What Rehab Treatment Plan Is Best For Heroin Addiction

by Robert Alexander Center | Nov 22, 2022 | Blog

Heroin addiction is one of the most dangerous forms of substance abuse and is responsible for over 13,000 drug overdose deaths each year. This signals one-fifth of all opioid-related deaths and highlights the need to seek drug rehab before the worst happens.

Sadly, heroin is an immensely addictive drug. So, whether looking at addiction treatment options for yourself or a loved one, it's vital that the right program is selected. Here at the Robert Alexander Center for Recovery, our experts can discuss all possible pathways in detail. However, this quick guide can provide a better understanding of what to expect.

Heroin addiction: finding a personalized plan

No two people who suffer from heroin addiction are the same. Therefore, it is important to understand the individual as well as the illness. The Robert Alexander Center for Recovery understands that there is no one-size-fits-all approach to treatment for drug addiction and subsequently focuses on creating unique plans built with long-term success and sustained sobriety in mind.

The lack of a personalized approach is why there is an 85% chance of an individual relapsing after their treatment. Our caring and compassionate experts can help reduce those risks by learning about the individual's background before using tailored services through each stage of the journey from detoxification to aftercare.

Heroin addiction drug rehab options

Here at the Robert Alexander Center for Recovery, we can take various approaches to drug rehab for heroin addiction to patients in Kentucky and beyond. This includes 30-day plans, 90-day plans, and family therapy programs. One of the biggest decisions, however, revolves around finding the right type of care. The personalized solutions that we offer include;

- Residential inpatient care where you stay at the rehab center in Kentucky.
- Partial hospitalization where you remain at home but visit the center up to 7 days per week.
- Intensive outpatient that includes up to 30 hours at the drug rehab center per week.
- Outpatient programs that have scheduled therapy sessions, but not as frequently.

Which patient program works best?

Each program can be tailored to your needs. In serious cases of long-term heroin addiction, a patient may require residential patient care to complete the detoxification and rehab. Given the dangers of opioids, particularly heroin, it is an option that many will consider.

However, most people would prefer to visit the rehab center through outpatient programs tanks to the following features;

- It allows them to maintain their job, family life, and other daily commitments.
- They can avoid having to explain a long-term absence to colleagues or friends.
- The transition from heroin abuse to sober living becomes smoother.
- The treatment costs will be lower as there are no accommodation fees.
- You still see the same experts like counselors, psychiatrists, and more.

Ultimately the most important factor is to find a drug rehab for heroin addiction program that fits the person's schedule and continues to deliver the world-class support that they need for sustained results. The ongoing aftercare can continue for as long as it's required. Working with a dedicated team who work with patients to identify the best treatment plans is essential.

Heroin addiction rehab elements

Whichever treatment program is selected, most patients find that multiple services are required as a part of their program. Firstly, it will be necessary to complete an accurate diagnosis, particularly as co-existing mental health issues could be present. A detoxification stage will form an essential first step on the road to recovery. Following this, patients may undergo any combination of the following treatment plans;

- **Medication treatments –** In many cases, medications may be needed to help control the withdrawal symptoms during detoxification and keep the patient in a physically and mentally stable place.
- **Counseling** – Up to 80% of heroin addicts misuse prescription pills before turning to this drug. Therapy provides an opportunity to get to the root of the addiction before tackling the problem head-on.
- **Group therapy** – Group sessions enable patients to build a strong support network in a controlled setting while encouraging individuals to speak and listen through a range of activities.
- **Mental health treatment** – From individual therapy to medication prescriptions for coexisting mental health issues, this can be another key feature to reduce the risk of relapses and improve the patient's quality of life.
- **Continued support** – Staying sober is the ultimate goal and our experts help you take the next steps in style. This includes sober house living for inpatient alumni as well as ongoing counseling for outpatients alumni.

The right program features will give you the best chance of beating heroin abuse for life.

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