

Addiction On The Rise In Franklin, TN

by Robert Alexander Center | Jul 3, 2022 | Blog | 0 comments



Nashville is known to be a tourist attraction for their music, culture, and historic places. Located about 20 miles away, you will find Franklin. Franklin is considered a suburb of Nashville. Government studies group Franklin with Nashville, Davidson, and Murfreesboro when conducting research.

An addiction study from 2005 to 2010 showed that the Nashville, Davidson, Murfreesboro, and Franklin areas have higher rates of illicit drug use, marijuana use, and prescription drug use. We also see that there is a higher prevalence of addiction as well as Major Depressive Disorder, when compared to other counties in Tennessee, as well as the entire United States.

When we look at the state of Tennessee, the National Institute on Drug Abuse reported that there were 46,802 overdose deaths in 2018. Most of the lives lost were due to synthetic opioids, such as Fentanyl.

With higher rates of addiction, comes higher rates of individuals struggling. Addiction is known to impact many areas of our life, including work, family, and friends. When someone is ready to ask for help, there are several options for Franklin, TN, addiction treatment.

Health concerns that can result from alcohol and drug abuse can include heart problems, a fatty liver, hepatitis, HIV, and issues with the brain. Be honest with your health care professional about your use so they can check for common concerns.

What to Look for in a Franklin Rehab Center

If you have reached the point where you have accepted that your alcohol or drug use has become concerning, there are characteristics of rehab programs that you will want to take into consideration.

Your focus should be on learning more about the services that are offered. Many addiction rehabs will offer a detoxification program. Detox programs are a necessary part of your recovery. This gives your body time to adjust to the changes that occur when you stop using. If you have developed a physical tolerance to drugs or alcohol, you will likely experience discomfort during this process. The staff at the medical detox program will work with you to ease your symptoms as much as possible.

Other levels of care that may be offered include the [Partial Hospitalization Program](#), [Residential Inpatient Program](#), [Intensive Outpatient Program](#), [Outpatient Treatment Program](#), and [Family Treatment Program](#). Each of these options has unique benefits. A mental health professional would be able to help you determine which level of care would be the most appropriate for your current difficulties.

Inpatient addiction rehab can vary in length from 30 to 90 days. The duration of your treatment will be dependent on your treatment needs. If you have any additional mental health concerns such as depression, anxiety, or trauma, you may have access to specialized treatment programs the facility offers. Addiction rehab facilities will provide you with a structured day that entails group therapy, individual therapy, alternative therapies, and psychoeducation.

Why is RAC the Best Option for Addiction Treatment near Franklin, TN

The Robert Alexander Center for Recovery is the ideal addiction treatment near Tennessee. Our treatment center is located two and a half hours north of Nashville. Many individuals find that having space between home and their addiction treatment center is beneficial for their recovery. This gives you time out of your home environment in a new space where you can begin your journey.

We offer a variety of different treatment options including a Detoxification Program, Inpatient Rehab, Partial Hospitalization Program, Intensive Outpatient Treatment Program, Outpatient Addiction Treatment, and a Family Therapy Program.

Our [Inpatient Treatment Program](#) is designed to be tailored to each individual we work with. This can vary from one to three months. Factors that will influence your program include if you are physically dependent on substances, struggle with additional mental health concerns, and the severity of your addiction. During your intake assessment, we will take the time to understand your concerns and together develop a treatment plan.

Our [Partial Hospitalization Program](#) is designed for individuals who need a higher level of care that have a safe and supportive home environment. You would be engaging in 6-8 hours of therapy each day, and returning home at the end of the day. This program is similar to what you would be exposed to if you were in an inpatient program.

[Intensive Outpatient Programs](#) are considered outpatient treatment. However, this will involve longer days than routine outpatient addiction treatment. With both outpatient treatment options, you would be exposed to individual, group, and psychoeducational groups. These options allow you to continue living at home and return to work or school.

We will provide you with individual therapy, group therapy, and psychoeducational sessions while you are in treatment with us. We offer alternative therapies and specialized treatment programs designed for additional mental health concerns. Our priority is to help you gain the tools needed to have a healthy and successful recovery.

Our [Family Treatment Program](#) is an invaluable resource for your loved ones. There is no denying that your addiction impacts those you love. Many times, they are unsure how they can support you in your recovery. A piece of supporting you is having a better understanding of addiction and recovery. Additionally, they may need a safe space to come and process their own experience. This program focuses on the family unit as a whole. Which will also allow the ability to treat other concerns including codependency and enabling. We can also help you recognize boundaries within your relationship that can be modified to be healthier.

At the Robert Alexander Center for Recovery, you will find an inclusive and welcoming environment that was designed with your comfort in mind. We believe, if you feel safe and comfortable, you will be more likely to be vulnerable during your treatment, which can only benefit you in your recovery. We believe that everyone deserves support and kindness while they begin to navigate their recovery journey.

Reach Out to RAC for Addiction Treatment near Franklin, TN

Reaching out and coming to the point of accepting that your drinking and drug use is concerning, has probably been difficult and trying for you. You have likely experienced hardships and had your relationships negatively impacted. No matter the chaos and turmoil that you have experienced, there is hope. You are capable and deserving of a sober and healthy life.

The staff at the [Robert Alexander Center for Recovery](#) has years of experience helping individuals, like yourself, work towards that goal. We will work with you to make sure you get the most out of your time with us and that your needs are being met.

Call (844) 328-8406 to speak with a representative about our addiction treatment services near Tennessee.

Submit a Comment

You must be [logged in](#) to post a comment.



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.

