

Residential vs PHP Rehab: Tailoring Drug Treatment to Your Needs

by Robert Alexander Center | Nov 5, 2023 | Blog



Deciding to go to rehab is courageous and commendable. It shows you've accepted you have a problem with drug addiction and are willing to seek help to deal with it. The next step is to select the right drug treatment program for your needs.

While there are various addiction treatment programs, residential and partial hospitalization programs (PHP) are two common options.

Residential Rehab

Residential rehab, also known as inpatient rehab, is a comprehensive and immersive treatment program. Enrolling in this means you'll live at the treatment center for the duration of the program, typically ranging from 28 -90 days, with an option for a longer stay if needed.

[Residential rehab](#) provides a structured and supportive environment and removes you from the temptations and triggers that lead to addiction. You'll have round-the-clock access to medical and therapeutic support, which is especially beneficial if you're dealing with co-occurring disorders.

These programs offer intensive therapy which includes individual, group and [family therapy](#) as well as holistic treatments. Living with others in recovery provides a sense of community and peer support where you draw strength and motivation from shared experiences.

Partial Hospitalization

[Partial hospitalization programs](#) are a step down from residential rehab in terms of intensity. In PHP, you'll receive treatment during the day, returning home or to a sober living home in the evenings.

PHP offers a more flexible structure allowing you to keep up with responsibilities such as work or school while still receiving treatment. This flexibility is also suitable for those trying to reintegrate into their daily lives after treatment.

PHP offers the same level of therapeutic intensity as residential rehab, with individual and group counseling being key components of the program. Going back home after a day of treatment means you'll receive strong support from your family and close friends which is essential to recovery.

Which One is Right for You?

Choosing between residential and PHP drug rehab depends on your specific needs and circumstances. You need to consider:

The severity of addiction

Residential rehab may be more appropriate if you have a severe addiction, especially if you need [detox](#) or have co-occurring disorders while PHP is more suitable for those with less severe addiction.

Your support system

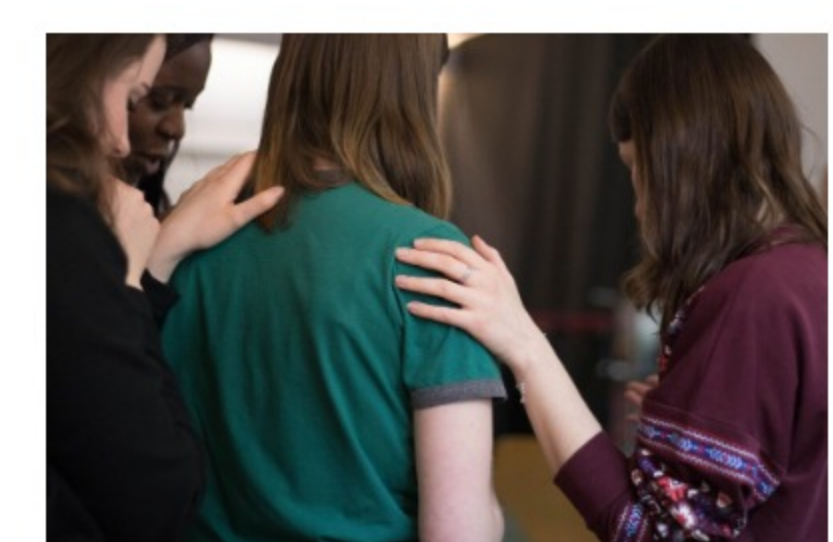
If you have a strong and supportive home environment, PHP may be a good choice. However, if your home environment is filled with triggers and temptations, then residential rehab can provide a much-needed controlled environment.

Your commitments

Your work, family, and personal commitments are essential factors to consider. If you need to balance treatment with these responsibilities, PHP rehab's flexible structure may be the right choice.

Your medical and psychological need

Also assess your medical and psychological needs for treatment. If you have severe addiction, withdrawal symptoms and complex mental health issues, you may benefit more from the 24/7 care and structure provided in residential rehab. If you or your loved one is dealing with addiction, we at the [Robert Alexander Center](#) can help. Contact us today and let us guide you to sobriety.

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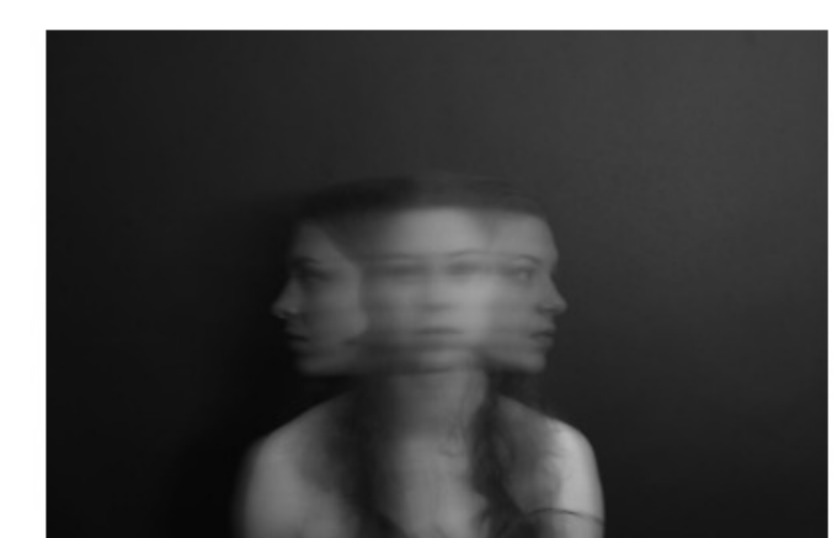
How to Continue the Management of Your Mental Health After Addiction Treatment



