Benefits of Long term Addiction Treatment

By The Professionals At Robert Alexander Center

While initially, the thought of long-term addiction treatment feels unnecessary, it is one of the most beneficial aspects of maintaining sobriety for clients who have experienced drug and alcohol addiction. To continue **addiction treatment**, clients experience a greater chance of continued sobriety and reduced probability of relapse.

At the Robert Alexander Center, we work with clients to provide continuous care from detoxification to continue to aftercare and alumni programs. Our process is more comprehensive and in-depth than others in Kentucky because of the multiple therapies and program options we have available on our campus. Through the Robert Alexander Center, our clients successfully complete addiction treatment programs specifically designed to meet their needs. Contact us today to see how our comprehensive addiction treatment program can help you or your loved one today.

What is long-term addiction treatment?

Addiction is defined as a relapsing mental illness. Individuals cannot be cured, but they can recover and live normal lives. Long-term addiction treatment should be the standard for anyone who has experienced addiction and wants to permanently change their behavior and thought processing. This treatment is extended structured therapy and a therapeutic treatment designed to continue learning and building support for individuals who are struggling with addiction.

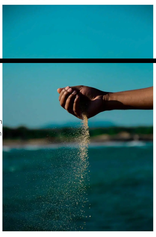
Long-term addiction treatment is any treatment that is longer than 30 days and or extends beyond an initial program. This includes 90-day programs, 60-day programs, outpatient care, and aftercare.

In extended addiction treatment programs that are 60 or 90 days, individuals will reside at the treatment facility throughout the process. In this environment, clients have the opportunity to work through some of the more difficult transitions to a sober lifestyle. These extended programs often include opportunities for real-world experience and help clients achieve their sobriety goals with personalized and individualized therapeutic treatment.

Long-term treatment can also mean completing an outpatient or aftercare program after initially graduating from a residential inpatient drug or alcohol treatment program. During this process, clients will transition from inpatient structured daily rehabilitation to less frequent outpatient treatment in a structured setting. Clients who transition from inpatient to outpatient treatment continue working on their sobriety goals while returning to a semi-normal lifestyle.

After completing an outpatient program, clients might continue their long-term addiction treatment by attending Alcoholics Anonymous or Narcotics Anonymous meetings in which they self-reflect and work on group accountability for their sobriety. In the situations where an individual is sober and has completed programs, clients may choose to continue regular therapy or attend community group therapy sessions to help maintain their progress and continue working on their personal goals.

Who is this treatment for?



Long-term addiction treatment is designed to support clients with severe forms of substance use disorders and those with substance use disorders and additional mental health disorders. Long-term treatment can also be for individuals who are just starting their rehabilitation journey. These individuals need more extensive structured support to learn the skills, tips, and tricks for sustainable sobriety. When an individual walks at the options for addiction treatment, they should consider long-term treatment if they are just starting out, have experienced a recent relapse, or have multiple mental health disorders that require therapeutic treatment.

Individuals who are just starting on their rehabilitation journey may benefit from long-term treatment. This type of client benefits most from long-term treatment because of the extensive mental and physical changes that they will be going through during the addiction treatment and rehabilitation process.

Those who have just experienced a relapse may also benefit from long-term drug and alcohol addiction treatment. Individuals who have experienced a relapse have learned the necessary skills to begin living a sober lifestyle but need a more structured approach to maintaining that sobriety. In a long-term addiction treatment process, clients who have relapsed will be able to find the correct level of structured support to continue their rehabilitation journey.

Finally, the last group of individuals that may benefit most from alcohol and drug addiction treatment are individuals who suffer from a dual diagnosis. These individuals will have a substance use disorder in addition to another mental illness. This can include anxiety, bipolar disorder, depression, mood disorders, personality disorders, PTSD, and trauma. While this list is not extensive, it provides an initial list of disorders that qualify an individual for a dual diagnosis and indicate that long-term addiction treatment is beneficial.

How to Find Addiction Treatment Centers in Kentucky

One of the most important things to look for when looking for addiction treatment center in Kentucky is whether or not the treatment center has the ability to help you transition between different levels of care. For long-term addiction treatment, clients should look for a facility that offers **inpatient rehabilitation**, **outpatient care**, and **extended aftercare** opportunities or alumni programs that support clients' continued recovery.

At the Robert Alexander Center, our extensive **addiction treatment programs** are designed to support those with substance use disorders and facilitate the mental health treatment of individuals with dual diagnoses.
Contact the Robert Alexander Center today to see how we can help you transform your life with long-term addiction treatment.

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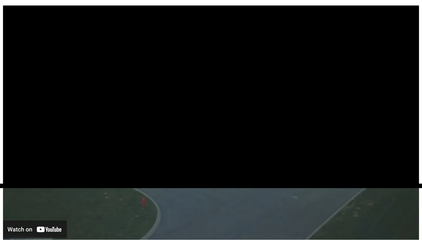
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