

# Seeing Your Family During A Drug Rehab & Detox Program

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By Robert Alexander Center

If you are going through a rehab and detox program, then you might be wondering about what type of freedom you will have. Will you be able to see your family during this process as you work to get sober and remain clean?

Losing connection with your family is arguably one of the most worrying concerns that you need to deal with when you choose to explore rehab or detox **treatment**. You might worry about how your family will cope without you or you could be concerned that you won't be able to stay strong without them by your side.

The good news is that entering rehab does not mean that you will be kept from seeing your family the entire time. Instead, many centers are keen to ensure that families are involved in the recovery process. The limitations and regulations will differ for each center however in most cases, you will still be able to see your family during the treatment.

## When Can You See Your Family During A Rehab And Detox Program?

When you enter rehab, you will first need to pass through a **detoxification** process. The aim here is to ensure that the toxins from substances that are present in your body are removed. This could include toxins due to alcohol consumption or drugs. It's possible that during this phase of treatment, you won't be allowed any connections with the outside world. You could be restricted from making phone calls for at least a few days and visits may not occur until you have completed a couple of weeks in rehab.

Rehab is a phased program. You need to make sure that you are working your way up from the bottom. As you pass through the different stages, you will be granted different types of freedom. Some rehab programs are significantly stricter than others and you need to prepare for this possibility.

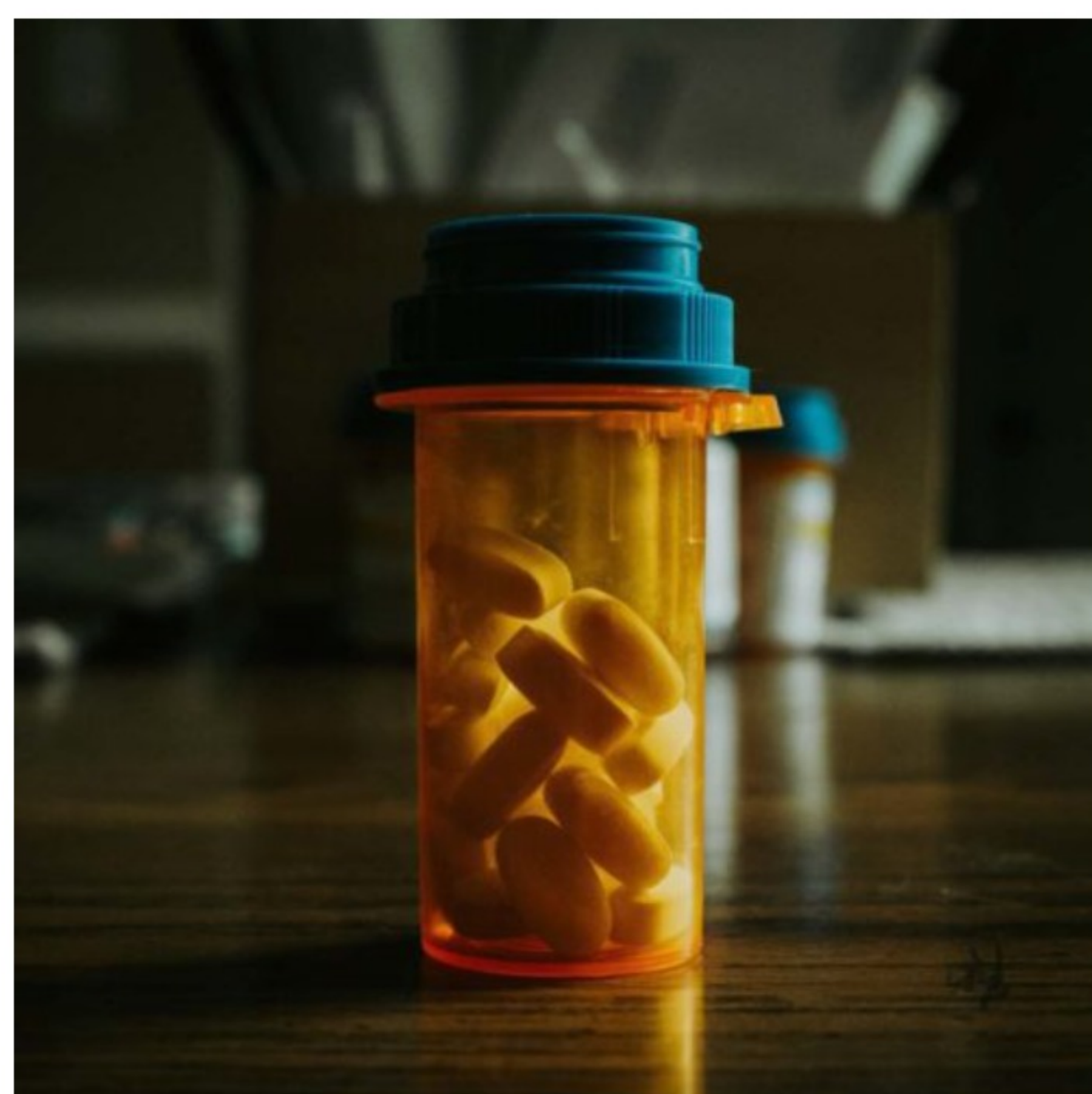
It is possible for rehabilitation to last up to two years however it's important to be aware that you won't be away from your family and children for that long. Treatment will often include **outpatient** support. This means that you can continue to gain rehab treatment even after you leave the facility.

