

How Do You Compare Different Rehab Facilities

Recovering from an addiction can be a challenging process. Withdrawal and the risk of relapse aside, finding the right place and people to help you through this isn't as simple as picking the first rehab facility you come across. This decision could influence your whole recovery journey, even making it hard to succeed if you choose the wrong facility for you. But how exactly do you compare different rehab facilities? Let's find out.

Explore Their Rehab Services

The work that goes into helping people recover from addiction is complicated. This means that most rehab facilities will offer specialized services, rather than helping people with every type of addiction. For example, the process of recovering from alcohol and heroin addictions is very different, and this means that you will need to find a facility that offers the right services to cover your needs. Many facilities offer co-current care, enabling them to help you with issues like [depression and anxiety](#) while they help you with your addiction.

The Types Of Addiction Therapy

Different medical professionals will prefer a wide range of different therapy methods. This means that the recovery programs you find at each rehab facility will be unique, offering something that the others can not. It's always worth looking for types of therapy that appeal to you. If you think something sounds boring or pointless, it will be harder to engage, and this could hamper your progress.

Therapy can come in a huge range of different forms, from simple conversations to physical exercises. Some rehab facilities will offer forms of therapy that could help you with other aspects of your life, like chronic pain or mental health issues. Looking for facilities that offer therapy that could provide these benefits will make your time there more valuable.

Amenities And Features

You will need to spend quite a bit of time at your rehab facility if it's going to be successful, but not all of this time will be spent in therapy sessions. Instead, you will have the chance to relax and enjoy the amenities on offer. Some rehab facilities have pools and gym areas, while others offer crafts and skill-building activities. Adopting health hobbies can be a good way to [reduce your dependency on a substance](#), making it easier to fight your addiction.

Paying A Visit To The Facility

The people you work with throughout the process of your addiction recovery should be people you like. Unfortunately, though, you won't be able to make this sort of judgment until you've paid a visit to the rehab facilities you're considering. Facilities like this will welcome visits from people looking to use their services, offering tours to give you the chance to soak up everything on offer and decide whether or not you like the place.

This will also give you the chance to talk to some of the people you'd be working with throughout your recovery. It will be easier to rely on professionals if you like and trust them, and this makes it crucial that you're able to strike a rapport with those in the facility you choose. You may have to let each rehab center know before you turn up.

Comparing All Your Options

Now you know what you should be focusing on as you look for rehab facilities, it's time to think about how you're going to compare them. It can help to start by writing down a list of features you'd like to find in the place you choose. You can stack up each of the facilities you have available, marking down which features they have and don't have. The options with the fewest compromises could be the best for you.

Of course, though, the price can also come into this. Places that offer luxury pools and other nice amenities will often cost more than those that take a more conservative approach. Only you can decide what matters the most to you, and it can often be worth making the investment to make sure that you can enjoy your time at the rehab facility that you choose.

Evolve Indy is one of Indianapolis' most successful rehab facilities. Having worked with countless patients to provide addiction recovery therapy, we know what it takes to help you to [change your life](#), and the support you need is just a call away. [Call us](#) to access our 24-hour confidential hotline, and our friendly team will be more than happy to guide you through the services we offer.



Recommended Posts



How to Get Group Therapy for Drug Addiction



How to Pursue Fentanyl Recovery



What Addiction Treatments Are Available Through The Labor Unions



Searching for an Opiate Rehab Near Me



Call us at: 1-855-495-1063

Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.

Navigation

- Home
- About
- Treatment
- Tour Facility
- Admissions
- Blog
- Contact

Get In Touch

Open 24 Hours a Day, 7 Days a Week

8770 Guion Rd SuiteB, Indianapolis, IN 46268

