**ADMISSIONS** 

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Once you decide to get sober, you start to wonder how. You might begin by putting down the drugs or alcohol, but sometimes that doesn't go as smoothly as planned. Sometimes the withdrawals kick in, and you find yourself using again. Being unable to stop using without help is nothing to feel bad about; quitting drugs and alcohol is challenging. Your body has likely become dependent on the substances you have been using and won't react well when you first decide to stop. A drug rehab in Fort Wayne, Indiana, might be the right solution for you. Whether you want to go to treatment far from your home or in your backyard, Evolve Indy is here to help you get and stay on the road to recovery.

### Drug Rehab Explained If you've never been to rehab before, you may wonder what to expect. Getting sober can feel like a scary proposition. Drug rehab in Fort Wayne,

Indiana, is inpatient or outpatient treatment focused on treating your drug addiction and helping you create a life in recovery. For most, the rehab journey starts with detox. Freeing your body from drugs and alcohol is the first step on the road to recovery. Detox is best done under supervision because detoxing alone can be dangerous. Once you've rid your body of the drugs and alcohol, it's time to do the rest of the work. And while detox is almost always done on an inpatient basis, the remainder of your treatment can be done as part of an inpatient or outpatient program. Whether you complete treatment on an inpatient or outpatient basis will be a decision made with your treatment team. This decision is often based on a mixture of factors.

## Types of Drug Rehab in Fort Wayne, Indiana With various drug rehabs in Fort Wayne, Indiana, you have many options ranging from inpatient to partial hospitalization to outpatient. It might

even feel overwhelming when you look at all of the choices available, and that's where we come in. At Evolve Indy, we can help you take an honest look at your addiction and match you with the best treatment for you. Everyone's road into addiction and back out into recovery is just a little different from the rest. You'll have the chance to work with treatment staff to create the best way forward for you. It's important to note that whether you choose inpatient, outpatient, or a combination of the two, these options can be further tailored to meet your needs.

Outpatient treatment might be in the form of partial hospitalization, intensive outpatient, or traditional outpatient. Much of the treatment offered on an inpatient basis is available to those completing treatment on an outpatient basis. Outpatient treatment may be as effective as inpatient treatment, depending on what services and therapies are included. Partial hospitalization and intensive outpatient programs typically include individual behavioral therapy, group therapy, pharmacological interventions, and life skills development. Outpatient programs allow you to attend treatment for part of the day while still working or being an active member of your family.

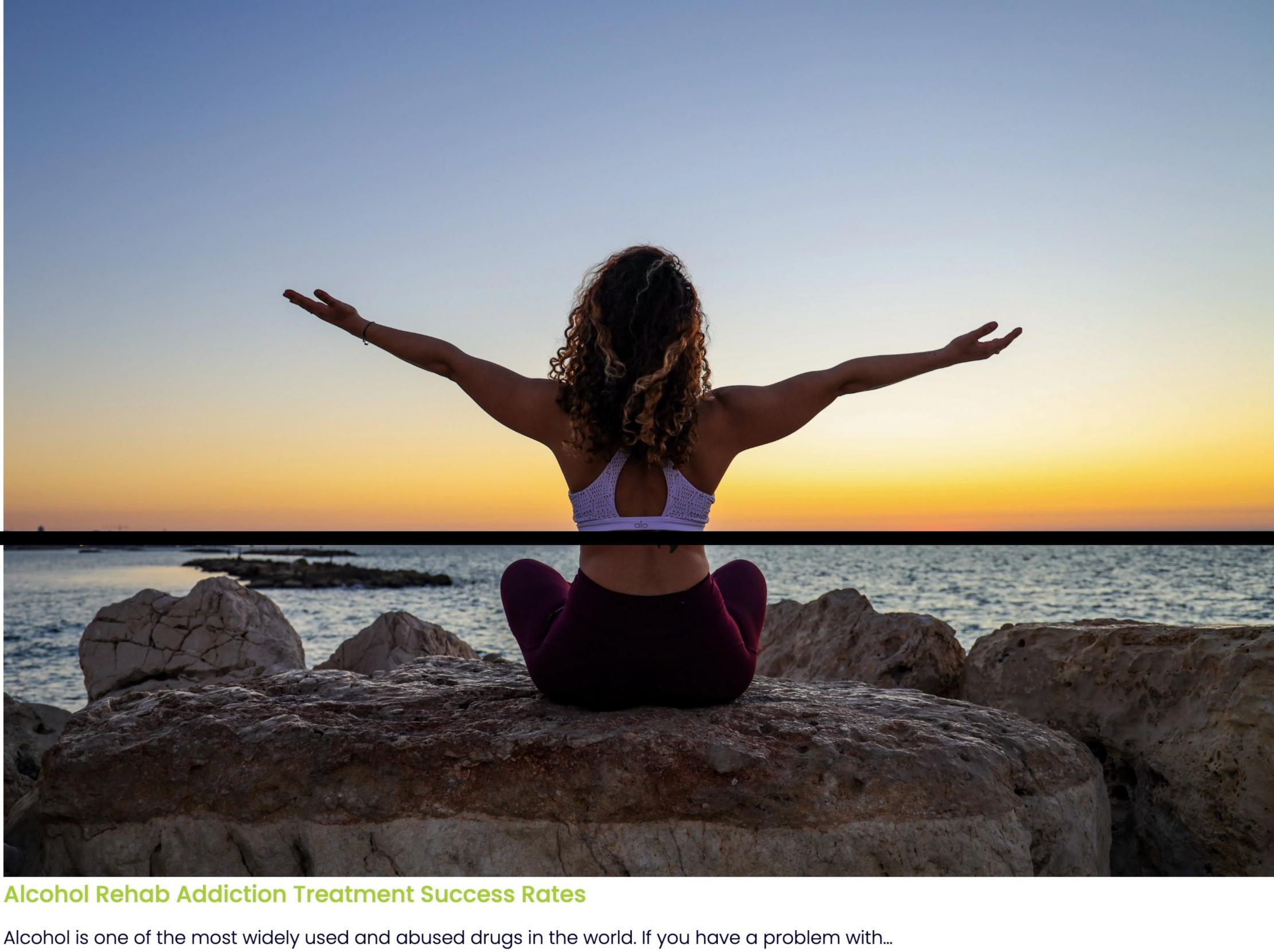
## Benefits of Getting Sober at Evolve Indy At Evolve Indy we have a wide range of programs to meet your needs to support your recovery success. We have a variety of programs

