

Finding the Right Cocaine Rehab for You

Once you realize that you have a problem with addiction, the next step is to figure out how to stop. If you are thinking about going to rehab, you will want to find one with programs that meet your needs. Whether you have co-occurring mental health disorders such as anxiety or a history of trauma, you'll want to know that the treatment facility has experience in these areas. You'll also want to see that they've treated others who used your drug of choice. Each drug you use produces different effects and the treatment to get free of the addiction is just a little different. So, if you've been using cocaine, you want a cocaine rehab facility. At Evolve Indy, we're here to help you by providing addiction recovery resources that will help you get past your addiction to cocaine and on a path to sobriety.

What Is Rehab?

We all hear everyone talk about rehab but it's not often that anyone talks about what rehab is.

Rehab is inpatient or outpatient treatment focused on treating drug addiction. For some, the first step of rehab is detox. Before you can begin to do the mental and emotional work of getting sober, you have to rid the body of the drugs. Detox is a step best done under medical supervision. Our staff has tools available to help you manage the withdrawal in the safest way possible. Once you have completed detox, the rest of rehab is about treating your addiction from all fronts.

Whether you choose an inpatient, partial hospitalization program (PHP), or an intensive outpatient program (IOP), your treatment will treat the mind, body, and spirit. Most programs include individual behavioral therapy, group therapy, pharmacological interventions, and life skills development. The goal of cocaine rehab is not only to get you free of cocaine but to provide you with a set of tools that will help keep you sober.

Can Rehab Treat a Cocaine Addiction?

Cocaine affects your body and your mind. Cocaine can be ingested in several ways and how it's consumed can impact the physical effects. It can be snorted through the nose, rubbed on the gums, dissolved in water to be injected, and smoked. Some effects seen across all forms are dilated pupils, long periods of being awake, paranoia, over-excitement, mood swings and irritability. Unlike prescription medication, cocaine does not come with a dosage label, leading to toxic amounts being used. Using a toxic amount of cocaine can result in a stroke, heart attack, seizure, or even death. Repeated use of cocaine also changes how your brain functions and essentially rewires some of the pathways. **You may find that it is much more challenging** to deal with stressful situations and be unable to cope with everyday stressors. These changes to how the brain functions demonstrate why cocaine rehab is critical in recovering from cocaine addiction.

Recovering from a cocaine addiction is much like recovery from other addictions, but there are differences. There are no medications approved by the U.S. Food and Drug Administration to treat cocaine addiction. Because of this, you want treatment at a cocaine rehab that is familiar with treating cocaine addiction and knows which interventions are the most effective. One therapy that has had positive outcomes with cocaine addiction is contingency management (CM). Contingency management uses a system that rewards you for not using cocaine and other drugs. Researchers have found it to be instrumental when treating a cocaine addiction.

Whatever interventions are in your treatment plan, they will continue beyond cocaine rehab. Part of your treatment will include creating a relapse prevention plan. Once you get clean you will have to work towards *staying* clean. Your plan might consist of attending recovery meetings, completing a rehab aftercare program, or living in a sober living house. Whatever your course of treatment is, attending a cocaine rehab center will help you get the treatment you need to find and keep your sobriety.

How Evolve Indy Helps With Treating Addiction

At **Evolve Indy**, we know all about cocaine addiction. We know what it takes to get free from cocaine. We have programs to meet your needs that will set you up for long-term sobriety. We care about your success in recovery.

We have a wide variety of programs, including cocaine rehab, that blend traditional and non-traditional therapies to treat addiction. Our programs range from intensive outpatient to outpatient, and we will work with you to find the best fit for you. **Contact us** today to see how we can best support you in your journey to sobriety.



Recommended Posts



How to Find the Right Addiction Rehab Center For Me



What Level of Addiction Treatment is Right For Me?



Fentanyl Rehab Center Near Cincinnati, Ohio



A Guide For Employers Being Proactive About Fighting Substance Abuse



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

