

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

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In the last few years, alcohol and drug addiction rates have shot up in Virginia. There has also been an increase in the number of drug overdoses especially related to prescription drugs- the largest culprit being Fentanyl.

If you are struggling to overcome addiction in Virginia, you don't have to do it alone. There are lots of rehabs where you can go to get the help you need. However, depending on your treatment needs, you may not find an addiction treatment center that feels right in your home state.

You don't have to give up. Widening your search to include addiction recovery centers in nearby states, like Kentucky can help you find what you need. You just have to be willing to put in the research to sift through the various options available.

As one of the leading addiction treatment facilities in Kentucky, we at the [Robert Alexander Center for Recovery](#) welcome clients from all over the nation. We provide a variety of treatment programs to cater for both alcohol and drug addiction so we can reach as many people as possible. If you feel that you haven't found a rehab that suits you in Virginia, why not give us a try?

## Finding Addiction Treatment In Kentucky

Seeking addiction treatment can be a hard choice to make. This is made even harder if you have to leave your home and the life you know to travel to a different state for treatment. Spending time apart from the people you care about and depend on for support is difficult but keep in mind that you're doing this for yourself. Cleaning up your act will help you be a better friend and family member so all of you will eventually benefit from the changes you make.

When it comes to deciding on a rehab center to enroll in, take your time to ask questions so that you're sure this is the best option for you. This includes knowing things like- how many members of staff they have available and what their qualifications are, the success rate of the facility, the type of addictions they specialize in as well as the different treatment programs they offer.

You also need to know if they offer accommodation for their clients or whether you need to sort this out for yourself. Additionally, ask if they accept your insurance provider as this will help you know how much to budget for your treatment. Since you'll be living far from home, you need to have an idea of how much money to have at hand.

## Why You Should Travel to Kentucky For Addiction Treatment

The decision on whether to travel to Kentucky or stay in Virginia and attend a local addiction treatment program depends on you. Both options have their advantages and disadvantages. For instance, staying local will keep you close to your loved ones and you can draw support from them when things get tough during the treatment process. Furthermore, it's easier to transition from a [Partial Hospitalization Program](#) to an [Intensive Outpatient](#) one when undergoing treatment at a local facility.

However, it's also easy to relapse if you're still constantly exposed to the places or people that may have played a major part in your addiction. Traveling to Kentucky for treatment ensures that you put some much-needed distance between yourself and these reminders of your past. That way you have a better chance of starting over, with a clearer head and more positive mindset free from your negative environment and its triggers. You'll be setting yourself up for success right from the start.

Traveling can also allow you to disconnect from the world for a while and focus on your recovery. Think of it as taking a mini-vacation to meditate, recover, and turn your life around.

## Making the Most of Rehab Regardless of Where You Go

Regardless of where you choose to go, your attitude towards treatment will determine how much you get out of it. Here are some helpful tips to apply:

- Remember why you're doing this

Remind yourself daily why you decided to get sober. Was it for your family, your career, your health, or all of these? Coming back to your reason will make it easy for you to stick to treatment when things get difficult.

- Commit to your treatment.

Once you've started on the road to recovery, do everything you can to stay on it. Commit to the treatment program and attend all the therapy sessions you need to. Also, be willing to make changes to your life, some which may be difficult than others e.g. cutting off those you used to drink or use with. It might be hard to do but it will be worthwhile in the end.

- Follow the rules even if you don't like them.

As an adult, you sometimes have to do things you don't want to. You might not agree to the [rules set in rehab](#) but these are meant to help you and they're connected to your treatment and recovery. Cultivating the discipline needed to adhere to these rules will come in handy once you get back to your life.

- Be kind to yourself.

Recovering from addiction is a lifelong process. You have to keep working at it daily. There are times you'll be tempted to give up and you may even relapse at some point. This is part of the recovery process. Instead of beating yourself up about it, be kind to yourself, and stay grounded in the moment. Things will get better.

- Keep an open mind.

Finally, adopt an open mindset throughout your treatment. Your therapist and fellow addicts in recovery may have suggestions for you- some that you may not agree with. Learning to listen without judgment is a useful skill that will help you both in and out of rehab.

At the Robert Alexander Addiction Treatment Center, we offer a variety of treatment programs and amenities to ensure our clients have what they need to beat addiction.

