

Does A Drug Rehabilitation Center Have Multiple Program Types To Choose From

Addiction is far more common than people realize and in the US in 2017, 37% of adults struggled with some form of addiction. Trying to beat an addiction is incredibly difficult without support and expert treatment, which is why rehab facilities are so vital in the fight against substance abuse. If you are considering a rehab facility for the first time, you may assume that they're all the same, but that isn't the case. There are different methods for treating addiction, and different facilities will have their own specific treatment programs. If you want to increase your chances of long term sobriety, you need to find a treatment program that is right for you. That's why it's so important that you understand the different kinds of treatment available to you and the benefits of each.

Some rehab facilities offer medical treatments and therapy without the need for patients to stay at the facility long term. However, other facilities will require you to stay for 30, 60 or 90 days until you have finished the full program. Some facilities will also offer other treatments, like mental health support and physical therapy, alongside addiction therapy. It is important to consider all of the different treatment programs available to you so you can choose the one that suits you best.

Types of Rehab Centers

Some rehab centers offer outpatient services, while others offer live-in programs for people with more serious addiction issues. These are the most common types of drug rehabilitation center:

Inpatient Treatment Centers

Inpatient treatment centers are designed for people that want long term solutions for their addiction issues. When you enter an inpatient rehab facility, they will assess your situation and you will be required to stay for anywhere from 30 to 90 days, depending on the treatment program that you are on. You will be treated by medical professionals as well as counselors and therapists during your stay. All inpatient treatment centers are designed to be a safe space for addicts, so they operate a zero tolerance policy on all substances, so there are no temptations. While you are in an inpatient facility, you will work with a case manager to ensure that you are always receiving the right treatment for your situation.

Inpatient treatment centers also offer dual diagnosis, which is not available in outpatient programs. In many cases, addiction issues are linked to mental health problems, like PTSD, depression, anxiety, and bipolar disorder. If you suffer from a mental health issue and you believe that it is linked to your addiction problems, an inpatient facility is the best option for you. You will receive treatment for your mental health issues alongside your addiction treatments, which drastically increases your chances of remaining sober after you leave.

People that have serious, life threatening addiction issues often require a medical detox. At an inpatient facility, you can be medically monitored while you detox to ensure your safety and avoid seizures, cardiac arrest, comas, or even death.

Intensive Outpatient Programs (IOP)

An intensive outpatient program is a middle ground between an inpatient program and a traditional outpatient program, providing treatments from both programs. You will still be provided with a case manager to assess the level of treatment that you need, and you can still access detox programs and dual diagnosis treatments if necessary. There are voluntary IOPs for people that want to beat their addiction but they are also commonly used by judges as a compulsory option for those that have broken the law as a result of their addiction.

