

Inpatient vs. Outpatient Rehab: Know Your Options

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Are you considering rehabilitation for a substance use disorder? Knowing the difference between inpatient and outpatient care might be the difference you need to succeed with rehabilitation and live a sober life.

Learning the ins and outs of both inpatient and outpatient care, plus what factors to consider when choosing rehabilitation, are the first steps you can make towards recovery.

If you are struggling with addiction and are seeking help right now, consider **The Robert Alexander Center**. A drug and alcohol rehabilitation facility that can meet both your inpatient and outpatient needs.

What Is Inpatient Rehab?

Inpatient rehab is residential addiction treatment. Through the inpatient rehab process, clients can access medically monitored detoxification, residential treatment, and therapy, and have access to planned aftercare.

When considering inpatient vs outpatient rehab, inpatient rehab is often seen as more intensive. Because it is a residential program, there are always technicians and staff around you to support you, but to some, it can feel overwhelming.

Residential inpatient care is also seen as intensive because of the amount of time spent there. Inpatient treatment programs often last from 30 to 90 days. During this time, patients undergo detox and receive individualized and group therapy.

What Is Outpatient Rehab?

Outpatient rehab is when a person completes a rehabilitation program while still living at home, and possibly even working during the day. In outpatient care, clients can access detoxification and treatment and therapy, if they travel to the care facility. This is sometimes a challenge for individuals choosing outpatient rehab.

Outpatient rehab requires frequent visits, 3-5 times a week, to the rehabilitation center. While there you may participate in group or individual therapy or check in with a medical professional to monitor your withdrawal symptoms. Outpatient care typically takes longer to complete because it is less intensive than residential inpatient care.

Inpatient vs outpatient rehab differs in where the triggers for relapse are most prominent. When accessing inpatient care, the triggers for substance abuse including environment and availability are cut off from the client who is working towards sobriety. However, when they return home to an environment full of triggers, it can be difficult and relapse can occur. Clients who choose outpatient care are faced with constant environmental and availability triggers throughout their treatment program. This opens them up to earlier chances of relapse and/or the ability to identify specific triggers and avoid them.

Where Should You Go: Inpatient vs Outpatient Rehab?

When choosing between inpatient and outpatient rehab, it is a personal choice. Inpatient rehab is going to remove you from the environment that allowed or promoted substance use, and return you to it stronger with the coping skills necessary to manage those triggers. Outpatient rehab will teach you how to manage the toxic environment and develop management skills relevant to your specific daily experiences.

When facing the choice of inpatient vs outpatient rehab, either option has positive attributes for recovery and negative opportunities for relapse.

The Robert Alexander Center for Addiction Treatment

The Robert Alexander Center (RAC) is a leading drug and alcohol addiction treatment center in Kentucky. Our state-of-the-art treatment center offers programs that cater to clients who seek both inpatient and outpatient care by offering medically monitored detox, inpatient, intensive outpatient, outpatient, and aftercare.

Our goal at RAC is to provide you with the care you need to succeed. By combining both traditional and alternative therapies we can support clients with narcotics addiction, alcohol addiction, and dual-diagnosis.

RACs dedication to your sobriety is in everything we do. By offering compassionate expert care, we can support your transition to a sober lifestyle. Our comforting and clean environment encourages your rehabilitation by decreasing the environmental stress and helping you focus on your priorities.