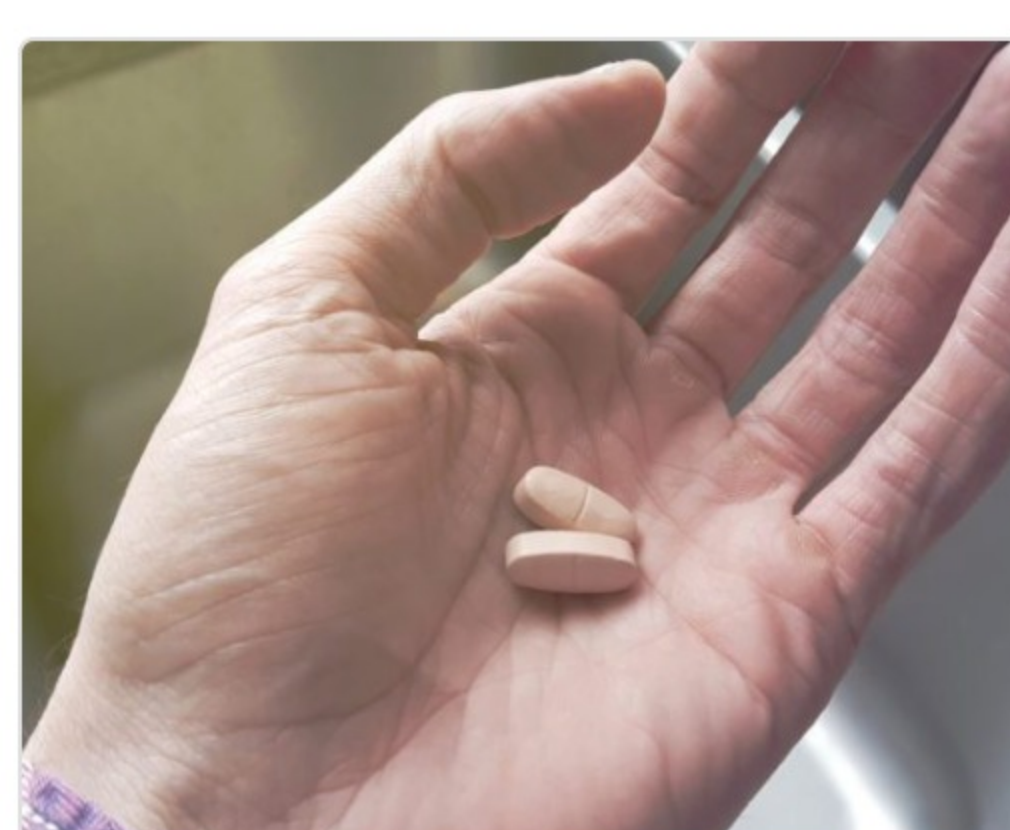
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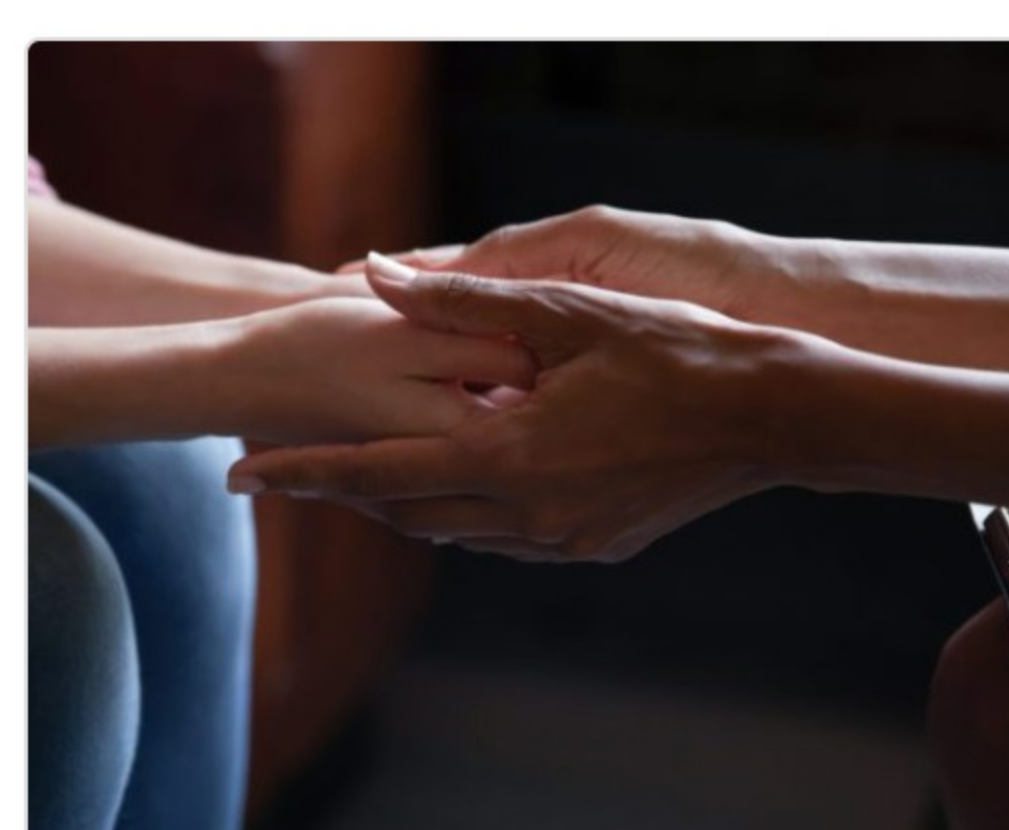
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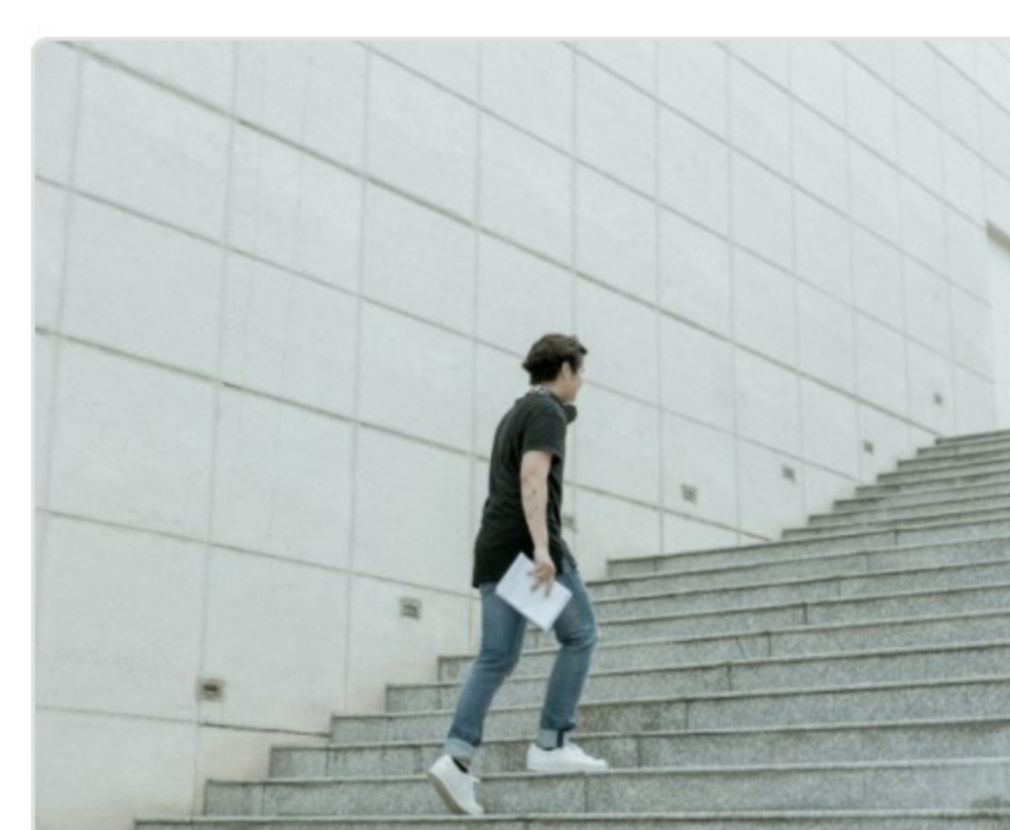
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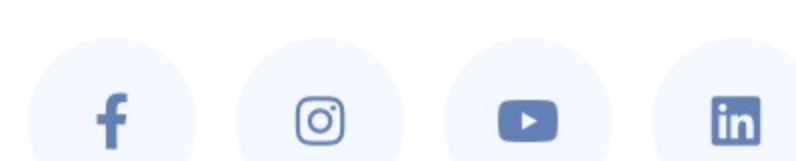


What is the 12 Step Addiction Treatment Process?



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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.



### Navigation

- Home
- About
- Tour
- Admissions
- Blog

### Treatment Solutions

- Detoxification
- Residential Inpatient
- Partial Hospitalization
- Outpatient Programs
- Aftercare & Alumni

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