

# What To Look For In Sober Living Facilities In Indiana

Choosing to participate in a rehabilitation program is a monumental step in your road to addiction recovery. However, many don't realize that depending on the facility, the **programs offered** may differ significantly. If you've decided to get treatment from a rehab facility, it's important that you research the sober living facilities and their programs to ensure you choose the right fit for you.



## What Services To Look For In A Sober Living Facilities

### Medical Detox

People who suffer from severe addiction often need to undergo medical detox. It is a process whereby an addict is weaned off a substance under medical supervision. This ensures maximum safety for the patient. Instantly putting a halt to substance use for severely addicted people can result in serious illness or death.

Professional medical staff treat and observe patients undergoing medical detox in their facilities.

### Holistic Treatments

Some centers provide treatment across all aspects of life. Their facilities are geared around life skills, activities, sports, and various types of physical treatments. Patients may have residential duties, take part in outdoor activities, or practice regular meditation.

These experiential treatments take place alongside counseling, meetings, and more traditional rehabilitation services.

### Professional and Qualified Staff

A diploma or certificate doesn't fully represent the measure of a person. However, when it comes to addiction and mental health, there is a minimum requirement in terms of education. **Professional counselors and therapists** generally have a Masters Degree in the psychology or social sciences field. What's more, hands-on experience is necessary to reach the highest level.

Research the staff who work in each facility and ensure you'll be treated by someone who's qualified.

### Joint Commission Accreditation

Joint Commission Accreditation informs people that a facility provides safe, high-quality care, and meets the highest national standards.

Any rehab facility that you're considering should have the Joint Commission Accreditation seal displayed on their website homepage.



## Outpatient Rehab Centers

Many people with addictions also have real-life responsibilities. Some are trying to hold down a job, raise a family, or don't have the money to spend weeks at a time in an inpatient facility. For this reason, outpatient treatment was introduced. Outpatient rehabilitation centers don't require patients to spend extended periods inside the facility.

### Benefits of Outpatient Rehab Centers

The benefits of an outpatient facility include:

- They are generally cheaper.
- You can continue to earn a living and work.
- You can take care of your children.
- You can maintain your family life.
- You can benefit from your treatment in realtime.
- There is no major re-adjustment period.

### Types of Outpatient Treatment

To begin with, you are likely to require intensive **Outpatient Treatment (IOP)** or Partial-hospitalization (PHP).

PHP requires 30 hours of treatment sessions from Monday through Saturday. It can be tough to schedule, but you can choose the hours to suit your needs.

IOP treatment involves 15 to 25 hours of sessions divided into six days per week (maximum).

After completing the initial intensive treatment, you will be enrolled in the regular outpatient program. This involves 1 to 3 group sessions per week, as well as meeting your primary therapist as often as once per week.

## What Rehab Facility Should You Choose?

**Evolve Indy** provides Outpatient Treatment, Intensive Outpatient Treatment, Partial Hospitalization, and Family Treatment, for alcohol and drug recovery. Don't hesitate to contact Evolve Indy today.



Facebook



Twitter

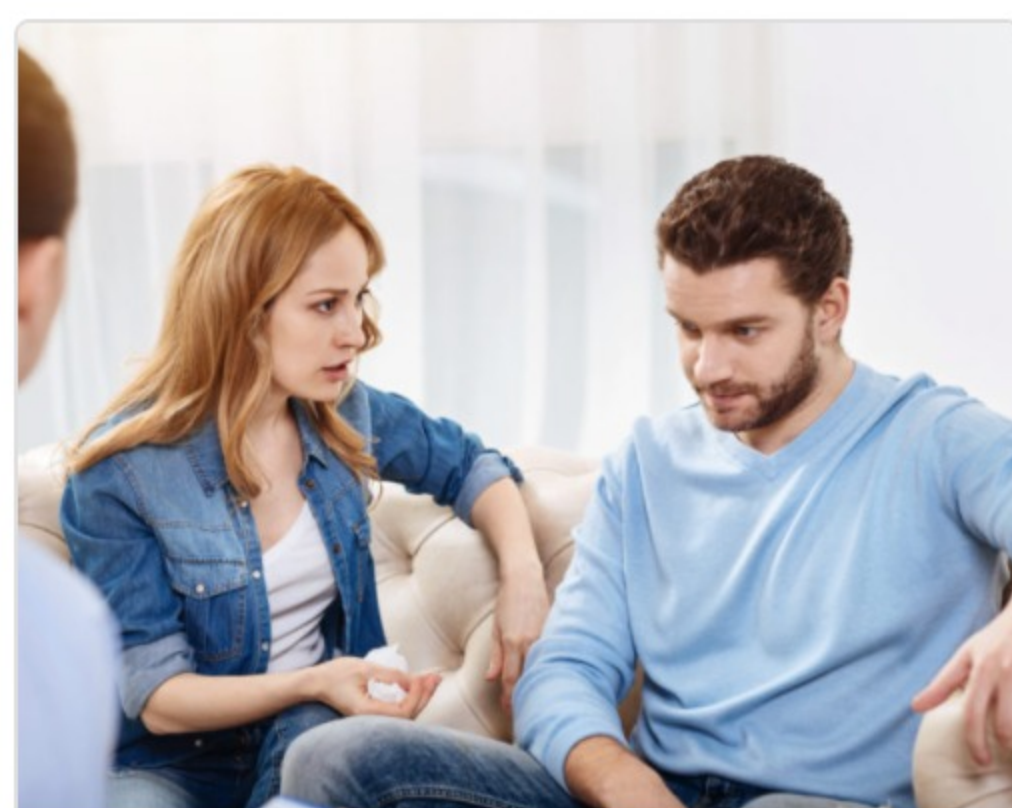


LinkedIn

### Recommended Posts



My Friend Just Came Out Of A Drug Rehab. How Should I Treat Him?



What are the Signs of a Codependent Alcoholic?



What Are The Long Lasting Effects Of Opioid Abuse?



Is There A Genetic Component To Alcoholism?



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

