

What is an Outpatient Drug Treatment Center?

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By the time someone reaches a [recovery center](#), they have attempted to get clean several times and failed. Overcoming the withdrawal symptoms and cravings of an addiction is often too difficult without adequate support; furthermore, the habits, routines, and patterns in everyday life can be powerful triggers that can very easily cause relapses.

Though difficult, getting clean is not impossible, and with the right processes and support, you can set yourself firmly on the road to recovery. In most cases, a medical detox is the first step in the recovery process. This involves administering a medication that mimics the user's drug. Over time this replacement is reduced as withdrawal is effectively controlled. The process has to be carefully managed so that individuals feel as comfortable as possible as they recover.



Are Detox Services Available in Outpatient Programs?

An [outpatient drug treatment center](#) is one where you are treated and supported in your local community. It is recommended for those with mild to moderate addictions since the triggers in your ordinary environment can be powerful, and the chances of relapse are high. While it is recommended for some addiction types, not everyone will benefit from this style of treatment. Your addiction will first need to be assessed to decide on an inpatient or outpatient option.

An outpatient detox plan is generally recommended for those who have mild to moderate addiction and some skill in resisting cravings and triggers. These might be individuals who work full-time, have family obligations, and have reliable social support systems. [For these people, an outpatient plan could be successful as it allows them to deal with their addiction while still attending to professional and family duties.](#)

What Are Withdrawal Symptoms Like in Outpatient Detox?

Outpatients also experience withdrawal symptoms when coming off a substance; these symptoms, however, are likely to be less severe. They may also occur less frequently and feel less intense. The withdrawal symptoms experienced will also depend on the substance being used and in what quantities. This means the intensity of the withdrawal symptoms is likely to be different for different addicts.

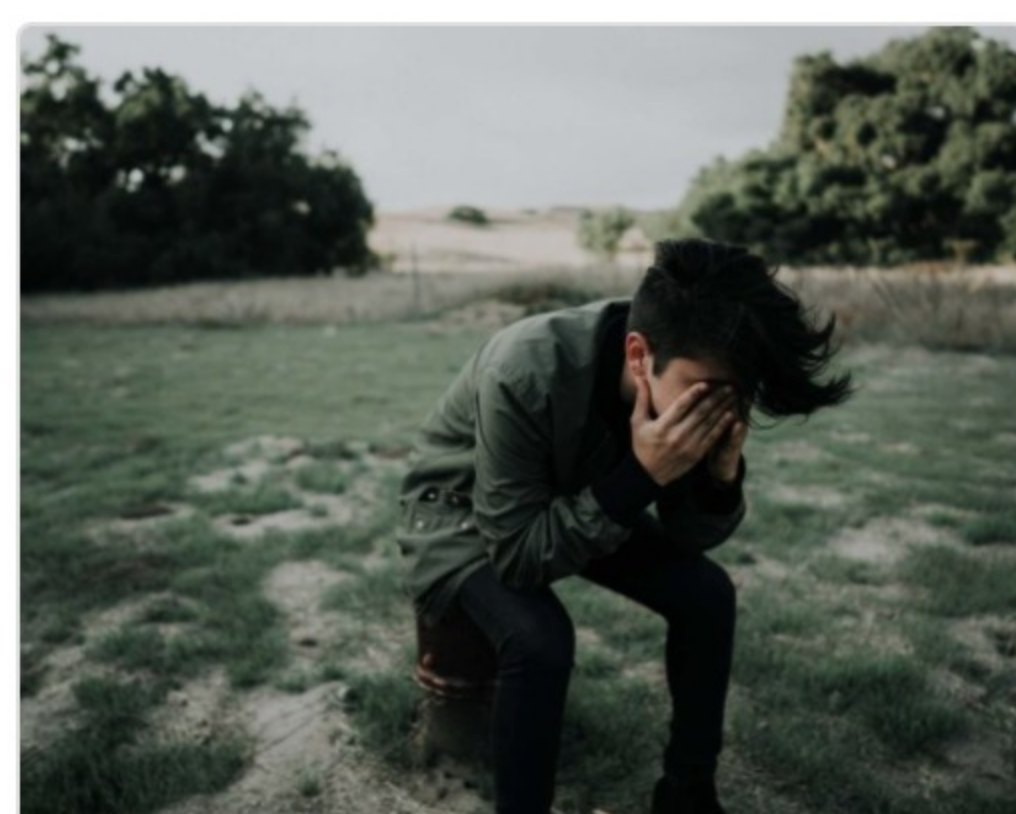
Withdrawal symptoms may include Insomnia, Nausea and vomiting, Dehydration, Anxiety, Irritability, Depression, Tremors, High blood pressure, and increased heart rate. Even if your addiction is mild, you may still experience these symptoms, though perhaps to a lesser degree. It would help if you communicated openly with your detox caregivers as they may adapt your treatment as a result.

