



If I Can't Take Time Off Can I Do Rehab After Work Instead

If you are worried that you have an addiction problem, then you need to figure out how you are going to proceed. The first thing that you need to do is make sure that you are putting your health first. This could mean going to rehab. So many people believe that getting treatment from home is the only viable option, but this is never usually the case. There are many outpatient care treatment programs out there that give you the chance to work around the schedule you have now. The main thing that you have to remember is that the severity of your addiction will ultimately determine the route you need to take, but if you go through a reputable treatment center, then you will easily be given the advice and support you need to navigate the whole process.

Remember that there are options available at your disposal, and that it is your responsibility to get sober. You need to do it for yourself first and also need to do it for your family. If you are able to do this, then you will soon find that it is easier than ever for you to not only get the support you need on your journey, but to get sober and stay that way.

Is it Possible to Do Rehab After Work?

You owe it to both yourself and your family to get help. If you do not get help, then your addiction is going to destroy your life. If you feel as though you cannot attend rehab because you have work, then remember that there are many treatment centers out there that offer after-work programs. Some of the many reasons why you might not be able to attend or adhere to a residential program include:

- The cost is unaffordable
- You have work or school time constraints
- You are the breadwinner for your family and cannot take time away from work
- You have a responsibility of caring for an elderly family member or child

If you believe that you fit into any of these circumstances, then you could qualify for outpatient treatment. This is there for your own benefit and you have the responsibility of meeting the obligations in a timely manner. If you don't then you may be restricted or dismissed from the program. There are three different programs which all involve some degree of restrictiveness, which can be found below.

- Standard outpatient
- Intensive outpatient
- Partial hospitalization

Partial Hospitalization Treatment

This is easily the most restrictive option when it comes to outpatient care. It is normally available as an after-work program, but the timing is tight. The option requires you to spend up to 8 hours a day, 5-7 days a week at the treatment center. You will need to undergo group therapy and intensive individual therapy. You may also be given the chance to partake in some relaxing exercises as well.

Intensive Outpatient Treatment

This is one notch lower on the restrictiveness scale. It is very similar to partial hospitalization, but it does require you to spend less time in treatment. The parameters for time 3-5 hours a week, for 3-5 days per week. This treatment option is in fact available if you want to do it after work.

Standard Outpatient Treatment

This option is only suited to those who have entered rehab with a moderate addiction, or for those who have graduated from residential rehab with very little need for follow-up counseling. The time parameters will require you to attend individual therapy 2-4 times a week. This will normally be set at 1-2 hours per session.

At the end of the day, you should not let time stand in the way of you getting the treatment or support you need. It is more than possible for you to have your treatment tailored around your specific circumstances as well, so if you are worried about it not working or if you feel as though it is not possible for you to attend treatment and still continue working then you'll be glad to know that there are solutions out there. If you want to find out more about treatment or if you would like to try and see what options are out there for you, then please do contact our rehab center today to find out more. When you do, we can then work with you to make sure that your treatment option is catered around your specific needs. Contact us today and ask our team any questions you have.



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