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- 3. Is It Common To Relapse After Inpatient Drug Rehab?

The next step after realizing you need help to kick your addiction is determining which treatment program to enroll in. There are many different treatment options ranging from residential inpatient programs to outpatient addiction treatment. The treatment option suitable for you depends on the severity of your addiction among other factors. While considering the different options available, it's only natural to wonder how each one affects your chances of relapse.

Relapse is part of the recovery journey and very few individuals go through treatment without relapsing. According to experts, a relapse rate of 40%-60% is considered normal and nothing to worry about.

Inpatient Treatment Programs and Relapse

If you're considering inpatient treatment to help you overcome drug or alcohol addiction, it's crucial to consider your chances of relapsing after going through the program.

During inpatient drug rehab, patients get to stay at the rehab facility. This means that they are shielded from the stresses and triggers of their former lives. Upon discharge, you won't just go home, you'll be encouraged to join another treatment program that's a step down from inpatient treatment. This includes attending a [partial hospitalization program](#) or an [intensive outpatient program](#). This way, you are gradually eased back to your normal life.

While going through inpatient rehab treatment, you'll be equipped with relapse prevention techniques to incorporate into your daily life that will help you maintain sobriety and keep you working towards your recovery goals.

Preventing Relapse

Recovery from addiction is a journey that involves personality growth, discipline, and sacrifice. How you choose to live your life after treatment and the choices you make determine whether you'll relapse or not.

To help prevent relapse you should:

- Understand and avoid your triggers. To avoid your triggers, you must first identify them. Common triggers include stress, boredom, certain people, smells, or sights.
- Make necessary changes in your life. If you wish to remain sober after rehab, you have to be willing to change your life. This may include getting rid of toxic friends and relationships or avoiding situations that may tempt you to start using or drinking e.g. social isolation.
- Develop a strong, positive support network. Navigating sobriety is much easier if you have a strong support network of friends and family. These people will give you strength and remind you why you decided to get sober.
- Join a recovery support group. This includes a 12-step program or the equivalent. Here you'll meet people who understand what you're going through and you can share and learn from each other's experiences.
- Incorporate self-care into your daily routine. To remain sober, you need to start taking better care of yourself physically and mentally. Mindfulness meditation, exercise, journaling, trying out new hobbies, etc. can help keep depression, anxiety, and cravings at bay.

Get the Help You Need Today

At [Evolve Indy in Indiana](#), we believe everyone battling an addiction deserves to get the assistance they need to overcome it. We are ready to help you. Get in touch with us today.

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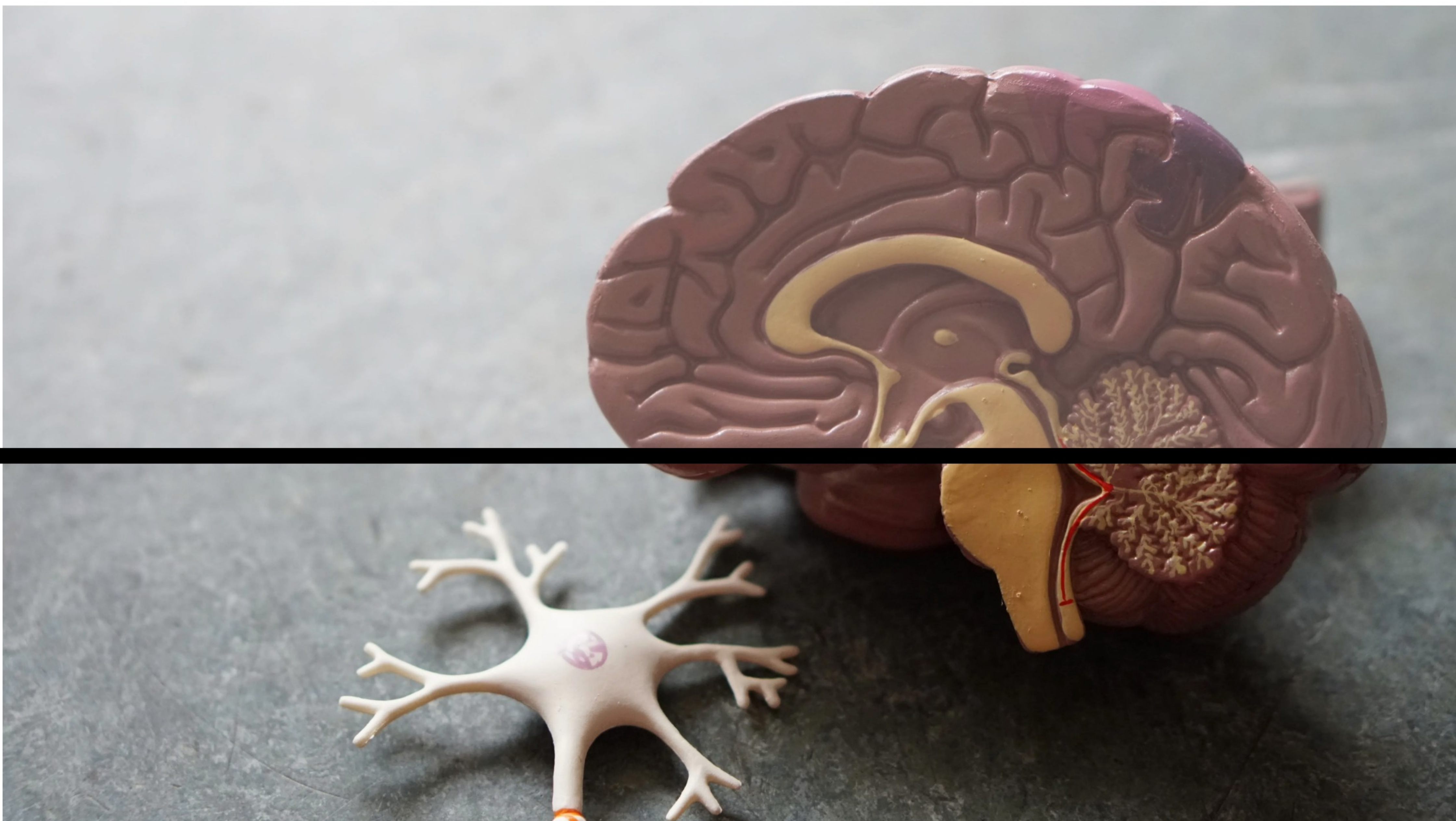
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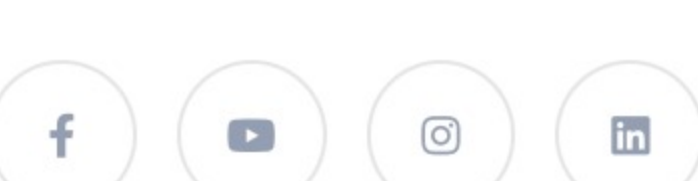
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