What's Involved in Outpatient Drug Detox?

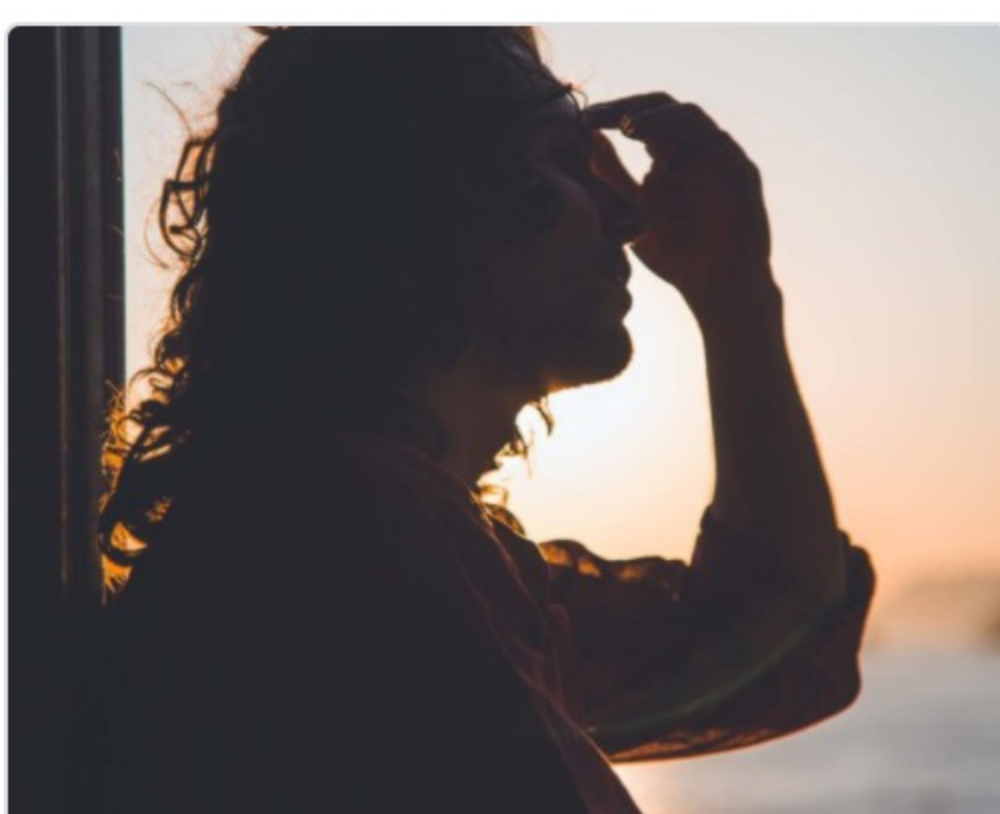
If you are beginning your outpatient detox program, you will have an intensive experience. You will be expected to report to your doctor or clinic daily and adhere to the arranged detox schedule. Later these hours will be reduced, and you'll be expected to attend between one and three times per week. On your first appointment, the detox team will evaluate your situation and determine the best treatment options. The appointment will also include a medical exam. Most of all, you will require a commitment to your treatment for successful rehabilitation.

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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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