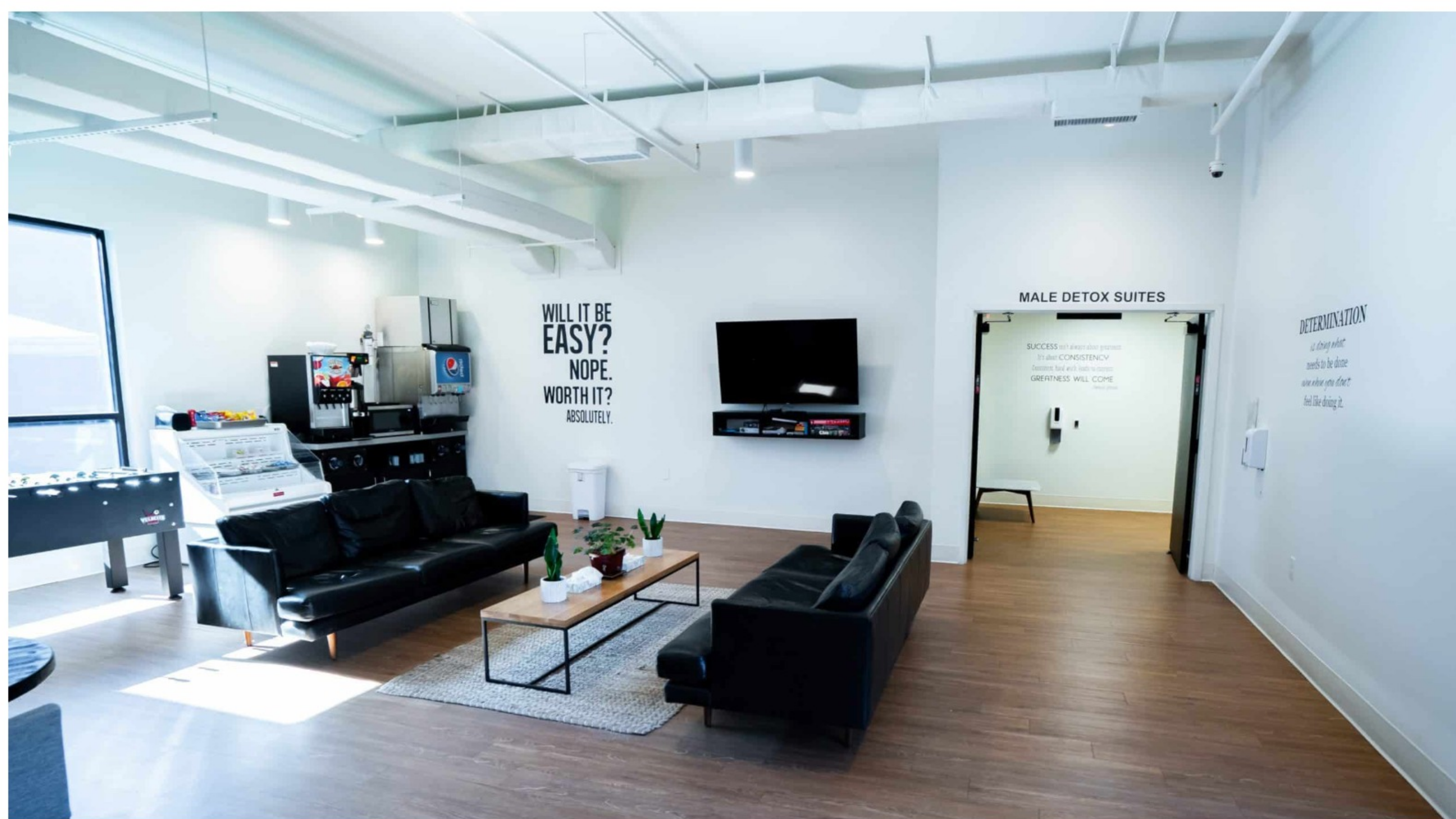


Substance Abuse Treatment: What Can You Expect

by Robert Alexander Center | Sep 24, 2022 | Blog



Around 1 in 10 Americans will develop a substance abuse disorder at some point in their life. Sadly, only 25% of those will actively seek treatment. One of the main reasons that addicts resist drug rehab programs and the help of an addiction treatment center is that they do not know what to expect during their time in rehab.

