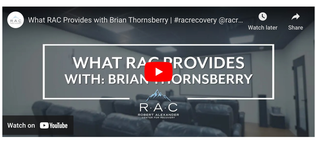
Is Inpatient Alcohol Rehab Right for Me?

By The Professionals At Robert Alexander Center

Taking the first step on the path to sobriety is challenging. It's even more so when you are unsure about which direction to go.

Learn what approach works best for you at the Robert Alexander Center. Our comprehensive addiction treatment program is designed to support you wherever you are on the path to long-term sobriety. Contact us today to see how our treatment program can fit your individualized needs.



What is the difference between outpatient and inpatient alcohol rehab?

There are several differences between outpatient and inpatient alcohol rehab that make the difference in someone attempting to recover from substance abuse. Inpatient rehab is the correct first choice for many individuals as it offers consistent structure, multiple treatment options, and a safe environment.

The primary difference between inpatient and outpatient rehabilitation, especially for those just starting, is the consistent structure of inpatient rehab. Individuals who attend inpatient rehabilitation can rely on a consistent and structured treatment schedule, downtime, and recreation. This is optimal for individuals who are initially working to make this lifestyle change.

Another perk of inpatient over outpatient treatment is the availability of treatment options. Many inpatient rehab treatment centers can offer a variety of traditional evidence-based treatments with alternative supportive treatments to enhance total body healing. In contrast, many outpatient treatment centers can only provide traditional treatments. By choosing inpatient treatment initially, individuals have the best option for healing mentally, emotionally, and physically.

Finally, inpatient rehabilitation offers a consistent and safe environment. Similar to the structured schedule, inpatient rehab has rules that help keep the location clean and safe for people working toward and through early sobriety. Outpatient treatment can provide a safe and drug-free location, but they cannot control the outside world.

Is inpatient alcohol treatment right for me?

Inpatient alcohol treatment is ideal for several different client situations. Individuals who are just starting on their journey of sobriety and need to go through detoxification first are ideal candidates to transition into inpatient alcohol treatment. This process gives the mind and body fewer transitions and more consistency. Additionally, individuals who are attending or who have completed an outpatient program and relapsed may need the additional structure of inpatient alcohol rehab. Individuals struggling with a dual-diagnosis substance use disorder and comorbid mental health disorder should consider inpatient treatment as an initial step in the healing process.

What to Look for in an Inpatient Alcohol Rehab

Inpatient alcohol rehab is the best first option for individuals who are choosing sobriety. The structure, therapies, and environment can be the difference between relapse and recovery.

When trying to find the best inpatient alcohol rehab for you, you should consider the program's structure. Some programs offer comprehensive treatment that you can transition through when you are ready. This includes detoxification, inpatient treatment, and continued outpatient and family treatment to follow initial graduation from the program. Comprehensively structured programs like this are consistent and can support long-term mental health care around substance use disorders.

Available therapies and therapeutic structures are the next detail you should investigate when searching for an inpatient alcohol rehab. Facilities that only offer traditional treatment structures are not inadequate, but those that combine alternative therapies and newer treatments like biofeedback, MAT, and other medically based treatments can offer a more extensive and comprehensive treatment plan. Treatment centers that offer holistic treatment structures will provide mental, emotional, and physical therapies to improve total body wellness.

Lastly, when looking into choosing an inpatient alcohol rehab, you should look a the environment. Is the area ideal for your needs? The location is important because of the amount of time you will spend in this location. Detoxification and treatment can last 30-90 days, and during that time, you want to be comfortable and feel at ease. The environment will play a large part in how your treatment progresses.

Finding Inpatient Alcohol Treatment in Kentucky

Through the Robert Alexander Center, comprehensive addiction treatment is designed to meet the client's individual needs and support their personal holistic growth.

We are able to support clients through long-term addiction treatment, starting with detoxification and transitioning clients through our treatment programs to find the best suited to meet their specific needs. Our campus supports individuals and families in all stages of treatment and promotes holistic wellness and healing.
If you are still wondering whether or not inpatient alcohol addiction treatment is for you, contact one of our medical staff today to see how we can help you.

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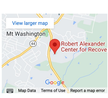

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