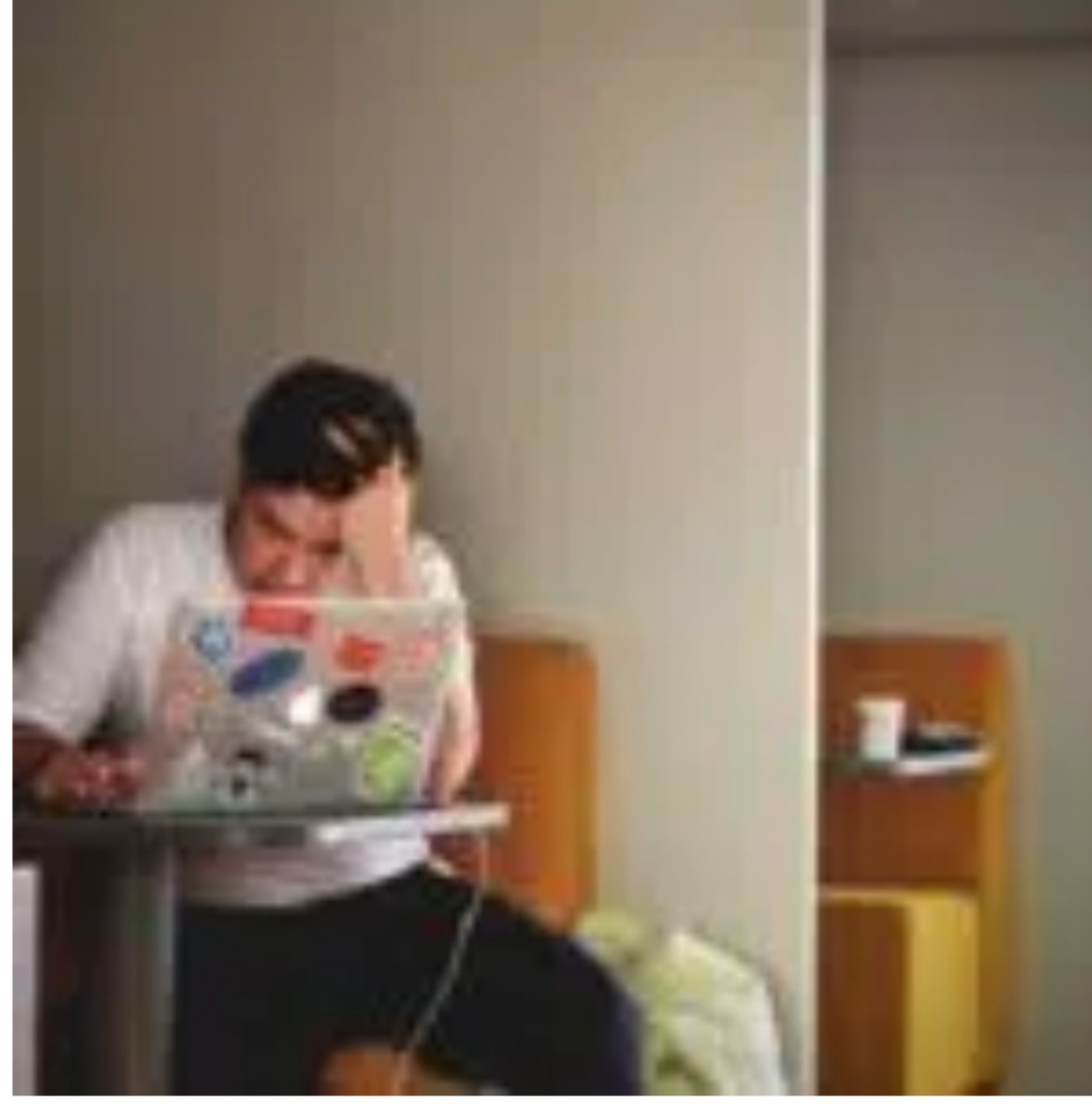
Contact the **Robert Alexander Center** today to see how we can support you.