Familiarity makes the road ahead feel far less daunting. This quick guide should provide the insight you need before seeking a [treatment](#) at the Robert Alexander Center for Recovery.

The five stages of addiction recovery

Drug recovery isn't an overnight procedure. The truth is that most addicts experience a long journey before they reach the stage where they are ready to attend drug or alcohol rehab programs. Moreover, all patients should be aware that the process isn't over when they are discharged from their addiction treatment center.

In fact, over 85% of addicts will relapse. Thankfully, you can reduce those risks by putting the right drug rehab program in place. The first step is to understand the five stages of addiction recovery. They are;

- Precontemplation – the individual is not ready to take action and is probably guilty of trying to justify their substance abuse to themselves and/or others.
- Contemplation – the individual appreciates the benefits of becoming drug-free and is ready to think about getting help, albeit not right away.
- Preparation – the individual may try to go short periods without substances or make positive changes in other parts of their life.
- Action – this is where an individual takes the steps to become sober. It doesn't have to involve professional drug rehab programs but usually will.
- Maintenance – this is where an individual makes a conscious effort to stay clean, which can occur through a number of personal and professional steps.

The steps of substance abuse treatment

When attending an addiction treatment center for drug or alcohol rehab, it is important to seek a tailored service. The Robert Alexander Center for Recovery is a drug & alcohol rehab program in Kentucky that offers evidence-based, personalized, and supportive treatments.

We understand that there is no magic, one-size-fits-all approach to treating the disease of addiction. Our focus is on the individual from the first call to intake to the discharge and beyond.

Before undergoing substance abuse treatment, you should be prepared to encounter the following stages;

- Diagnosis – it's important that any addiction treatment is tailored to the substance in question and the severity of the addiction. Over 9.5 million substance abusers also have co-occurring mental health issues. Whether it's a dual diagnosis or not, accuracy will be vital.
- Detoxification – this is often the most difficult stage for abusers, especially when trying to complete a drug treatment with help, due to the withdrawal symptoms. With professional support during the [detoxification](#) phase, you can avoid the risk of caving in to the cravings.
- Treatment – a personalized treatment program could include long-term or short-term residential treatment or an [outpatient treatment](#). It could involve the use of medication, therapy, group sessions, and a range of other methods. The durations can vary from one person to the next.
- Aftercare – while direct substance abuse treatment is often a short-term issue, the aim is to stay sober. A transition back to normal life courtesy of a supportive housing arrangement may be needed. Ongoing therapy and sessions may be needed to help the patient stay on track too.

Each aspect is tailored to the individual's needs, but the roadmap looks relatively similar for all.

What does a day of treatment look like?

Programs can range from a few days to 90 days or longer. A day spent at the addiction treatment center could include a set morning routine that encourages patients to embrace new habits. It may also involve taking prescription medications for withdrawal symptoms or co-occurring mental health issues.

After breakfast, it is commonplace to attend a therapy session while time for education is built into the day. This often focuses on learning about mental health. Afternoon activities may include individual therapy sessions and time for exercise. Individuals on an [intensive outpatient program](#) will complete many of these activities but will return home at night.

Evenings may include another therapy session, as well as some free time. There will also be scheduled time for reflecting on the progress made so far while also looking ahead to a life of sobriety. Nights usually end at the same time each day to promote the idea of routine once more.



