

# Why Kentucky Is A Great Addiction Treatment Location For Ohio Residents

Just like its neighboring states, Ohio has had to deal with increased levels of drug and alcohol abuse. The high levels of addiction to illicit drugs, prescription medicines, and alcohol have all combined to threaten lives across the state, putting stress on families and the community at large. In fact, the CDC ranks Ohio among the top states in the country with the highest number of residents struggling with either a drug or alcohol addiction.

## Receiving Much-needed Treatment

Addiction is a disease that takes control of a person mentally and physically. Left unchecked, it can wreak havoc on all aspects of your life, from family relationships to your work and social life.

The good news is that with the right treatment, you can beat addiction and go on to turn your life around. For that to happen, you need to check in to a respectable rehab facility that provides the [addiction treatment program](#) that suits your needs.

Once you have decided to enter an addiction treatment facility, the next step is to choose a suitable one. This is the hard part, sifting through one brochure or website after another to get a treatment center that you are comfortable attending. Even though there are numerous excellent rehabs in Ohio, you shouldn't limit your search to your home state.

Widening the search to addiction treatment centers in neighboring states such as Kentucky will ensure that you have a wider pool to choose from. This makes it easier to compare and contrast the services, amenities, and treatment programs provided at different centers so you can find one that meets your needs.

## Traveling for Rehab

Most people seeking addiction treatment usually don't think about traveling outside their home states. Yet this could be a crucial step that determines whether their recovery works or not.

It might be challenging to think of leaving your friends, family, and everything familiar to go start treatment in another state. You might feel anxious, apprehensive, and stressed about it but doing your due diligence beforehand will settle most of the questions you have.

It can also be helpful to think of all the benefits to be gained by traveling to a facility like the [Robert Alexander Addiction Treatment Center in Kentucky](#).

We have listed 5 of these benefits below:

### A new geographical environment.

Traveling from Ohio to Kentucky to receive addiction treatment will reinforce the feeling of starting over a new life in a new place. Being in a new environment will give both you and your family the space needed to see the addiction from a new perspective and to start the healing process. The new environment will help drive the idea that you are making a monumental step and this will in turn motivate and inspire you to form a new drug or alcohol-free identity.

### It helps put distance between you and negative influences.

Additionally, traveling to Kentucky for rehab helps you put some distance between yourself and the negative influences that might have driven you to addiction. For instance, being admitted to a [partial hospitalization program for alcohol addiction](#) helps you avoid your former drinking buddies and your former drinking joints. It's also a great way to get away from situational stressors at work or at home as well as help you break free from old destructive habits.

### It increases your chances of completing treatment.

One of the habits shared by addicts is impulsivity. This drives them to take drugs and alcohol and try out new experiences. Unfortunately, this is not a great habit to have when undergoing addiction treatment. As part of your [partial hospitalization program for drug addiction](#), you'll be required to attend therapy. Some of these sessions are guaranteed to get tough as you'll have to examine aspects of your life you'd rather keep buried. This, in turn, might tempt you to quit the treatment program altogether.

However, if you have traveled far from home and are living in a rehab facility, it's easier to quash the desire to just walk out of the center. There's a higher likelihood of you sticking it out, increasing your chance of long-term sobriety.

### A new location provides privacy and anonymity.

Another advantage of leaving home to seek addiction treatment in a different state is that it's easier to protect your privacy. Most addicts in recovery often get worried about the professional and social impact of going to rehab. They'd like to protect their families from gossip and they are worried about being looked at differently, being judged, or even facing professional consequences for their decision to seek treatment. Traveling to a new state minimizes the chances of running into people you know.

### You'll have fewer distractions.

Receiving addiction treatment in a new location from your home state also ensures that you have fewer distractions. There are no situational stressors e.g your children or work to pull your attention so you're better able to focus on your treatment and recovery.

Traveling for rehab also minimizes enabling behaviors from your friends or loved ones. No having them around to cushion you from the consequences of your actions means that you'll have to face up to your addiction and the mistakes you've made. This can help move forward the healing and recovery process.

These are just some of the reasons why traveling to Kentucky for addiction treatment might give your addiction treatment a boost. Also, keep in mind that different treatment facilities offer different treatment programs and including another state in your search can help you take advantage of these facilities.