In some cases, **intensive outpatient** support will be provided to an individual as they adapt to being back home.

## Why Do You Need To Be Separated From Your Family?

Your family members are often considered stressors during rehab treatment. It's important for stressors to be removed for a limited time. Once you can learn to cope without your addiction, you will be able to see your family again because you will be at a healthier point in your life. Living without your family and your children can be tough, even for a limited time. However, this is always going to be the right way to approach your recovery and ensure that you are successful here.

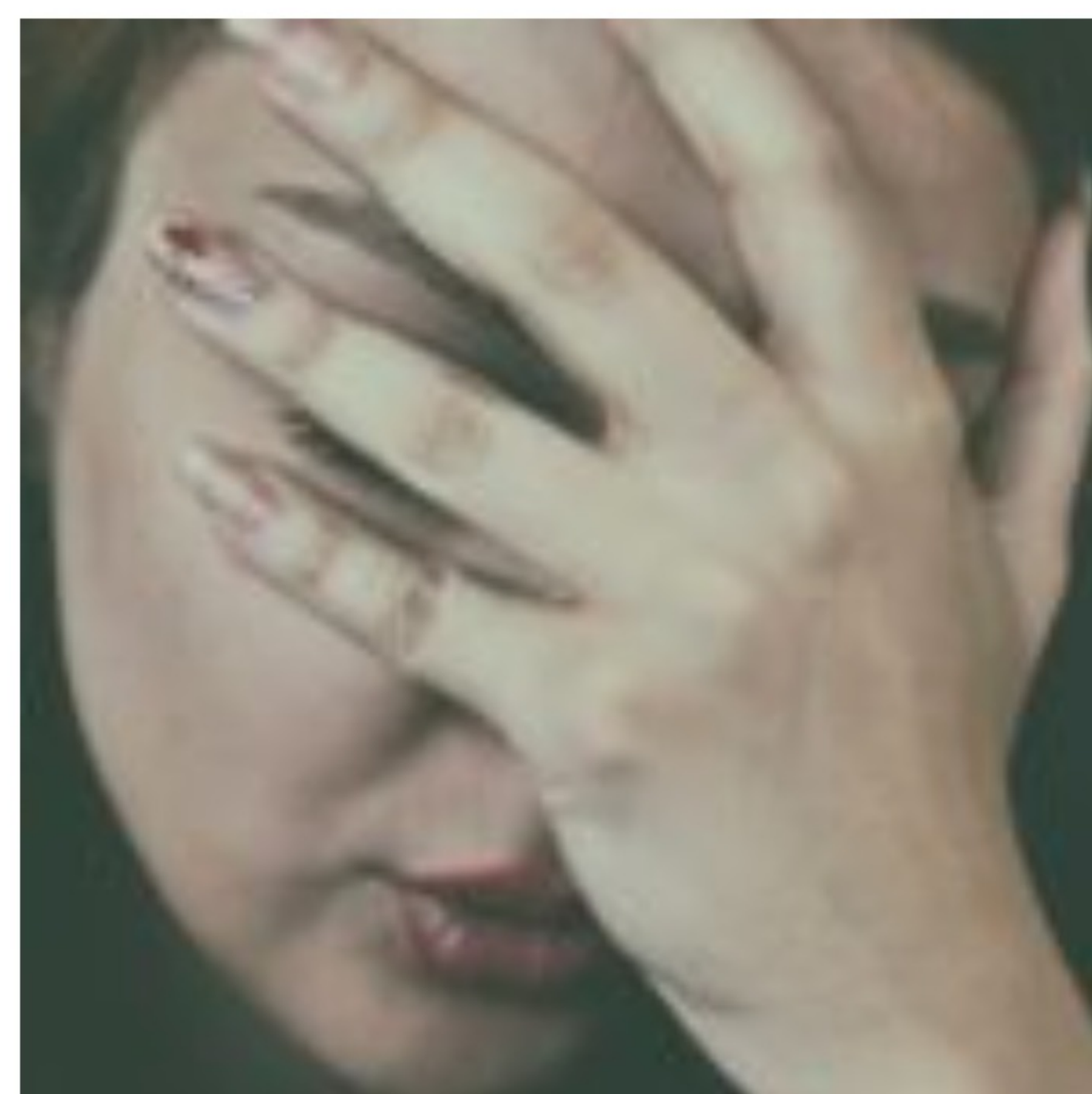
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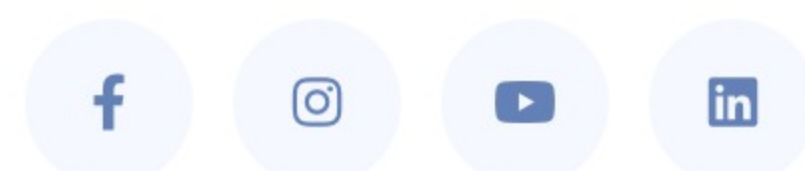
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P: 1-844-328-8406

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