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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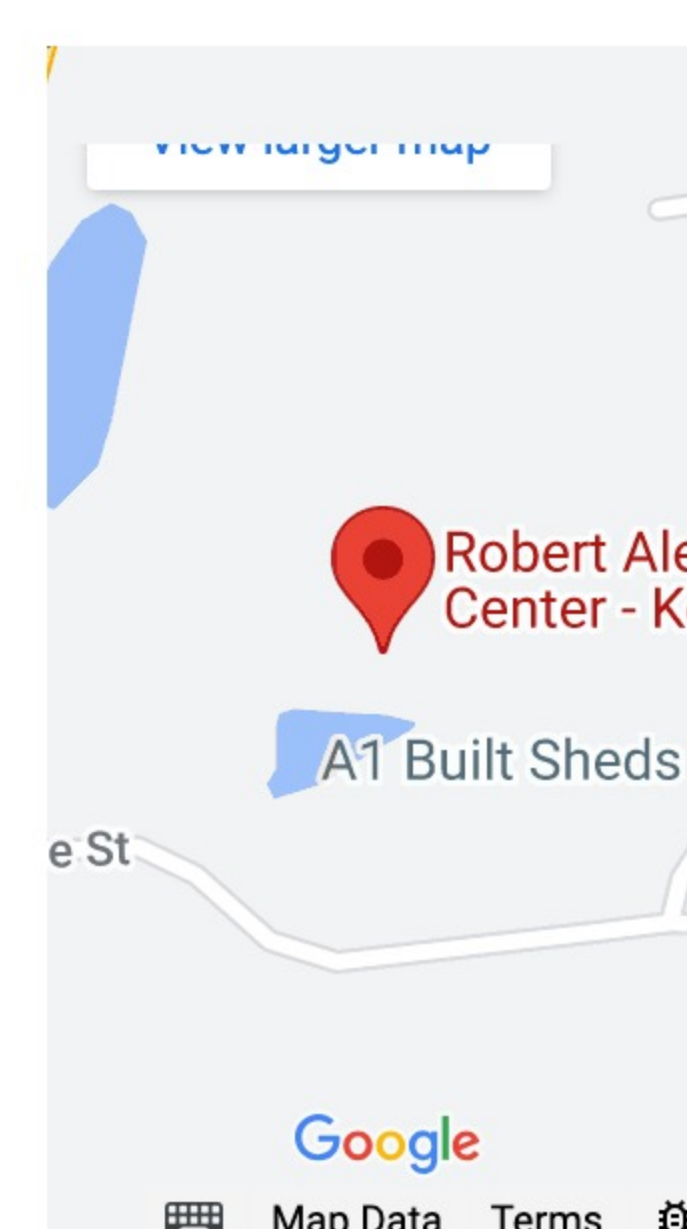
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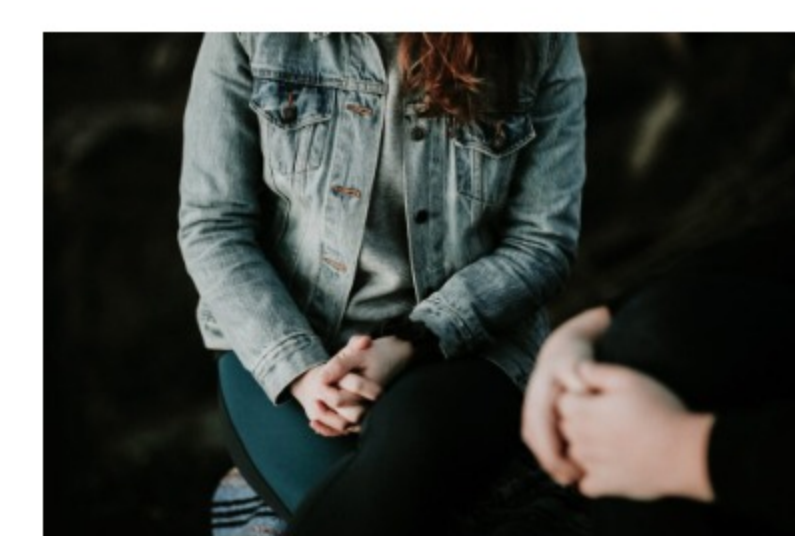
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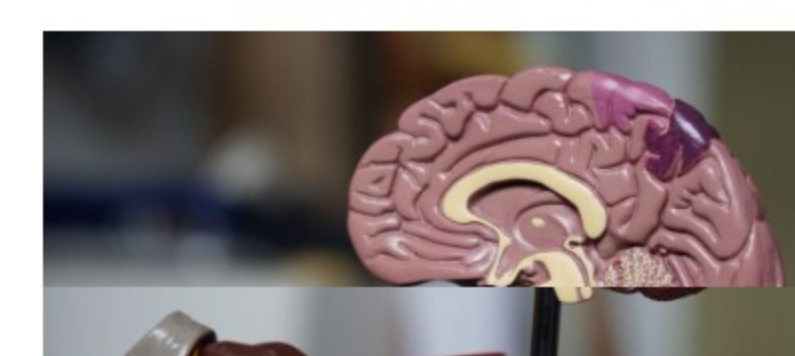
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