Traditional Outpatient Programs

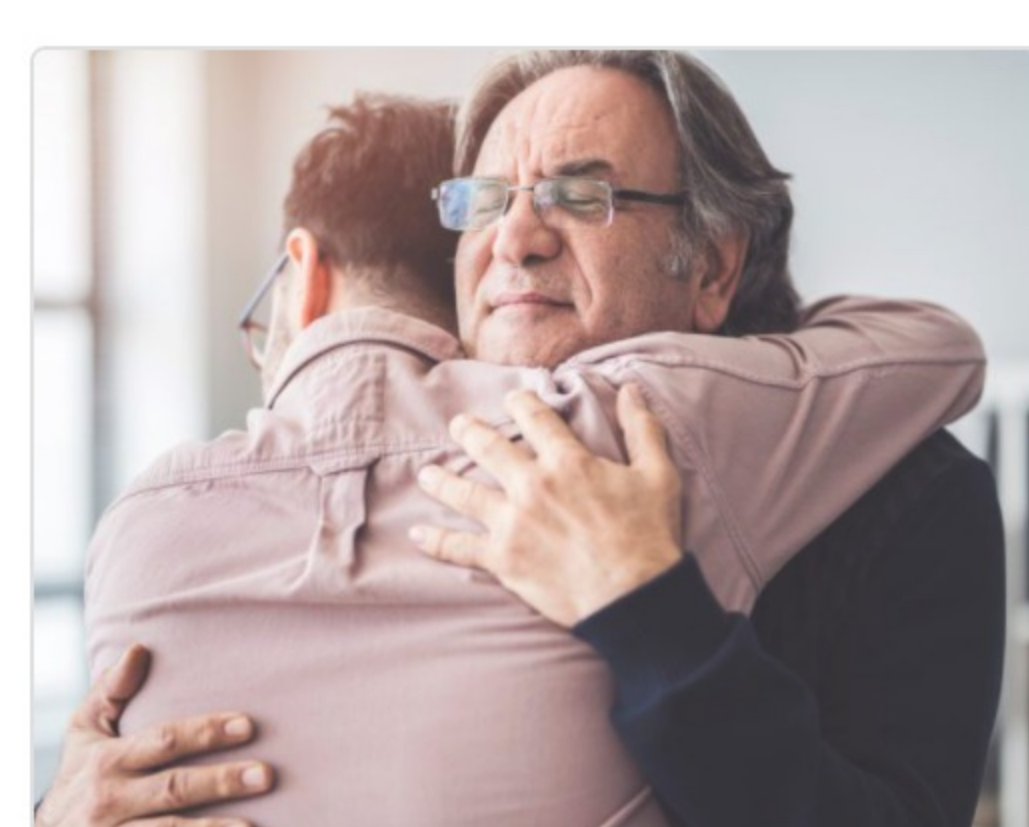
Outpatient programs offer support for addicts without requiring you to stay at a facility. This is a good option if your addiction issues are less severe and you want support without having to leave your home or your job. In many cases, inpatient programs will provide outpatient treatments for people that have completed their stay in the facility and are trying to reintegrate back into society. This extra support helps to ensure long term sobriety after completing an inpatient program. These are some of the most common types of outpatient programs:

- Sponsor meetings, such as Alcoholics Anonymous, help people that have completed rehab but still want ongoing support from their peers. These meetings offer 24/7 support from a sponsor and eventually sponsoring others helps you to maintain your sobriety long term.
- Counseling is another common form of outpatient treatment. Regular meetings with a counselor helps you to find ways to resist temptation and remain sobriety. It also gives you a safe space to talk honestly about your addiction and the underlying causes.

If you want your recovery to be successful, it is important that you understand the different types of recovery programs available to you and choose the one that is right for you.



