

# Does a Drug Rehabilitation Center Have Multiple Program Types to Choose From?

In 2017, almost 20 million American adults (37%) battled with a substance abuse disorder of some form. 74% of these people struggled with alcohol problems, while 38% of these struggled with illicit drug use.

Combating addiction is a continuous battle that isn't easy to overcome. Whether you have struggled for your whole life or you are dealing with addiction for the first time, it is always difficult.

**Drug rehabilitation centers** are specialized facilities to help addicts fight their addictions. For anyone seeking help, it's important to realize that there are different types of facilities and programs available. Many of these centers function differently and are more suited to certain people and certain issues. Don't overlook the significance of the types of programs and centers that you are considering.

Some drug rehabilitation centers facilitate short term programs, while others expect clients to spend a month or more on-site to finish their program. To find the right treatment center and program for you, ensure that you research and compare the various options.

## Types of Drug Rehabilitation Programs

Rehabilitation facilities provide various forms of treatment. Some centers provide live-in programs for those who need or most benefit from 24-hour care and support. Others provide outpatient programs only. Certain facilities offer both types of programs.

Here are some of the various types of centers and programs:

### Inpatient Treatment Programs

There are long-term programs that provide inpatient treatment for those who require it. **Inpatient treatment programs** are live-in facilities, where patients stay 24 hours per day, for 30 to 90 days. Patients generally have access to counseling services, therapists, addiction specialists, and medical staff. They will be assigned individual case managers to aid their recovery.

These centers are aimed at providing areas of peace, zen, and safety that are completely free of temptation. There is a stern zero-tolerance policy when it comes to substance use. This is strictly policed by those in charge.

Dual diagnosis is where someone is diagnosed with a substance abuse issue as well as a mental health disorder (for example, depression, anxiety, bipolar, PTSD). Inpatient programs cater for dual diagnosis patients, whereas outpatient programs usually don't. Being dual diagnosed requires a high level of care, so it is recommended that you consider entering an inpatient rehabilitation facility.

Detoxing is an essential step for people with severe addictions. Inpatient treatment centers provide detoxing services where patients are monitored while medically detoxing. Skipping the detoxing step for serious addicts can lead to illness, seizures, cardiac arrest, and death. It is absolutely vital.

### Traditional Outpatient Programs

Traditional **outpatient programs** are talked about most frequently in healthcare services. This type of program is less restrictive than inpatient or intensive outpatient programs. They don't require patients to live-in or spend significant periods within the care facility. Individuals can maintain their jobs and home life while participating in the program.

Many patients transition from an inpatient or **intensive outpatient program** to a traditional outpatient program. This is part of the aftercare service to ensure patients receive ongoing care if necessary.

Here are some of the most typical types of outpatient programs:

- **Sponsor Meetings:** these are group meet-ups where those who've completed rehabilitation programs gather to support each other. Members are assigned sponsors who have successfully maintained a sober lifestyle following treatment. People can progress through these meetings and become sponsors themselves. The most well-known example of sponsor meetings is Alcoholics Anonymous (AA).
- **Counseling:** some of the most important aid that an addict or recovering addict can get is good counseling. It is a way for patients to open up, learn, and come to terms with their struggles in a guilt-free environment.

### Intensive Outpatient Programs (IOP)

IOPs are a combination of inpatient and outpatient programs. Most services from an inpatient treatment program are offered, while patients aren't required to spend 24 hours per day in the rehab center.

Some IOPs are offered as part of a rehabilitation center's regular services. However, they are often mandatory issued court orders to someone who has committed a crime while using a substance or having violated probation due to **substance use**.

## Taking action today

Living with addiction is a constant struggle, and it's something that you shouldn't have to tackle alone. Whether the extent of your addiction is severe or mild, professional help is always available. Determining whether you need a long or short term rehabilitation program can play a big part in your road to recovery.

Ensure that you know and understand the different programs and types of centers that are available. Knowing the services provided in inpatient, outpatient, and intensive outpatient programs is essential in choosing the most suitable recovery plan.

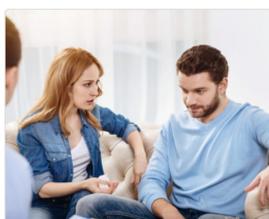
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