



Treat Addiction, Find a 60 Day Rehab Center

Once you’ve decided to give up drugs and alcohol, you have to determine how and where to get sober. As you investigate the options, you will hear a lot of terms and acronyms thrown around. The possibilities for drug rehab programs vary in size, length of stay, therapies offered, treatment structure, and more. You might find that you end up with more questions than answers. At Evolve Indy, we’re here to help you sift through the options and pick the one that’s best for you. We have a full range of programs and therapies to help you get and stay on the road to recovery.

What Is a 60–Day Drug Rehab?

Beyond lasting 60 days, a 60-day rehab can blend different levels of treatment ranging from residential to partial hospitalization to intensive outpatient to outpatient. Drug rehab is not just about getting sober; it’s about learning how to stay sober. Getting sober and staying sober are not the same thing. Getting sober is a lot more about stopping, and staying sober is a lot more about starting. The problem is that when you give up drugs and alcohol, you don’t necessarily know where to start. A drug rehab that lasts 60 days allows more time for you to learn the skills that you need to live your life clean and sober.

Typically, partial hospitalization and intensive outpatient programs offer individuals the ability to attend treatment for a more extended time and are as effective as inpatient treatment. During treatment, you will likely participate in individual therapy, family therapy, and group counseling. In all of these therapies, you will examine why you turned to drugs. You’ll also begin to build an arsenal of tools for your relapse prevention plan and a support system of others in recovery.

Why Should I Go to Drug Rehab for 60 Days?

If you think of learning how to be sober in the same way as learning how to play a musical instrument, you’ll quickly see why a 60-day rehab can significantly contribute to your success. Most people cannot pick up a pair of drumsticks and instantly drum out a drum solo. However, if they picked up those same drumsticks and played the drums daily, they’d be on their way to a drum solo after just a couple of months. Getting and staying sober is the same. While you won’t learn how to handle every possible situation while you’re in rehab, the longer you are there, the more you will learn.

Researchers have found that recovery from addiction is a long-term process and that leaving treatment prematurely is tied to increased relapse rates. If you’ve been relying on drugs and alcohol to cope, a lengthier rehab program can help you succeed during early sobriety. Simply having a place to go several days each week and spending time surrounded by others in the same boat can make you feel less alone. Additionally, you’ll have time to explore various recovery programs, including 12-step programs, SMART recovery, Refuge Recovery, and more.

Benefits of Getting Sober at Evolve Indy

At Evolve Indy, we have a wide range of addiction treatment programs to meet your needs and to support your recovery success. We have a variety of programs offering differing levels of support and lengths of treatment. 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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