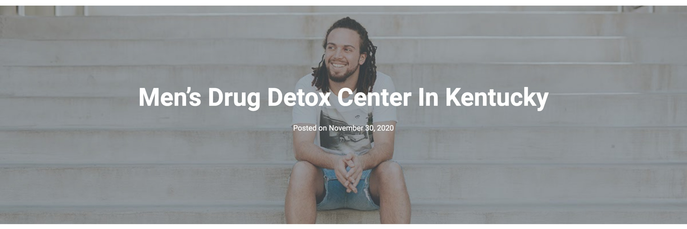

Men's Drug Detox Center In Kentucky

Posted on November 30, 2020

If you are struggling with addiction, you might be thinking about where and how you can break the cycle and get on the road to recovery. It isn't easy, especially when you are in your everyday environment with its familiar stresses and triggers. Sometimes getting free of that place is the best way to change your mentality and get your life on track again. At the Robert Alexander Center, we support your recovery potential with excellent staff and facilities. Please find out more about what we offer below.

Choosing Yourself

Drug addiction can be an extremely difficult lifestyle to escape from, and recovery and rehabilitation are also challenging. That is why you have to be ready to change and to take on the responsibilities necessary for a full recovery. The good news is that breaking your habits and cycles is possible and achievable with the right support.

When you arrive at the facility, you will be welcomed by friendly professional staff who understand what you are going through. They can offer you advice and make the process of coming to the center as easy and stress-free as possible. We will then discuss your options with you and work with you to prepare a suitable treatment program.

Our Men's Detox Process

Everyone has a different experience of addiction, and no two people are the same. We all have unique thoughts, feelings, and triggers to work within our lives, making little sense to adopt a one size fits all solution for our recovery program. Instead, we work closely with you to choose the best treatment options for your needs.

Firstly, we will carefully detox your system with particular attention to reducing the stressfulness of the process. We will also consult medical professionals to ensure that a detox is the right thing for you. Following this, you will be given several options that include talking therapy, CBT, and psychotherapy. Your treatment options will always be in line with your rehabilitation objectives.

The Men's Detox Program

When you arrive we extensively discuss your circumstances and your rehabilitation goals. This is very important in helping you to create a supportive plan with a high chance of success. The program is carefully designed around what you need short, medium, and long term, including aftercare and outpatient support.

In our center, we facilitate individual, group, and family psychotherapy sessions that are excellent for identifying and revealing the underlying causes of your addiction. This is important work because it is the thing that will lead you to long term recovery. With this, we also provide medication, life skills training, and outpatient support.

Continuing Care After Detox

After your time at the center is over, you will go back to your home and ordinary life. This is a particularly difficult time for patients with a high chance of relapsing; that's because you are reintroduced into a familiar environment with familiar triggers that may motivate you to use substances again.

To ease this reintroduction process, we collaborate with your doctors and therapists on the outside to ensure you have the best level of support available. We want to provide you with a strong foundation on which to build a new life free from the struggles of addiction. We are confident the skills and experiences you learn in the center will help promote further recovery.

The Robert Alexander Center Experience

The Robert Alexander Center is a holistic treatment center grounded on compassionate values. We put your recovery needs at the center of everything we do and give you the tools and support you need to recover as quickly as possible.

Our center has a relaxed and home-like feel to it that aids recovery by creating an environment well suited to stress-free recovery. We also have professional staff who are friendly and well trained in their respective fields so you can be sure you can access the services you need at our center.

Attending Our Detox Center In Kentucky

The road to recovery starts by deciding to change your life for the better; when you have made that decision, our detox center in Kentucky can help you every step of the way. Even after you leave the center, you will need support, which we also provide with excellent outpatient care. We are confident that your experience at our center and after will be both supportive and progressive. Contact the Robert Alexander Center on (502) 443-9950, we are open 24 hours a day.

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