



Why Kentucky Is A Great Addiction Treatment Location For North Carolina Residents

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Health experts estimate that thousands of people are struggling with alcohol or drug addiction across the country and North Carolinians are no exception. Left unchecked, addiction can ruin not only your health but also your career as well as the lives of your loved ones. Like any other disease, it gets worse if you don't deal with it.

Admitting that you have a problem is the first step to recovery. The next one is deciding to seek addiction treatment. There is no shame in admitting that you need help to kick your addiction.

Finding Addiction Treatment

Once you've decided to seek help, you need to find an addiction treatment center that can guide you through the treatment and recovery process. Perhaps you've already started your research and haven't found any rehabs in North Carolina that you feel would be a great fit for you. Don't despair.

There are other rehabs across the country that would better suit your unique treatment needs and some of them are in neighboring Kentucky. Uprooting your life and spending time apart from your loved ones as you seek treatment can be tough but this is a decision that you have to make if you want to conquer your addiction.

We at the [Robert Alexander Addiction Treatment Center](#) have helped others just like you to overcome substance abuse. We have welcomed people all over the country to our treatment center in Kentucky so we know how challenging it is to travel for treatment.

Doing adequate research beforehand can help ease your mind as you contemplate deciding to come to Kentucky for addiction treatment. To help you, we decided to compare and contrast the pros and cons of both staying local and traveling for rehab.

Benefits of Traveling to Kentucky for Rehab

- **You have a better chance of finding a personalized treatment program.**

Expanding your search for a rehab beyond your state gives you a better chance of finding a treatment center that can better cater to your treatment needs. For instance, our Kentucky rehab center employs different treatment programs ranging from Outpatient Programs to [Partial Hospitalization to treat alcohol](#) and drug addiction.

- **You'll be in a new environment.**

Traveling to Kentucky will put distance between you and the environment in North Carolina that may have contributed to your alcoholism and drug use. This way, it's easier to start a new chapter of your life, away from toxic influences and triggers.

- **It's easier to stick to the recovery program.**

Part of your addiction treatment will involve adhering to the [rules at the Sober Living facility](#) or rehab. You'll also have to attend a variety of therapy sessions where things might get intense. Traveling for rehab helps keep you from quitting since you just can't leave and go home that easily.

Disadvantages of Traveling for Rehab

- **You'll be away from your support system.**

Unfortunately, traveling to Kentucky for rehab will take you away from the support offered by your family and friends. For some this can increase their loneliness, impeding the recovery process.

- **Your finances might limit you. [link to IOP](#)**

Traveling for addiction treatment can be expensive. You'll have to factor in the cost of gas and accommodation, especially if you're enrolled in an [Intensive Outpatient Program for your addiction](#).

- **It can be difficult to create an aftercare program for you.**

Additionally, if you are from out-of-state, the rehab center might find it challenging to come up with an aftercare program to support you once you're discharged.

Benefits of Staying Local for Addiction Treatment

- **It's cheaper than traveling.**

One of the benefits of choosing to attend rehab at North Carolina is that it's cheaper than traveling. Since you'll be close to home, you won't have to worry about blowing your budget on accommodation or a plane ticket.

- **You remain close to your loved ones.**

Furthermore, you'll still be surrounded by your friends and family. Your loved ones can be a vital source of support as you battle addiction and they can also easily take part in any Family Therapy sessions, if needed.

- **It's easier to get an aftercare plan.**

Staying local also makes it easy for your addiction treatment center to craft an aftercare plan for you since they're familiar with the sober living communities and other support groups in your area.

Disadvantages of Staying Local for Treatment

- **Your loved ones can be a distraction.**

While you might love having your loved ones around you to give you support, they might also distract you from your recovery. Your family may have gotten into the habit of enabling your addiction and as such, might be more of a hindrance to your recovery. Additionally, some of your family and friends may still be using drugs or drinking, making it difficult for you to abstain.

- **It's more tempting to quit.**

Living close to home while attending rehab might seem like the ideal situation. However, it might work against you especially when things get difficult as you follow your treatment since you can get up and leave. Being exposed to your old triggers and negative environment while trying to fight an addiction can also drive you back to your harmful habits.

- **It's harder to maintain your privacy.**

You also have to factor in that attending a rehab close to home means that you risk running into people you know, reducing your chances of maintaining your privacy. This might make it harder to receive treatment especially if you're worried about others learning about your addiction, judging you, and treating you differently.

Traveling to Kentucky for addiction treatment is a huge decision to make and it's not one that should be taken lightly. With enough research, you can find a suitable treatment center to help guide you to sobriety.

For more information on the Robert Alexander Addiction Treatment Center in Kentucky, contact us at (502) 443-9950. We'll be happy to answer any questions you have.



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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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