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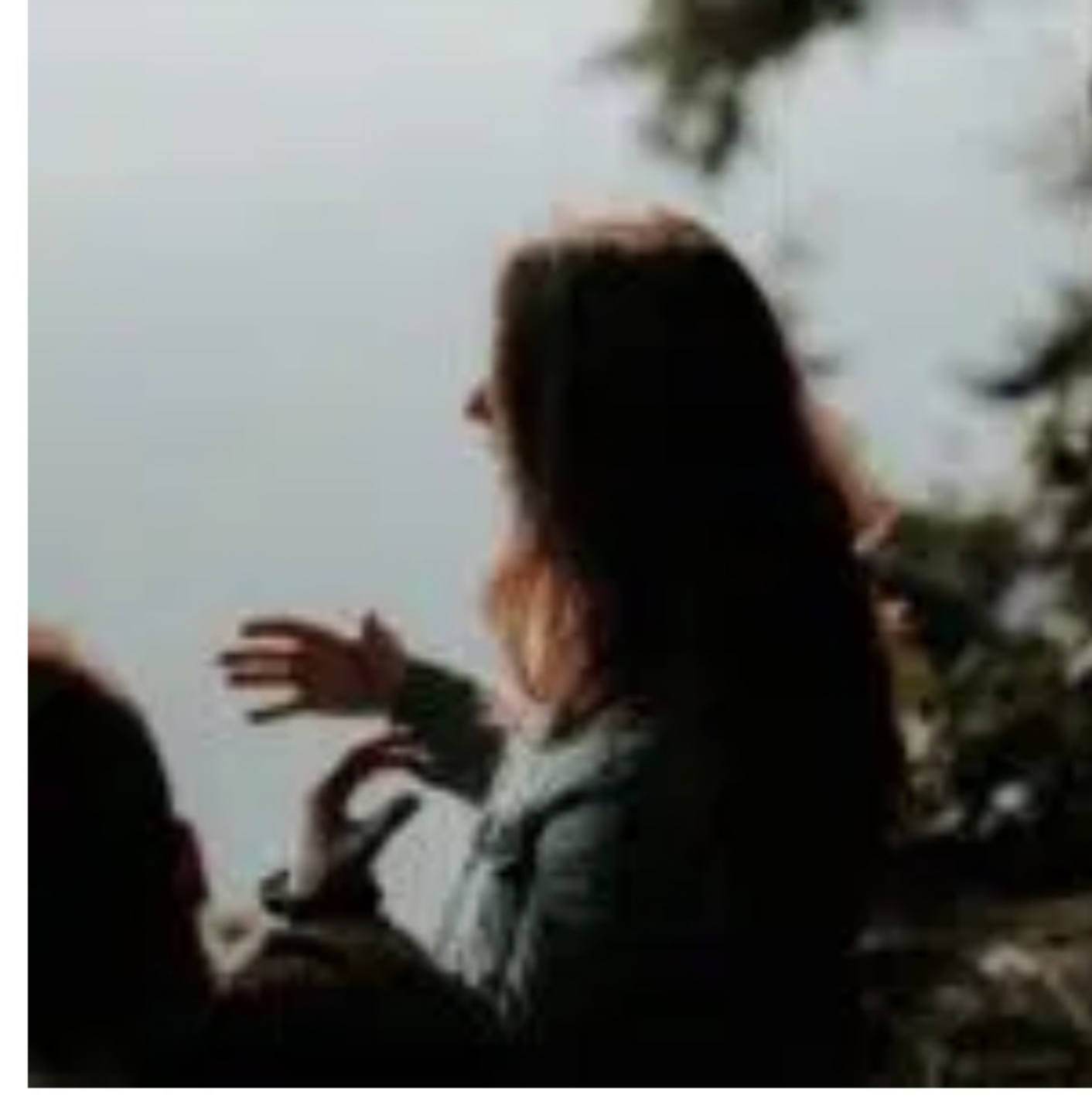
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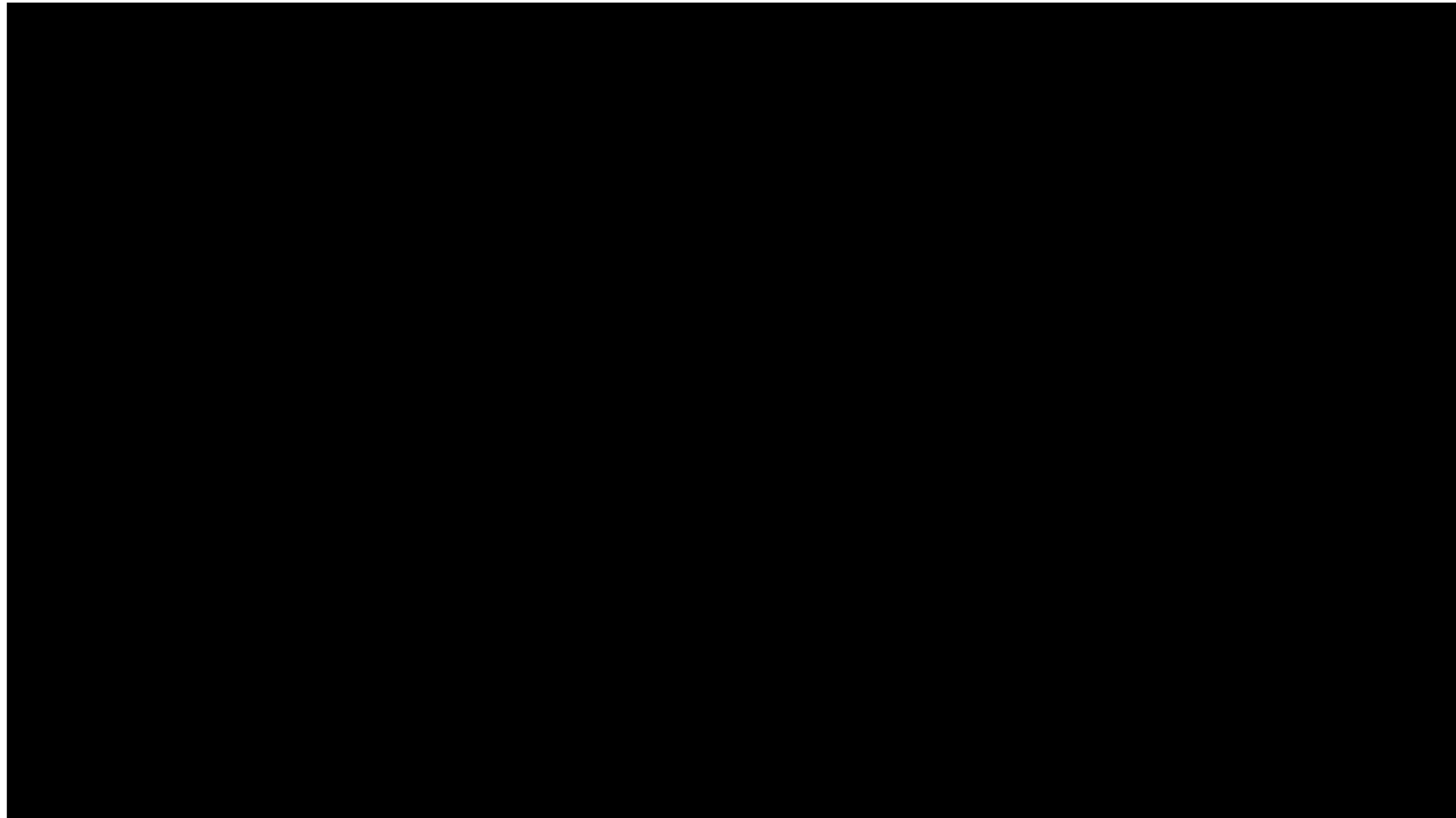
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The Robert Alexander Center for Recovery is a brand new, state of the art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.



