

# How Clean Are Addiction Treatment Centers In Kentucky

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By Robert Alexander Center

If you are looking at a residential treatment program at the Robert Alexander Center for Recovery, then you might be wondering about the facilities – cleanliness, what you might expect, how you will be living during your stay with us. All these questions are completely understandable. When you are seeking treatment for addiction and substance abuse, you are likely to be at a low point of your life. You want to know that you are going to be comfortable and well-looked after while you are receiving treatment and undertaking a program that will be the first steps on your road to recovery.

There is still a stigma that surrounds addiction, even though for many years now it has been accepted and recognized as a mental illness. Despite this, many people still stigmatize addiction as a condition, and the impact of this is felt most by the people who deserve it least – those managing the condition itself.

## What You Get At An Addiction Treatment Center

At this treatment center in Kentucky, you will find none of those unhelpful assumptions. We want to get the complete picture of you as a person, and what your journey has been so far that has brought you to us. Addiction is a complex mental illness and should be treated as such, therefore we put a great deal of time and effort into making sure our facilities are the highest standard they can possibly be. This is in terms of:

- Cleanliness
- Comfort
- Meals
- Entertainment and activity

Whilst you are completing your residential program, you will be staying at a stunning location in the heart of Kentucky. The beautiful grounds and gorgeous landscape surrounding you are the perfect location to begin your [treatment](#) and take the first steps towards recovery. Studies have shown that natural light and outdoor activity release endorphins and increase our ability to think positively and maintain perspective. This is vital for treatment of addiction, which is why our therapy rooms have large windows to let in as much natural light as possible.

You will continue your counselling in these rooms as an [outpatient](#), and still be able to enjoy the use of our facilities. There are large, clean rooms for both group and individual therapy, allowing you to connect to the people around you and get the most from these sessions. We have more than twenty-five years of combined experience, and believe in placing a focus on the individual and their needs, rather than painting addiction with broad brush strokes, and our facilities have thought and care put into making them suitable for your needs.

## Cleanliness At Rehab Centers In Kentucky

You can expect large, comfortable beds, and each bedroom has a widescreen TV for your entertainment needs. There are also large break-out rooms, where you can rest and relax between sessions, and maybe fit in a game of table tennis. There is a spacious canteen, as well as an outdoor area where you can relax, socialize, and enjoy the view.

Whether you are staying with us, or [non-residential](#), you will still be able to enjoy our clean and beautiful facilities to support you at whatever stage you're at in your recovery.



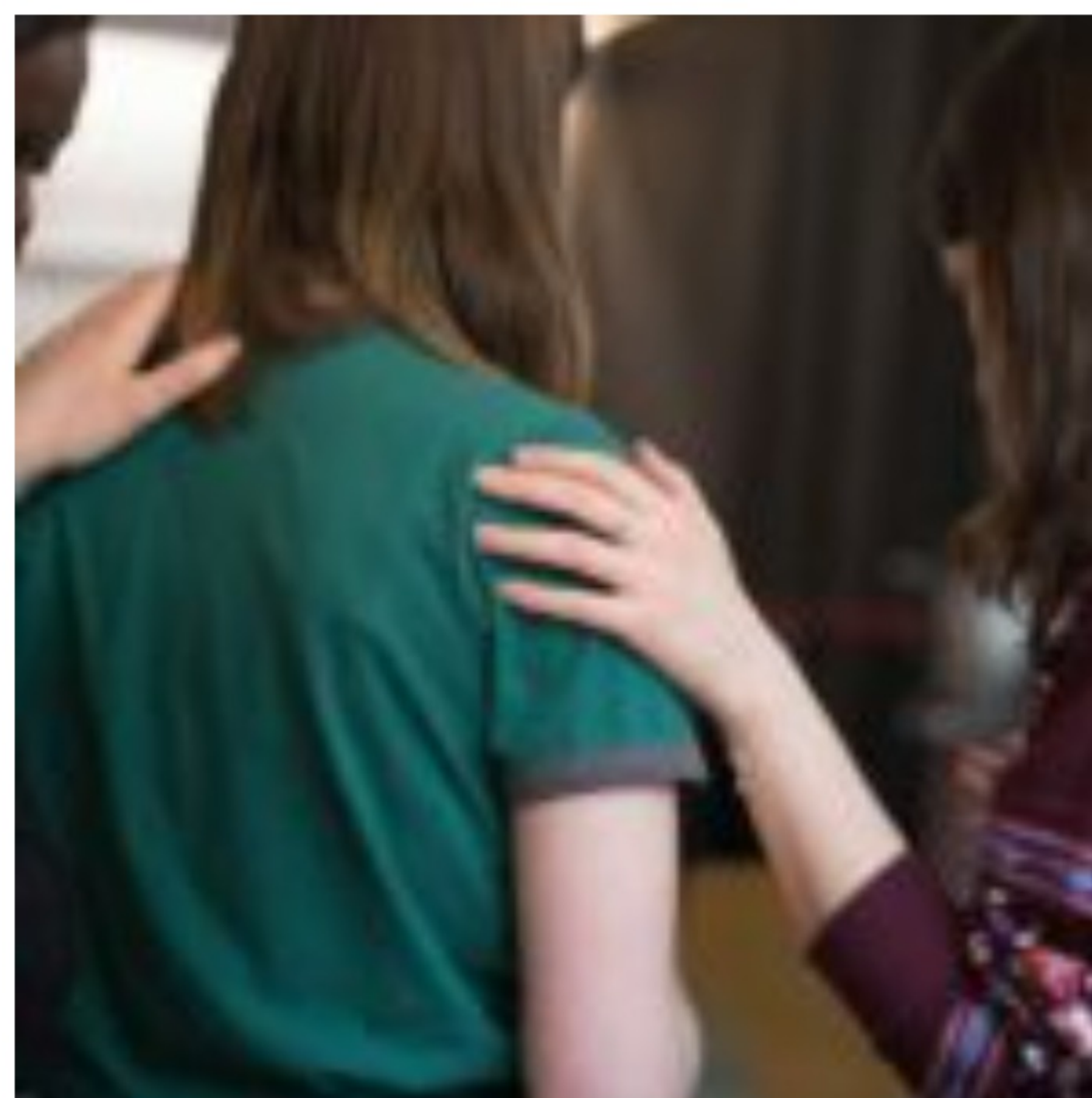
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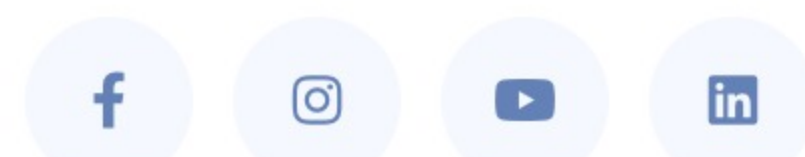
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The Robert Alexander Center for Recovery is a brand new, state of the art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.



### Navigation

[Home](#)  
[About](#)  
[Tour](#)  
[Admissions](#)  
[Blog](#)

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[Detoxification](#)  
[Residential Inpatient](#)  
[Partial Hospitalization](#)  
[Outpatient Programs](#)  
[Aftercare & Alumni](#)

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