

What Unique Concerns For Men Can Be Addressed At Drug & Alcohol Treatment Centers

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According to data from the National Institute on Drug Abuse (NIDA), men are more likely than women to misuse prescription drugs and abuse most illicit drugs as well as alcohol. Research shows that men and women use and respond to drugs or alcohol differently so it makes sense to have addiction treatment programs that focus on the unique differences among genders. If you are a man who is struggling with addiction, an all-male rehab or a gender-specific addiction treatment program that focuses on men may be the right place for you.

Why Choose an Addiction Treatment Program that Focuses on Men?

Men are brought up and conditioned to be strong, unemotional, stoic, and invulnerable. They are expected to be self-sufficient and solve problems on their own. As a result, they equate asking for help with being weak. Lacking healthy ways to express their anger, stress and frustration often drive men to addiction.

It may also be challenging for them to understand, process, and deal with their feelings. This makes it difficult for them to admit they have a problem and even begin the process of seeking treatment for their addiction. Once they enter treatment, men may find it difficult to analyze their feelings and open up during counseling or therapy sessions. Instead, they may become aggressive, combative, or competitive with staff at the rehab facility or with fellow group members.

The staff at the Robert Alexander Center for Recovery have years of experience working with men in recovery and understand the unique challenges they face in addiction treatment. Our gender-specific addiction treatment programs are based on individualized treatment plans for men and are designed to address their unique needs. The overall goal, whether men need detoxification services or enroll in our Intensive Outpatient Program or Outpatient Program is to help them get and remain sober.

Unique Concerns for Men that are Addressed in Rehab

Men play many important roles in society. They are under intense pressure to provide and be strong for others and this can create problems.

At the Robert Alexander Center for Recovery, we focus on addressing the emotional challenges and pressure that men face and help them cope with them in order to attain long-term sobriety.

Some of the ways our drug and alcohol addiction programs benefit men include:

- Helping them find healthy ways to express emotions such as anger or frustration without turning to drugs or alcohol.
- Addressing masculinity and sexuality.
- Giving them a safe space to forge healthy relationships with other men without drugs or alcohol.
- Participating in group discussions in a safe space free from judgment.
- Holding family therapy sessions to help them repair relationships damaged by addiction.

Men are more comfortable when taking part in addiction treatment programs that focus on their needs. They are more open in therapy and this improves the efficiency of treatment.

If you are a man struggling with addiction, contact the Robert Alexander Center for recovery in Kentucky and get started on your journey to sobriety.



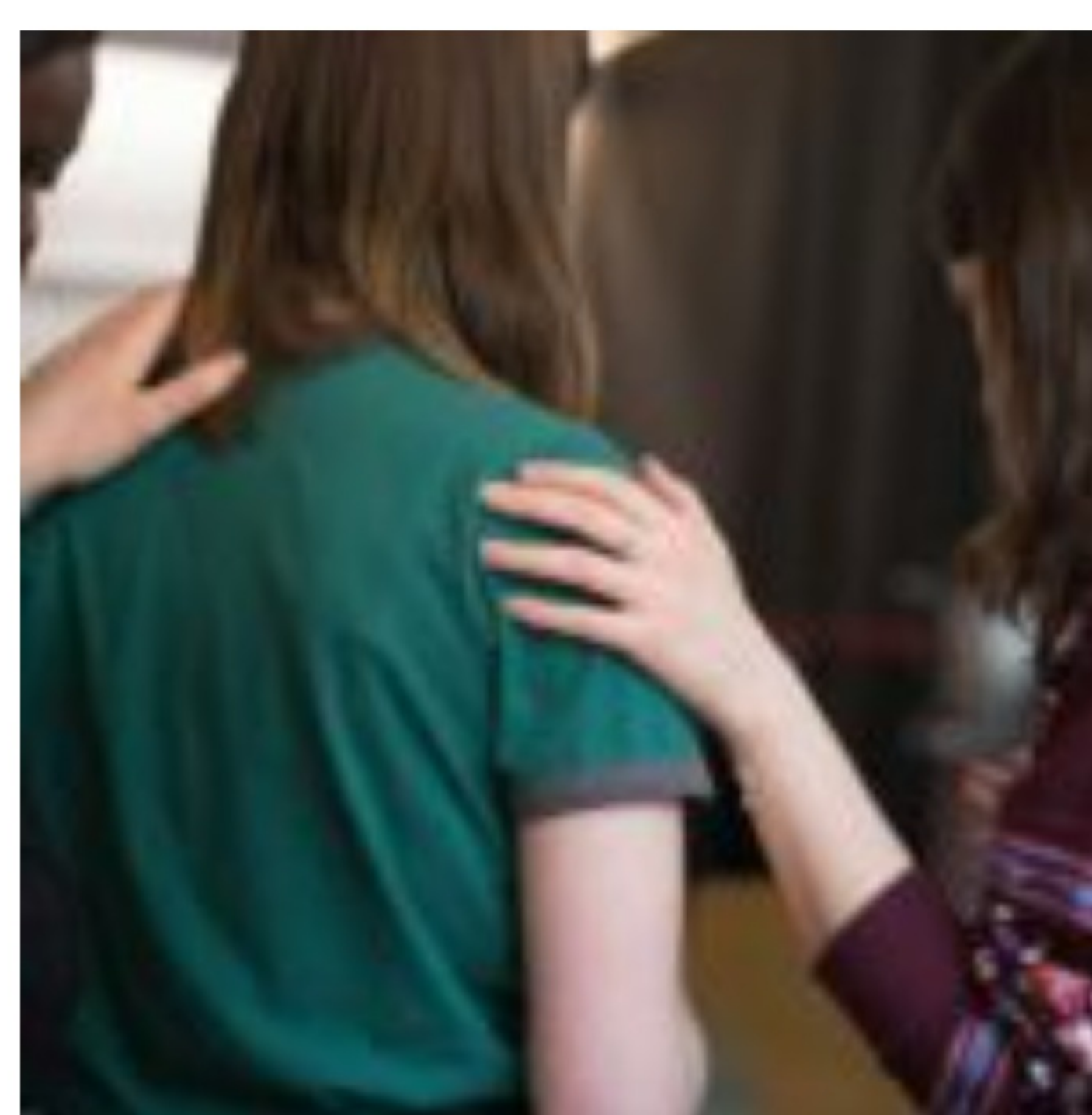
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The Robert Alexander Center for Recovery is a brand new, state of the art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.



Navigation

- Home
- About
- Tour
- Admissions
- Blog

Treatment Solutions

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

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