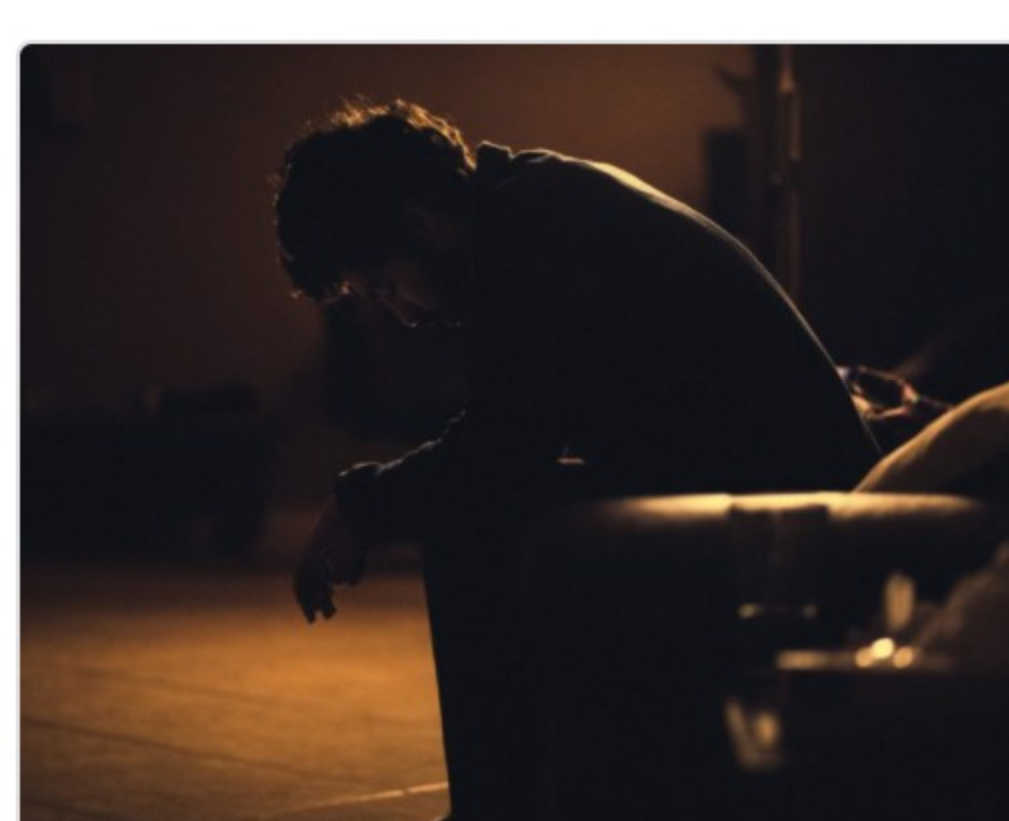
If you are seeking addiction treatment for yourself or your loved one in Kentucky, then the Robert Alexander Center for recovery is ready to guide you through the process. All you have to do is get in touch with us through our 24-hour hotline on (502) 443-9950 and our addiction specialists will answer your questions and guide you through the process. We look forward to helping you overcome addiction.



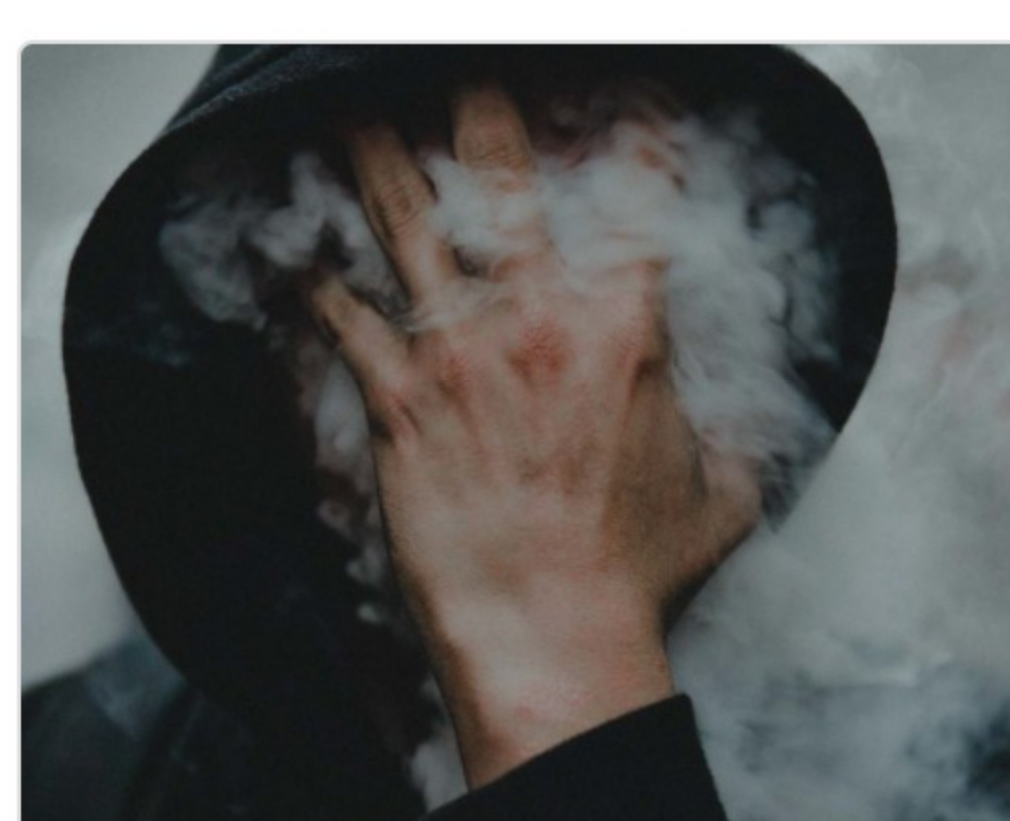
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The Robert Alexander Center for Recovery is a brand new, state of the art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.



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