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Indianapolis, along with the rest of Indiana, is facing an addiction crisis. This continues to have a devastating effect on most Hoosiers' lives affecting everything from work life to family to school and sports. Research shows that drug overdose in Indiana has almost doubled since 2010 with more Hoosiers now dying from overdose than car crashes!

What's even more devastating is that people who desperately need help are hesitant to seek it out. There are many barriers to treatment but the main one remains fear of the unknown. Fear can keep you from seeking treatment because you are afraid that you won't be able to live without drugs or alcohol. You may also be hesitant to go for addiction treatment because you're afraid of what others –perhaps your colleagues at work or school- will say about you. You might also be worried that going to rehab may end up negatively affecting your family, exposing them to gossip or stigma in the community.

But you don't have to let fear and addiction control your life like this. Getting treatment for your addiction isn't an act of cowardice but one of courage. It takes guts to admit that you have a problem and even more courage to do something about it. There is no shame in that and you should hold your head high.

Myths about Seeking Addiction Treatment in Indianapolis

As one of the trusted [substance abuse treatment centers in Indiana](#), we at Evolve Indy are proud to have helped hundreds of Hoosiers to get their lives back together after being devastated by addiction. While helping clients, we often come across various myths that hold others back from benefiting from our addiction treatment services. Some of these include:

- Rehab treatment is only for the rich and famous. Sure celebrities, athletes, and other famous people have played a role in popularizing rehabs but that doesn't mean they're the only ones who can go. Our addiction treatment center in Indiana is open to everyone who needs our services, both in Indiana and beyond.
- You have to hit rock bottom before going for addiction treatment. This is false. You can seek treatment for your addiction at any time. You don't have to wait until you lose your job, family, and other important relationships before you make a change. You can decide to turn your life around at any time by walking into our treatment center.
- You can kick addiction on your own. Many people battling addiction have tried to kick the habit on their own. Very few of them have been successful. This is because addiction affects not only your body but also your mind. It has to be dealt with physically and psychologically in order for you to have a chance at getting it under control.

Addiction Treatment Services for Indianapolis Residents

As a resident of Indianapolis, you may be wondering what kind of addiction treatment services you can receive at our Indian rehab facility. Here are some of them:

1. Personalized treatment.

At Evolve Indy, we recognize that our clients are individuals with their own unique treatment needs and goals. That's why we don't have a one-size-fits-all approach to drug and alcohol addiction treatment. Instead, we take time to assess you before recommending one of our treatment programs such as our [partial hospitalization program](#). Basing your treatment plan on your specific recovery needs increases the chances of success.

2. Psychiatric services.

Addiction often exists in tandem with mental ailments or personality disorders. Both the co-occurring ailments and the addiction have to be dealt with if the individual is to have a good chance of living a sober life. Before admission to our [intensive outpatient program](#), or any other treatment program offered at our facility, we give our clients a thorough psychiatric assessment. This helps us decide whether to put them on any medication or allow them to continue with whatever medication they're taking. It also allows us to personalize their treatment plans to help them attain and maintain sobriety.

3. Counseling.

Counseling is the cornerstone of most of our treatment programs and is part of our [outpatient rehab program](#) as well. As part of your treatment, you'll have to attend individual and group counseling. In some cases, you'll also be required to have some [family therapy sessions](#). In the latter, you and your close family members attend therapy. Here you'll be guided on understanding how addiction affects family dynamics as well as how to go about fixing damaged family relationships.

4. Addiction education.

Along with offering treatment, we aim to educate people on the dangers of addiction. This helps our clients to better understand how substance abuse affects them, their health, and their families. We also include information on how to identify, avoid or deal with triggers and stressors as well as how to deal with cravings and temptations they may face in their lives. We hope that by passing on such information our clients can make informed decisions.

5. Medical assistance.

As we mentioned earlier, addiction affects your body and brain. It creates dependency and this can be hard to overcome without the right tools and support. Sometimes medication may be necessary to take the edge off cravings or to help you deal with withdrawal symptoms. That is why we always have a medical team on hand to help our clients safely and comfortably progress through recovery.

Are You Ready To Change Your Life?

We know it can be scary and overwhelming to reach out for help. But it doesn't have to be. Don't let fear and addiction rob you of the kind of life you are meant to live.

Take the first step towards recovery by getting in contact with us by phone or by using the contact form on our website. Our treatment coordinators are on hand 24/7 to discuss our different addiction treatment options and services with you. They are also ready to answer any questions you may have.

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Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.



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