Site Map

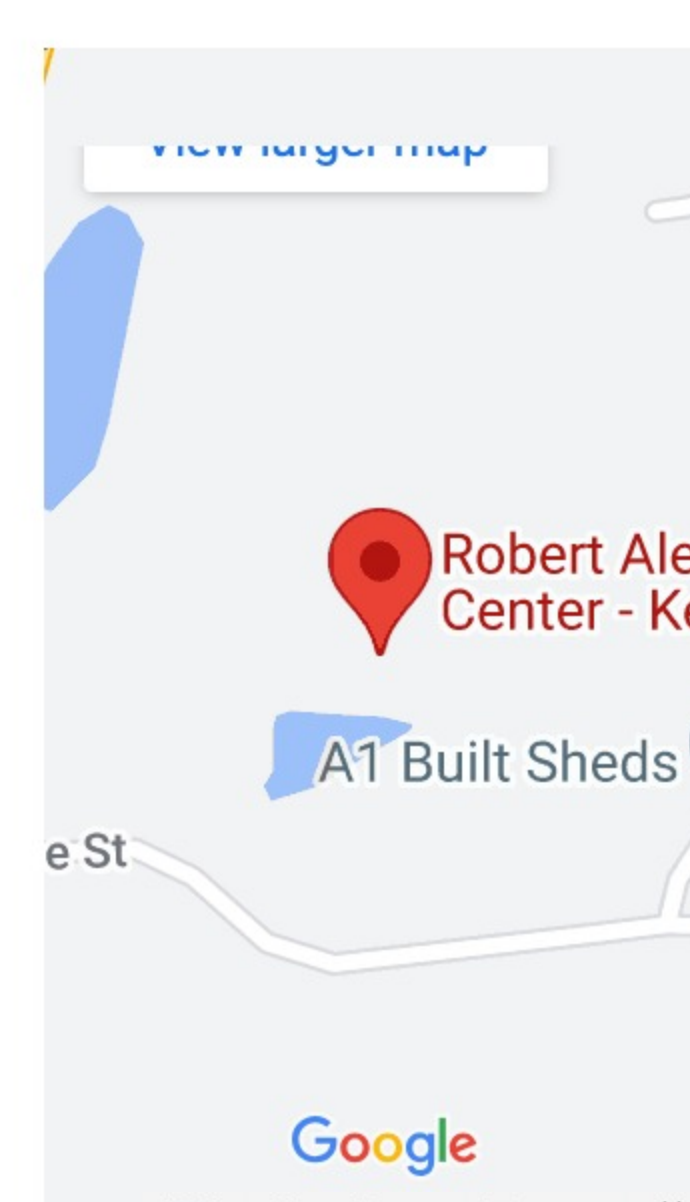
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130 Hope Street
Mount Washington,
Kentucky 40047



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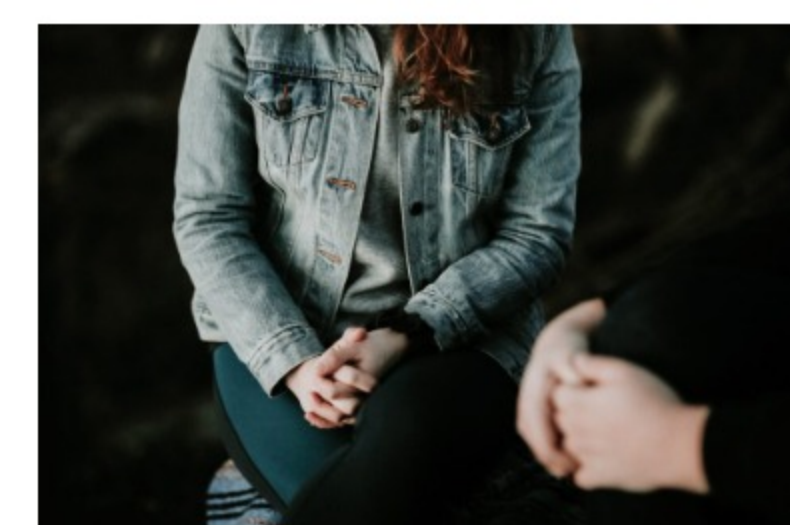
- [Men](#)
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Treatment Programs

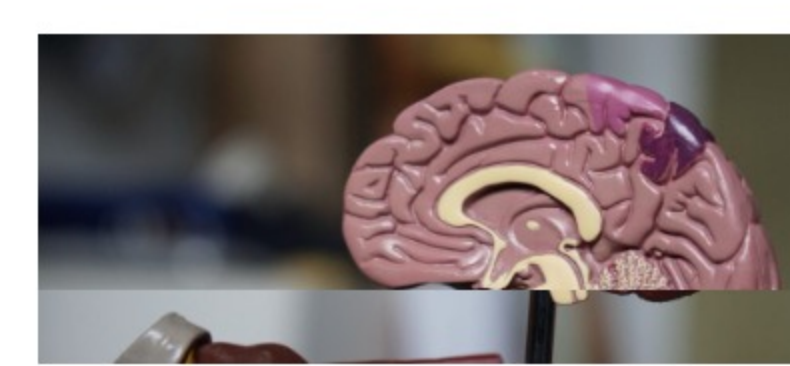
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The Difference In Residential Vs. Partial Hospitalization In Addiction Rehab



Can Alcoholics Successfully Moderate Their Drinking Habits?



Brain Recovery From Opioid Addiction: A Timeline



Breaking The Cycle: Treating Trauma For Lasting Recovery



Setting And Achieving Goals: Using Sober November As A Catalyst For Change

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