

Epiphany Wellness – Tennessee Brings Attention to Barbiturate Addiction and the Ongoing Risks of Misuse

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HENDERSONVILLE, TN, UNITED STATES, September 3, 2025 /EINPresswire.com/ -- [Epiphany Nashville Tennessee Drug & Alcohol Rehab](#), an addiction and mental health treatment center in Hendersonville, Tennessee, is raising awareness about barbiturate addiction—a problem that, while less common than in past decades, continues to put lives at risk. Once widely prescribed for anxiety, insomnia, and seizures, barbiturates have largely been replaced by safer alternatives. Yet they remain available in limited medical use and, when misused, can quickly lead to dependence, overdose, and in some cases, death.

Barbiturates—sometimes called “reds,” “yellow jackets,” or “goof balls”—act as central nervous system depressants. They slow down brain activity, producing drowsiness or a sense of calm. That same effect, however, makes them extremely dangerous when misused. Even short-term use may create tolerance and physical dependence. Withdrawal can be severe



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and, without medical support, life-threatening.

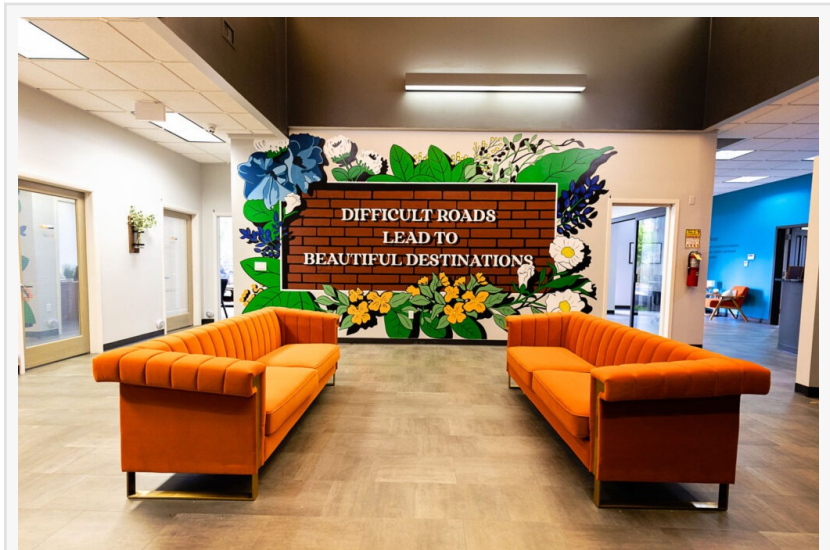
Although prescriptions have declined since the rise of benzodiazepines in the 1970s, recent surveys suggest that hundreds of thousands of Americans still report using or misusing barbiturates each year. The risk of overdose is especially high when barbiturates are mixed with alcohol or stimulants, a pattern seen most often among young adults. Signs of an overdose include slowed breathing, loss of coordination, confusion, and in severe cases, coma. Immediate medical care is critical, as there is no antidote for barbiturate poisoning.

At Epiphany Wellness, clinicians provide comprehensive support for individuals struggling with barbiturate dependence. Treatment begins with medically supervised detox, where withdrawal is managed safely. From there, clients can continue recovery through structured programs such as Partial Hospitalization (PHP), Intensive Outpatient (IOP), and ongoing aftercare. Therapy approaches include Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), trauma-informed care, and holistic practices like mindfulness and expressive therapies.

The center emphasizes that addiction does not always stem from reckless misuse. For some, it begins with careful adherence to a doctor's instructions—only to find themselves physically dependent weeks or months later. Recognizing the early signs, such as constant drowsiness, mood swings, or attempts to secure multiple prescriptions, can help families step in before the situation escalates.

[About Epiphany Wellness](#)

Founded in 2023, Epiphany Wellness is an addiction and mental health treatment center located in Hendersonville, Tennessee, just outside Nashville. The center offers a full spectrum of gender-specific and inclusive care for individuals navigating substance use disorders and co-occurring mental health challenges. Rooted in empathy and evidence-based practice, Epiphany Wellness helps clients discover their strength, reclaim their identity, and build a future grounded in



recovery.

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