab in Los Angeles integrates physical, mental, and emotional wellness into the treatment process.
- **Family involvement** — Recognizing that addiction affects the entire family, our treatment centers provide family counseling and support services to heal and strengthen family bonds.
- **Professional support** — Our team of experienced professionals provides continuous support and guidance throughout recovery, giving you the resources you need to achieve long-term success.

Embark on your journey to recovery with us and experience the transformation that a personalized, comprehensive approach to Xanax addiction treatment can bring.

Teen Substance Use Statistics

Over

half a million teenagers aged 12-17 have used an illicit drug other than marijuana in the last month.

California

teen drug use is 10.37% of teens aged 12-17, while 8.85% of teens 12-17 drink.

4.8 million

people aged 12 or older abuse benzodiazepines alone.

Millions of people aged 12 and older struggle with prescription drug use every year in the United States. Teens especially are at increased risk of substance use disorders, which makes teen-specific treatment centers important to their recovery. Substance use disorder treatment for teens can change lives for the better.


DESTINATIONS

Source: <https://drugabusestatistics.org/>

The Impact of Xanax Addiction Treatment on Teens

Engaging in a comprehensive Xanax addiction treatment plan offers adolescents and teenagers a renewed chance at life, fostering opportunities for growth, development, and positive change. Our treatment centers' structured and supportive environment motivates teens to break free from the vicious cycle of addiction, paving the way for them to reclaim their lives, restore their health, and re-establish their self-esteem. This transition is empowering and instrumental in helping them envision a future free from the constraints of addiction, loaded with potential and possibility.

Furthermore, overcoming addiction equips teens with valuable learnings and life skills. It instills resilience, self-awareness, and emotional intelligence, which form the foundation for confronting and overcoming future challenges. With a renewed focus on education and personal development, teens can redirect their energy towards constructive endeavors. This renewed sense of purpose and direction can open up opportunities for academic advancement, career progression, and personal growth.

Our Programs & Activities Will Guide Your Teen Through Rehab

Finding Help from our Xanax Addiction Treatment Center at Destinations for Teens

Xanax addiction requires treatment. Not only is Xanax physically addicting, and it can change your brain chemistry, worsen underlying medical and mental health disorders, and cause significant personality changes. Xanax addiction treatment can provide you with the support, compassion, and expertise to overcome a Xanax addiction. Destinations for Teens, which has the best [teen drug rehab program California offers](#), is here to help you and your loved ones find hope, understanding, and recovery.

Call us today at [877.466.0620](tel:877.466.0620) for substance use disorder treatment.

