

4 Key Phases For A Successful Recovery Journey

Recovering from alcohol or drug abuse takes time. The process starts when you accept that you have a problem and decide to go to rehab to get the help you need to beat addiction. From there the journey begins. There are 4 key phases within the treatment journey you have to go through in order for it to be successful. The 4 key phases are as follows:

Intake

Rehabs are not all the same and some might specialize in treating different addictions. Even when you get a rehab center that specializes in the kind of addiction that you have, you still need to undergo an assessment. This intake part of the rehab program is to help the treatment center assess you and come up with a personalized treatment plan to address your recovery needs. To find out which **drug and alcohol treatment program** will suit you, they need to carry out a medical exam along with both a psychosocial and psychological assessment. Additionally, information on your drug use history, family history of addiction, and even your financial arrangement for treatment will be taken to help facilitate your rehab.

Detox

Once the intake assessment is done, some patients may find that they require detox. Although not all rehab patients will need detox, it is necessary to progress to some treatment programs such as residential treatment or a **partial hospitalization program**. Since detox helps flush the addictive substance from your body, you may experience some unpleasant withdrawal symptoms. Some of these are quite serious and even life-threatening. That is why rehab centers that offer detox ensure that the patients are under round-the-clock medical supervision.

Rehabilitation

After successfully undergoing detox, next comes the rehabilitation phase. Here the real work of combating your addiction starts. This phase allows you to build a solid foundation for long-term treatment. Led by caring and compassionate therapists or counselors, you will undergo extensive counseling and therapy. This helps you gain a better understanding of your addiction as well as what underlying factors contributed to it. You may participate not only in individual therapy sessions but also group and family therapy as well. Working through personal issues might be difficult, but these therapy sessions can help you gain a better understanding of yourself.

Recovery and Aftercare


Recovery from addiction is a lifetime journey and it doesn't stop once you are discharged from rehab. There are addiction treatment programs such as an **intensive outpatient program** that are designed to allow you to keep progressing through treatment while you start to resume daily life. Additionally, the treatment center will work with you to come up with an aftercare program to help support you as you re-enter society. Most can link you up with Sober Living Facilities as well as Alcoholics Anonymous and Narcotics Anonymous groups where you can receive the support you need.

Recovering from addiction may be difficult but you don't have to walk that journey alone. **Call Evolve Indy** to find out more about our rehab program.

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