

# Midwest Rehab: What are the Pros?

The time has come. You’ve realized that you need help to find freedom from your addiction, but now you have to decide where and how. A midwest rehab might be just what you need. Whether you want to go to treatment far from your home or in your backyard, Evolve Indy is here to help you. We have a full range of programs and therapies to help you get and stay on the road to recovery.

## What Is Rehab?

Before you decide on a midwest rehab, you might be asking what rehab is. Rehab is inpatient or outpatient treatment focused on treating drug addiction. For many, the journey at a treatment center begins in detox. Ridding your body of drugs and alcohol is the first step and is a step best done under supervision. Detoxing alone can be dangerous. Once your body is free from drugs and alcohol, the rest of the work begins. While detox is almost always an inpatient process, the remainder of rehab can be done on an inpatient or outpatient basis. The decision regarding inpatient or outpatient treatment is often based on a mixture of financial and personal factors.

Outpatient treatment might be in the form of partial hospitalization, intensive outpatient, or traditional outpatient. The good news is that much of the treatment offered on an inpatient basis is available to those completing treatment on an outpatient basis. Depending on the design of an outpatient program, it may be as effective as inpatient treatment. Partial hospitalization and intensive outpatient programs often include individual behavioral therapy, group therapy, pharmacological interventions, and life skills development. These outpatient options allow individuals to attend treatment for part of the day while still working or providing care to their children. As you might guess, this structure provides a supportive environment to assist with navigating life, coupled with the challenges of early sobriety.

## What Are the Different Types of Midwest Rehab Treatment Centers?

There is a wide variety of midwest treatment centers that offer care ranging from inpatient to partial hospitalization to outpatient. **Inpatient treatment provides care that is more structured and intensive; this may be beneficial to some, especially those with co-occurring disorders.** Deciding on the best program for you can seem overwhelming, but it doesn’t have to be. Getting sober is personal, and you’ll have the opportunity to work with treatment staff to create the best path for you. If you seek to maintain your employment or fulfill family responsibilities during treatment, you may find outpatient treatment the most suitable for you. It’s important to note that whether you choose inpatient, outpatient, or a combination of the two, these options can be further tailored to meet your needs.

As you explore the options, you will want to know if the facility can support detox. Once you’ve gotten to the other side of detox, you’ll want to know how long the treatment will continue. Some treatment centers can create a treatment plan that allows you to begin at a more intense therapy level, stepping down as your progress. Also, you’ll want to find out if the treatment center’s program is co-ed or gender-specific.

## Benefits of Getting Sober at Evolve Indy

At **Evolve Indy**, we have a wide range of programs to meet your needs to support your recovery success. We have a variety of programs offering differing levels of support. Our midwest treatment center includes a Partial Hospitalization Program (PHP), an Intensive Outpatient Program (IOP), Outpatient Addiction Treatment (OP), Community Housing and Family Therapy Addiction Treatment. Our programs offer expert-level therapy combined with multiple methods to treat the root causes of addiction. **Contact us** today to see how we can best support you on your path to sobriety.

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