Bowling Green Kentucky Alcohol & Drug Rehab & Addiction Treatment Center

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By Robert Alexander Center

There is a lot to go for in Bowling Green, Kentucky. It is unquestionably the best place to be in Kentucky, especially after the Money Magazine named it the best city to live in, in 2018. The state earned the same praise in 2019 but from Times magazine. However, Bowling Green experiences by far more than its share of residents addicted to alcohol and drugs.
Drug trafficking is on the rise, and companies have also reported suspicious activities and behaviors among their employees. Drug and alcohol addiction affects not only an individual but also the community at large. Children are usually caught up in drug-related events and alcohol addiction, leading to an amplified amount of child endangerment in the city.
Bowling Green Kentucky Alcohol & Drug Rehab & Addiction Treatment Center offers different levels of treatments. For many years Robert Alexander Center for Recovery provides life-changing treatment services for people struggling with addiction.

Available Services

Detoxification services

Medically aided detoxification allows an individual to rid their body of all the addictive substances in a safe environment. This is especially helpful because the withdrawal symptoms can sometimes be very unpleasant or even pose some life-threatening bodily symptoms. The National Institute on Drug Abuse defines drug detoxification as the process whereby the body clears itself of drugs.
Detoxification doesn't address the social, psychological, and behavioral problems that come with addiction. Therefore, the program must be trailed by a prescribed evaluation and referral to drug treatment. All our detoxification medications are safe and effective. A doctor administers them in an inpatient or even outpatient environment.

Intensive outpatient

Intensive outpatient programs are suitable, especially for people experiencing mild addiction or those who have already finished inpatient rehabilitation but have other responsibilities. IOPs usually require an individual to attend numerous sessions that might last some hours every week, attend group counseling, individual therapy, medication management, and monitor alcohol and drug use.
Intensive outpatient programs have well-defined treatment strategies and measurable milestones to show the progress of every individual. The IOPs also have various benefits:

- They are affordable
- Offer flexibility to maintain your daily schedule
- Have a higher level of structure than the standard outpatient care

Outpatient program

Not all drug and alcohol addiction treatment programs can be best for you. However, one of the essential programs is the outpatient program. It provides you with the flexibility to attend the addiction treatment program without staying at a facility. At Bowling Green Kentucky Alcohol & Drug Rehab & Addiction Treatment Center, you can work out a schedule with a therapist about your therapy frequency.
All outpatient programs begin after detoxification. Your body will be free from drugs at this stage, and you won't be struggling with unpleasant withdrawal symptoms. You will be in an improved position to sit through each session of treatment. Some of the outpatient services include:

- Group counseling
- Individual counseling
- Medically assisted treatments
- Relapse prevention

Partial Hospitalization

Bowling Green Kentucky Alcohol & Drug Rehab & Addiction Treatment Center offers partial hospitalization programs for alcohol and drug addiction as an outpatient treatment program. The program aims to provide a more intensive controlled treatment schedule than the standard outpatient programs.
Partial Hospitalization Programs (PHPs) offer more time in addiction treatment than the standard outpatient programs. PHPs are medically supervised, and during this time, clients take part in various evidence-based treatments. Additionally, during your partial hospitalization program, you will get different treatments that include:

- Behavioral therapy
- Individual counseling
- Group counseling
- Medically monitored detox
- Aftercare planning
- Holistic treatment

Partial hospitalization programs from a Bowling Green Kentucky Alcohol & Drug Rehab & Addiction Treatment Center will be suitable for you if you:

- Need high-level care but can remain sober out of rehab
- You are not making ideal progress in your Intensive outpatient program
- Reside in an environment where there are many triggers and little care
- Already completed a treatment program, but you feel at pending risk for relapse

Get the Help You Need

Alcohol and drug addiction is a disease like any other. It affects your brain as well as your behavior. When you become addicted to a substance, it becomes hard to resist the urge to use them time after time, regardless of how bad the drug is affecting your body and mind. The best thing to do is get early treatment for your addiction.
At the Robert Alexander Center for Recovery, we are dedicated to helping you in finding the best path to individual and long-term recovery from substance abuse. Visit us today for professional guidance.

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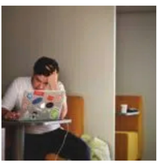

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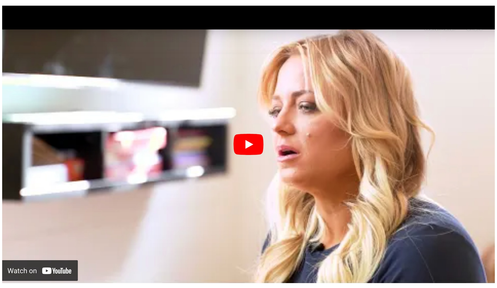

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