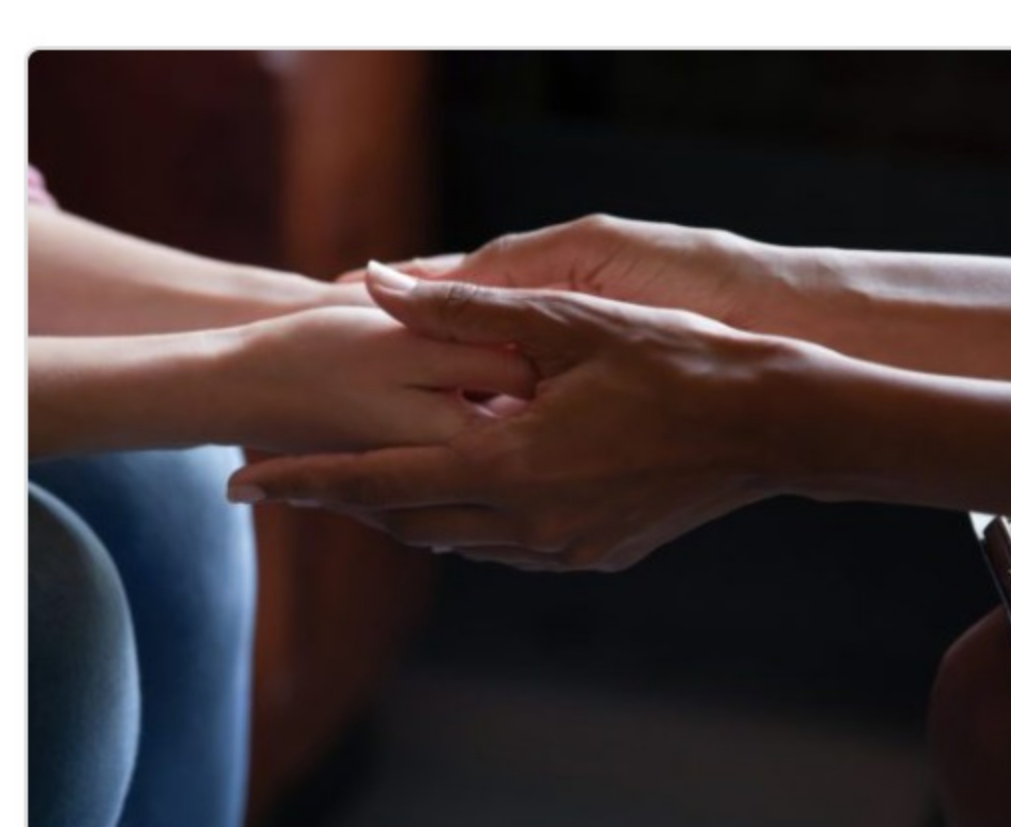
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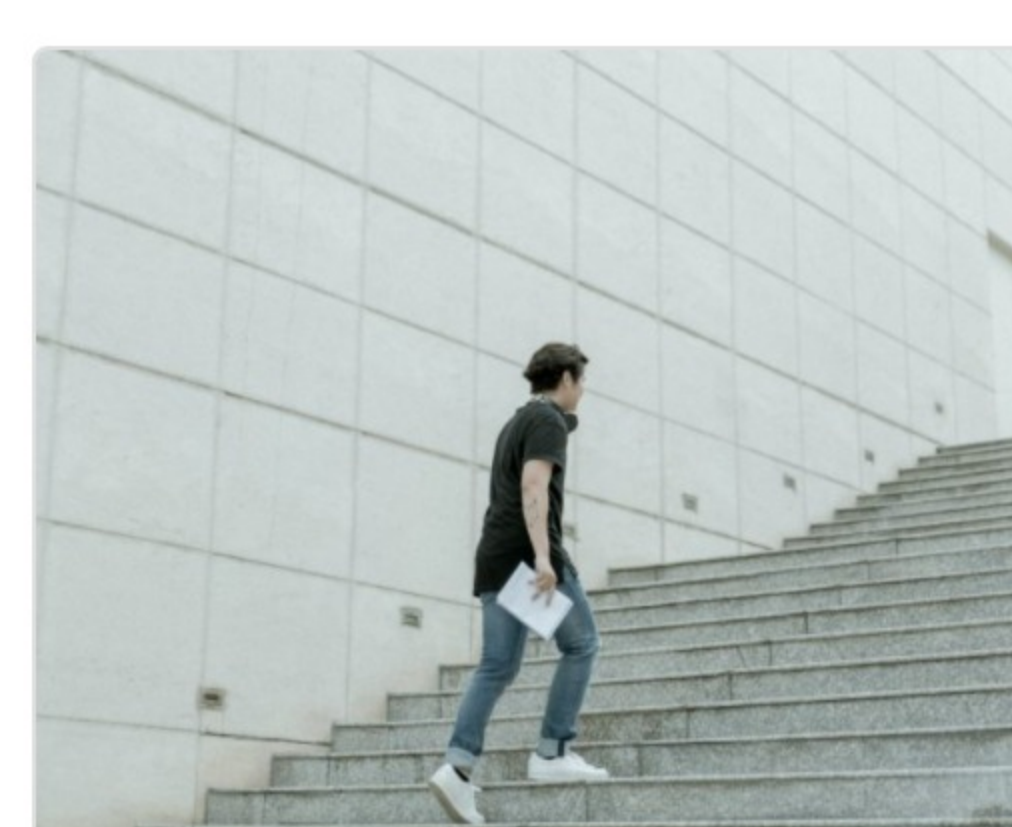
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The Robert Alexander Center for Recovery is a brand new, state of the art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.



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