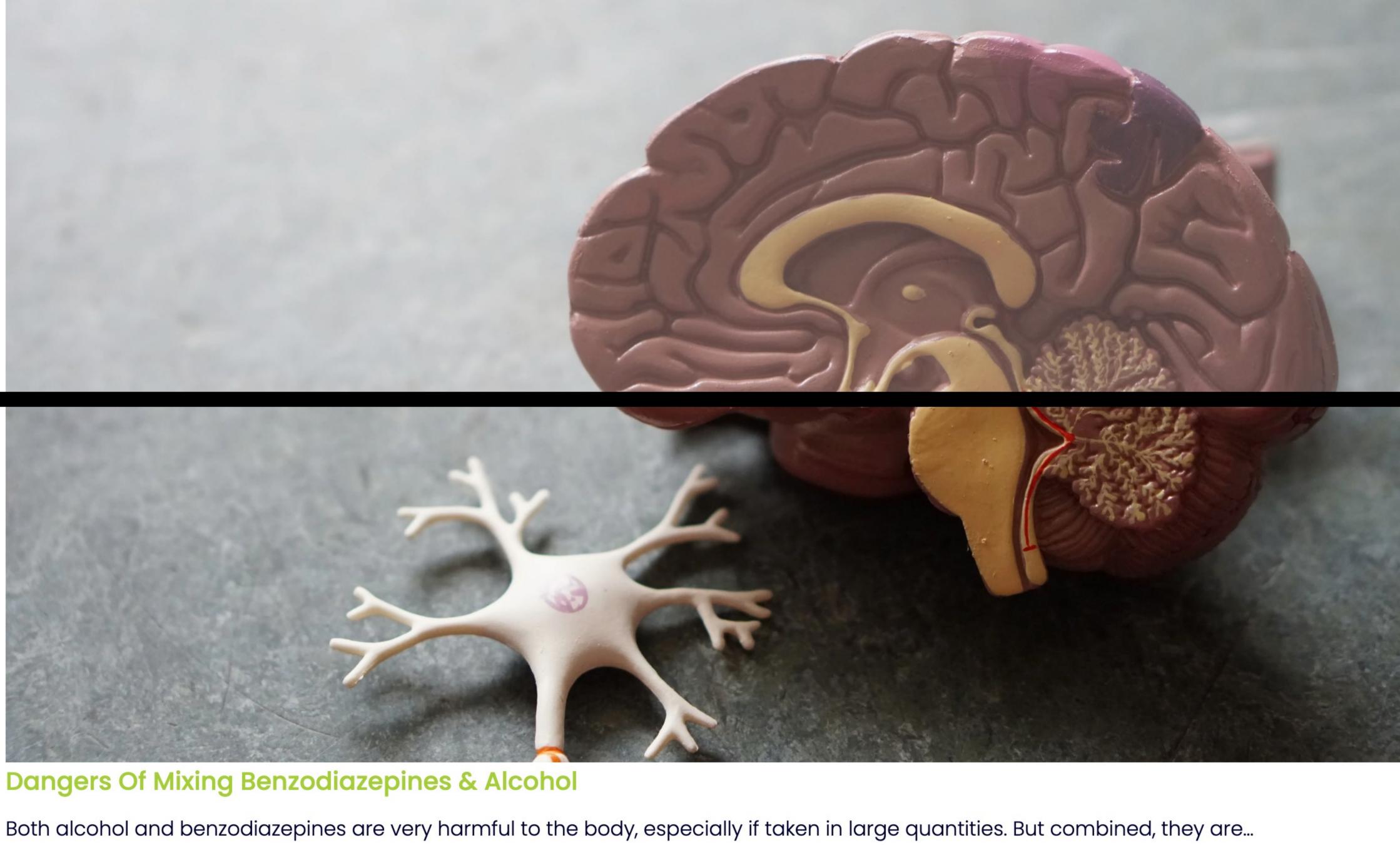
offering differing levels of support. Our midwest treatment center includes a Partial Hospitalization Program (PHP), an Intensive Outpatient Program (IOP), Outpatient Addiction Treatment (OP), Community Housing, and Family Therapy Addiction Treatment. Our programs offer expertlevel therapy combined with 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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## 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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