Louisville Alcohol & Drug Rehab Center

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By Robert Alexander Center

Addiction, whether to alcohol or drugs is a growing problem in Kentucky, including in Louisville. If you're a resident of Louisville searching for an alcohol and drug rehab, know that you're not alone. While addiction can feel overwhelming and isolating, it is a disease that affects thousands.

Fortunately, help is available for all those suffering from substance abuse. Here at the Robert Alexander Center for Recovery in Kentucky, we believe that those battling addiction should be treated with dignity and respect. Our addiction treatment services are based on providing compassionate, evidence-based care to all who come to us for assistance.

Receiving Addiction Treatment in Louisville

If you're seeking addiction treatment in Louisville, then it means that you've already accepted that you have a problem and need help overcoming it.

The addiction experts at our Kentucky drug and alcohol addiction treatment center are ready to provide the assistance you need to flip your life around. Recovery from addiction is a lifelong process and while it might get tough sometimes, having the right help by your side can make all the difference. That is why it's important to seek out a rehab facility that takes time to understand your situation and come up with a bespoke treatment plan based on your unique recovery goals.

Alcohol and Drug Rehab Services in Louisville

The Robert Alexander Center for Recovery provides a range of addiction treatment services geared towards helping people beat addiction. These include:

1. Detoxification services

Our drug and alcohol detox in Kentucky is dedicated to providing safe and comfortable detoxification services for all our patients. Being hooked on drugs or alcohol for a long time creates dependency in your body and brain. During detox, your body metabolizes these toxic substances and gets rid of them. This process can result in potentially life-threatening withdrawal symptoms so we always have a medical team on hand to monitor your progress. Our detox program aims to stabilize you enough to get you ready and focused to attend your addiction treatment program.

2. Medically Assisted Treatment

We offer medical treatment along with psychosocial support and therapy. You may need medical assistance depending on the type of substance you're addicted to and whether or not you have a co-occurring condition. Sometimes medication may be necessary to help promote sobriety by controlling cravings and withdrawal symptoms or blocking the effects of a particular drug. This leaves you with a clear head so you can focus on other aspects of your treatment.

3. Counseling or Therapy

Therapy is the cornerstone of rehab treatment. Whether you are attending our intensive outpatient program or partial hospitalization program, you'll have to undergo counseling. The main types of therapies offered in our treatment center include individual, group, and family therapy. Each of these is guided by a trained professional therapist who understands addiction and how it affects individuals and families. Attending therapy is a great way for you to gain awareness of any unhealthy thoughts or behavior patterns you have and work towards undoing them. Additionally, group therapy allows you to interact with others and learn to socialize without depending on drugs or alcohol.

4. Addiction Education Services

To help our patients gain an in-depth understanding of substance abuse disorder and the consequences that come with it, we include addiction education services as part of our treatment programs. This helps patients understand how drugs or alcohol use affects them physically and psychologically, how to handle temptations, triggers, and stressors as well as what withdrawal symptoms to look out for.

5. Relapse Prevention

Relapse is a common part of addiction recovery with experts estimating relapse rates to be as high as 40%-60%. That's why it's important to integrate relapse prevention into our addiction programs, especially our outpatient rehab program. We strive to educate our patients on the warning signs to watch out for as well as the triggers that might set off relapse. Additionally, we work with them to come up with individual strategies to handle temptations e.g. who to call and what to do.

6. Psychiatric Services

In most cases, addiction occurs in tandem with other mental and psychological ailments. This is referred to as having a dual diagnosis. Some of the most common ailments that lead to or occur together with addiction include depression, anxiety, mood disorders, and PTSD among others. Upon admission to our treatment center, we'll give you a psychiatric assessment, and based on our findings we'll decide whether to continue with the medication that you're on for these co-occurring conditions or to adjust them according to your recovery needs. In some cases, we may opt to prescribe new medication if we feel that this would be to your benefit.

7. Holistic Care

Your time at our rehab facility in Kentucky won't be entirely taken up by therapy. We also offer holistic care services to ensure you have well-rounded treatment. Our holistic services are designed to complement your addiction treatment and recovery journey. Depending on your individualized treatment plan, you may have to attend nutrition classes where you'll learn to adjust your diet and to prepare wholesome, nutritious meals. Alternatively, you may attend mindfulness and wellness classes to keep you centered or exercise classes to get you moving.

Ready to Get Help at a Drug Rehab in Louisville?

At the Robert Alexander Center for Recovery, we are on a mission to make a positive difference in addiction treatment in Louisville and the greater Kentucky. We strive to provide a safe, supportive environment that not only empowers our clients to live sober lives but also encourages them to reach their highest potential.

We offer a wide range of addiction treatment options, along with an individualized approach towards recovery. We also have a team of dedicated staff whose first-hand experiences with addiction have given them valuable insight on how to manage this condition with empathy, compassion, and respect.

If you're looking for addiction treatment services in Louisville, Kentucky for either you or your loved one, get in touch with us by phone or use the contact form on our website. We are ready to serve you.

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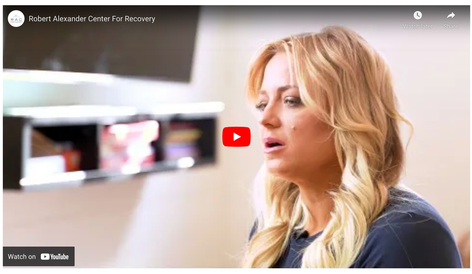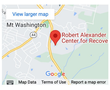
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