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There are several practices and treatments that can help you to overcome addiction. They include:

- Detox
- Residential care
- Partial hospitalization
- Outpatient addiction treatment

Millions of Americans struggle with addiction and substance use disorders each year. Fortunately, some best practice addiction treatments and continuum of care help to overcome the patient's addiction. This article discusses the entire process that professionals recommend to treat addiction.

Detox

The first phase of addiction treatment starts with detox, which involves eliminating all traces of drugs from the patient's body while managing any withdrawal symptoms. Detox is necessary because drug and alcohol abuse leads to the patient's body being dependent on the substance. As a result, quitting using the substance can lead to severe withdrawal symptoms such as anxiety and depression. The detox phase helps to ease the discomfort as well as handle any medical situation that may arise. After the patient's condition has stabilized, they are ready to transition to complete substance abuse treatment.

Residential Care

In some cases, where patients have experienced heavy alcohol and substance abuse, residential care may be necessary. This means that the patient might be in the detox unit long before moving on to partial hospitalization.

Partial Hospitalization

This program provides stable and structured care for patients who have recently completed the detox or residential care program. This phase helps clients who may be suffering from post-acute withdrawal symptoms so that they can feel comfortable as they begin to deal with the impact of their drug addiction. In this program, patients attend various group therapy sessions that educate them on their addiction and start a new life maintaining sobriety. This phase takes six hours of treatment, six hours a day. The treatment tries to imitate the real world busy schedule, so the patient gets to wake up every day, prepare their meals, dress, leave the center in a bus, and do their shopping. This keeps them on a productive schedule and increases their chances of overcoming the addiction.

Intensive outpatient

The intensive outpatient program helps to enhance the recovery of the patient and provide support for those who have recently completed the partial hospitalization phase and need support in their daily activities. This phase of the continuum of care is essential in developing a patient's ability to manage their addiction in the real world. This program is six days a week, but only three hours a day.

Outpatient addiction treatment

This is the final step of addiction treatment and the full continuum of care. It is necessary to ensure that the patients maintain long-term sobriety. It also encourages the patients to resume daily life tasks while continuing with their addiction treatment. At this stage, the patient is living back in their house and only visits the clinic a few times a week to receive support and monitor their progress.

Final Thoughts

The treatment process has many requirements, and can only be addressed by medical professionals. The patient requires support to avoid the ill effects of drug and alcohol withdrawal. If you need assistance, don't hesitate to contact a professional at [Evolve Indy](#).

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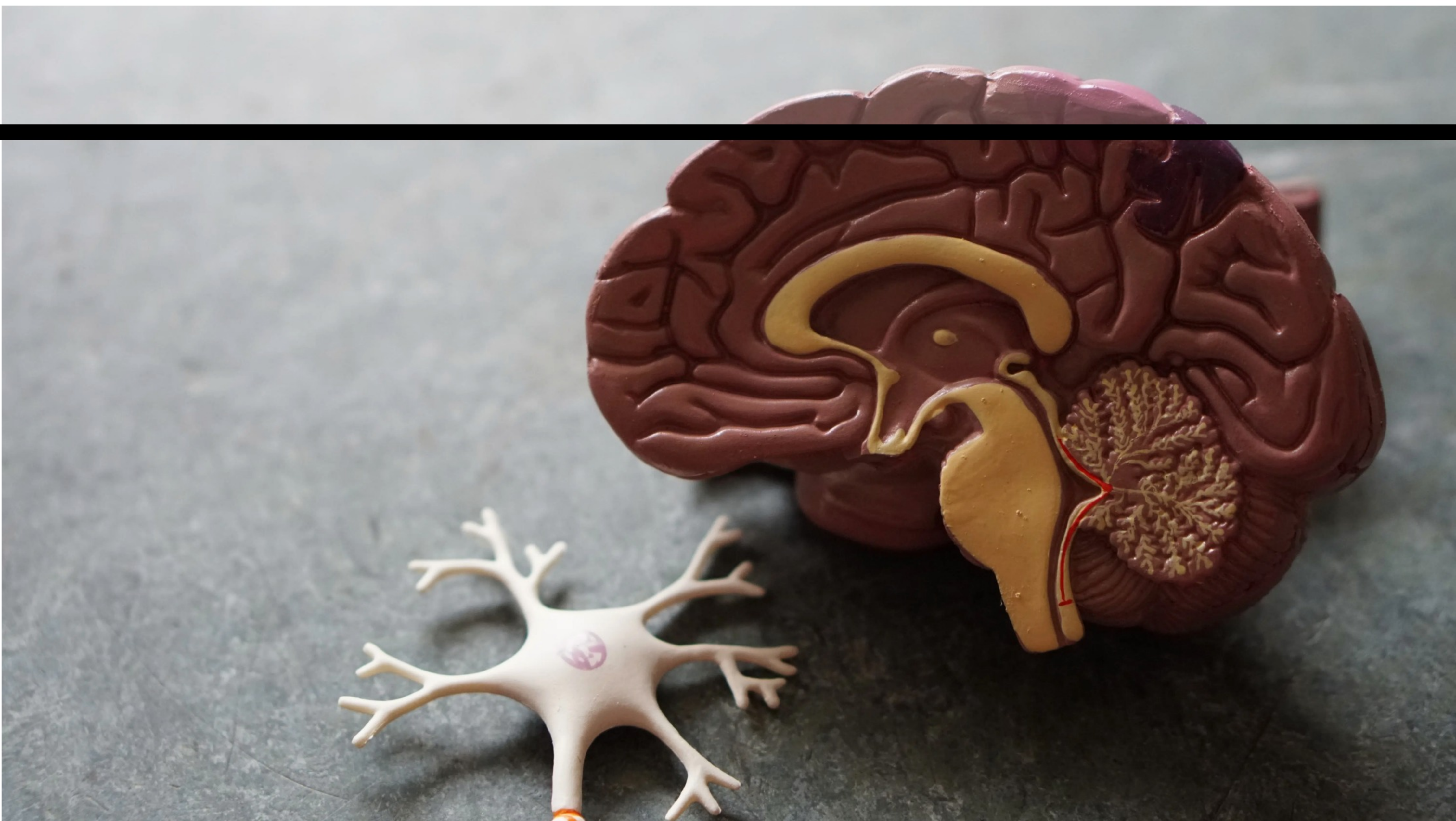
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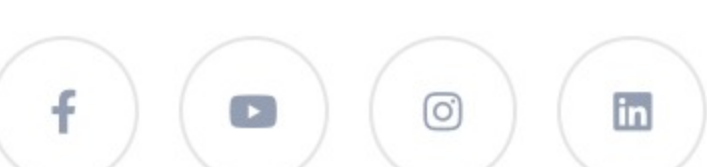
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