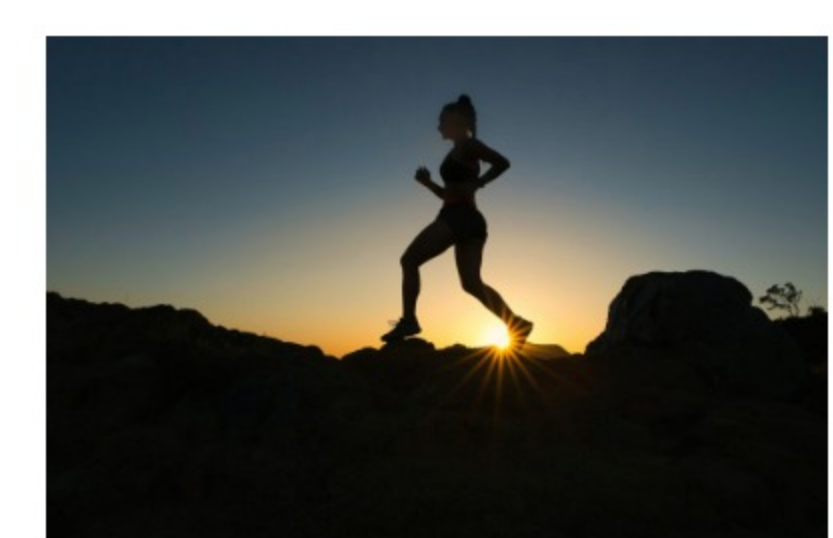
The Importance of Self-Care in Addiction Recovery: Prioritizing Your Physical, Emotional, and Mental Well-Being



Holistic Approaches to Managing Pain in Addiction Recovery: Exploring Non-Addictive Alternatives for Chronic Pain Management



The Step-by-Step Guide to Determining Dual Diagnosis in Addiction Rehab



Developing Coping Strategies for Triggers: Navigating Cravings and Safeguarding Your Recovery Journey

Key Resources

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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.

Site Map

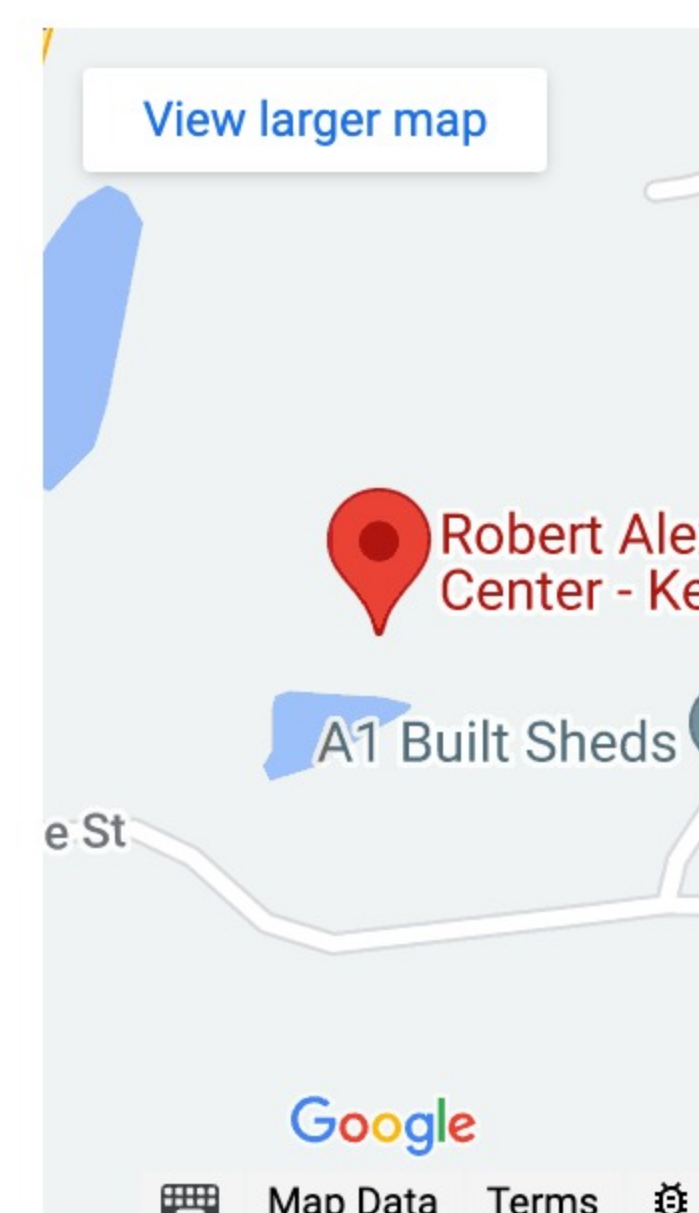
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