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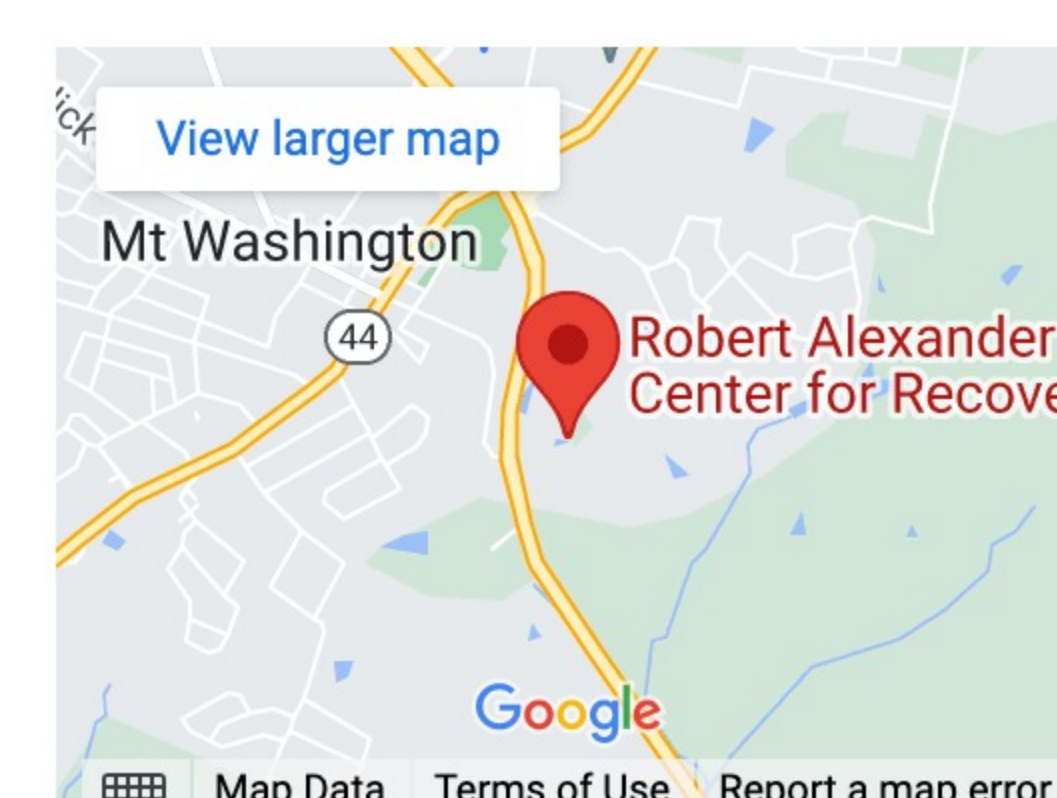
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