

How to Find Alcohol Detox Programs in Kentucky

by Robert Alexander Center | May 26, 2022 | Blog | 0 comments



[Alcohol detox in Kentucky](#) is easy to find if you know where to look. At the Robert Alexander Center, we offer detoxification programs for individuals struggling with alcohol and drug addiction. Clients can detox in a safe and drug-free environment through our processes, where medical professionals can offer in-person supportive care while individuals go through withdrawal.

Our [Kentucky addiction treatment programs](#) are also linked with state-of-the-art addiction treatment programs and can offer a seamless transition between detoxification and treatment. [Contact us today](#) to get expert care for lasting recovery.

Is Alcohol Addictive?

Yes, alcohol is an addictive substance. However, when an individual consumes alcohol reasonably and conscientiously, alcohol can be enjoyed, not feared.

However, this is not always the case—individuals who misuse alcohol are at a greater risk of developing an addiction than individuals who do not. Alcohol misuse includes drinking underage, combining substances, and drinking to excess. Individuals who frequently participate in risky drinking can develop a tolerance and dependence on alcohol that will become problematic and then develop into addiction.

Does Alcohol Cause Withdrawal?

Alcohol does cause withdrawal for individuals who have signs of problematic drinking and those addicted to the substance. When individuals are addicted to alcohol and stop intake, they can experience anxiety and depression, fatigue, irritability, jumpiness, mood swings, nightmares, and clouded thinking. While these symptoms are not deadly, they can significantly impact how an individual handles stressors, completes required tasks, and their general well-being.

Alcohol withdrawal symptoms can start within 12 hours of an individual having their last drink and last between 6-14 days, depending on the severity of the addiction and the length of time the individual has been an addict.

Can Alcohol Withdrawal Have Severe Symptoms?

Alcohol withdrawal isn't always straightforward, though. Individuals who have a severe addiction to the substance can experience more complex and severe withdrawal symptoms. For example, individuals may experience sweating, clammy skin, enlarged (dilated) pupils, headache, insomnia (sleeping difficulty), loss of appetite, nausea and vomiting, pallor, rapid heart rate, sweating, clammy skin, tremor of the hands or other body parts. These less common symptoms can significantly impact how an individual progresses through detoxification. If their withdrawal symptoms impact them to the extent that they can't attend treatment, individuals are left focusing only on their motivation to stay sober.

But that isn't even the worst. Individuals can experience severe alcohol withdrawal called Delirium Tremens. This severe withdrawal includes agitation, fever, extreme confusion, and seizures. This can have a devastating effect on how an individual progresses through withdrawal and treatment.

How to Find Alcohol Detox Programs in Kentucky

When searching for alcohol detox programs in Kentucky, it is essential to consider your specific needs. People at different stages of addiction require different styles of treatment to help them get sober and stay that way.

Individuals with severe addictions to alcohol often require inpatient treatment or intensive outpatient and partial hospitalization treatment. These programs offer the most intensive support for clients who are struggling the most. Another type of alcohol detox program and Kentucky is for individuals with moderate substance use disorders.

These individuals often start in intensive outpatient care and transition to outpatient treatment quickly as they progress through the treatment process. Lastly, individuals with mild substance use disorders May benefit directly from outpatient care. Through this process, individuals are able to work on learning techniques and skills that help them manage their stressors and stop using alcohol.

After deciding what level of alcohol detox is correct for you, start by searching for local detox centers. Many detox centers are connected to inpatient rehab treatments or exclusively to outpatient treatments where individuals can detox at home while being monitored closely by a professional.

Through the Robert Alexander Center, detox is an inpatient residential program that allows individuals to detox from the used substance and transition directly into inpatient care following withdrawal. This type of treatment is highly beneficial to individuals who are just starting out. In addition, the seamless transition can provide individuals with an opportunity to maintain medical professionals and have consistent treatment opportunities.

If you think detox at the Robert Alexander Center might be proper for you, [contact the admissions counselor](#) to verify your insurance and see what our program offers you.

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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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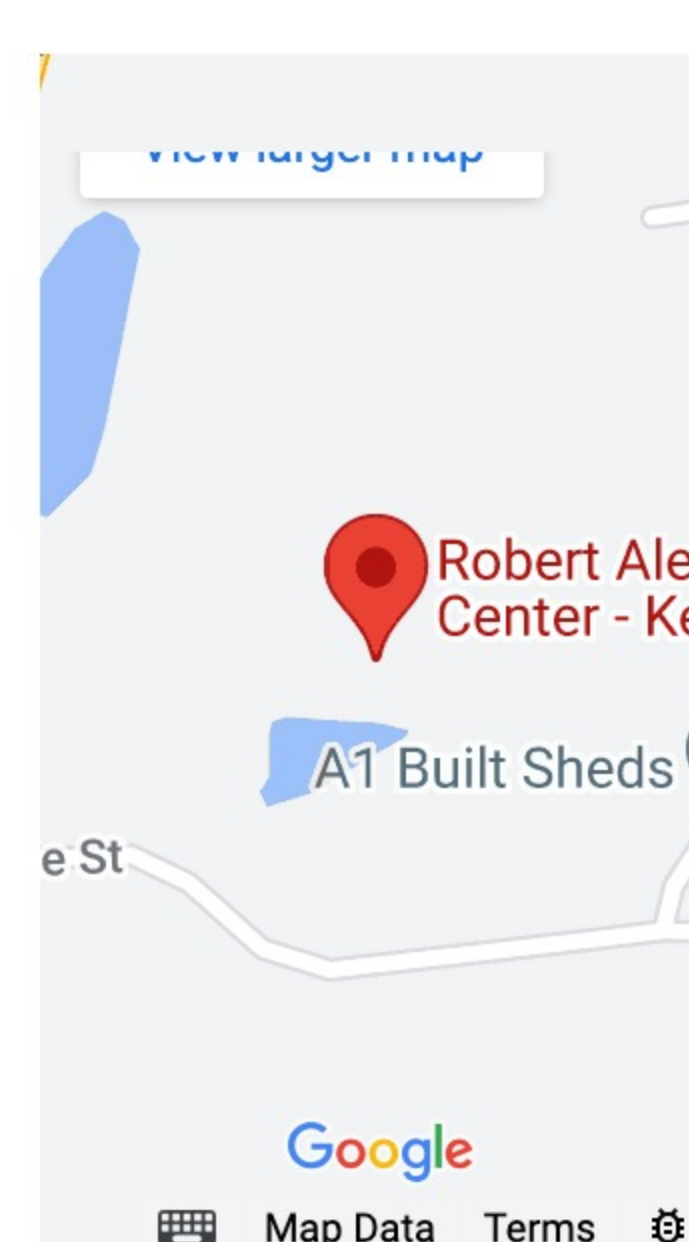
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