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- 5. The Benefits of Going to a Coed Rehab

Once you decide to get treatment for your addiction, you'll find yourself making many choices. You will have options regarding the length of treatment, type of treatment, location of treatment, and even who else is in treatment with you. Your treatment plan will likely determine your length of treatment and the components of your treatment. Based on your history and the specifics of your drug use, your treatment team might recommend partial hospitalization, intensive outpatient, or some combination. There are other choices that you can make upfront. For example, some rehab programs are aimed at a particular religion or culture. Others are grouped by being of the same gender or coed rehab. At [Evolve Indy](#), we understand that there are many choices to make when you decide to go to rehab, and we're here to help you navigate those choices.

## What Is Coed Rehab?

Some rehab programs are attended only by people of the same sex, either all males or all females. Other rehabs are coed rehabs that serve a mix of different sexes and genders. In fact, some rehab facilities have programs that allow couples to enter rehab together. Coed rehab may utilize a combination of same-sex and coed groupings to facilitate your recovery. Some topics such as physical health may be best addressed in the same sex setting, while other topics such as coping skills can be addressed in a mixed group. In certain cases, coed groups can help us to see situations from another perspective. Addiction isn't specific to men or women. It cuts across all sexes, genders, cultures, and socioeconomic statuses. A recovery path that exposes us to different individual experiences can help us solve problems within our recovery. It also provides us with an opportunity to gain perspective by listening.

## Are There Benefits to Going to a Coed Rehab?

Whether you choose to go to a same-sex or coed rehab, there are benefits to both. Obviously, the world we live in is coed. Attending a coed rehab allows you to build your recovery toolkit in the presence of the opposite sex. While you will interact with members of the opposite sex in common areas and in group sessions, most rehab facilities have separate living quarters for males and females. Regardless of the benefits of coed rehab, it is essential to maintain the focus on getting sober and building a life in recovery rather than meeting your next romantic partner. In fact, you may uncover issues that you need to explore in therapy while you are still in rehab simply by being in the presence of members of the opposite sex. And, if you are in a relationship with someone else who is struggling with addiction, you might find that attending rehab together allows you to work through your own individual addictions and your relationship at the same time.

## Coed Rehab for Alcohol and Drug Addiction at Evolve Indy

At [Evolve Indy](#), we understand the different types of treatment available and the benefits of each. We know what it takes to get and stay free from addiction. Our treatment team will create a tailored approach to address the physical, mental, and spiritual aspects of your addiction. 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 that blend traditional and non-traditional therapies to treat addiction. Our programs range from residential 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.

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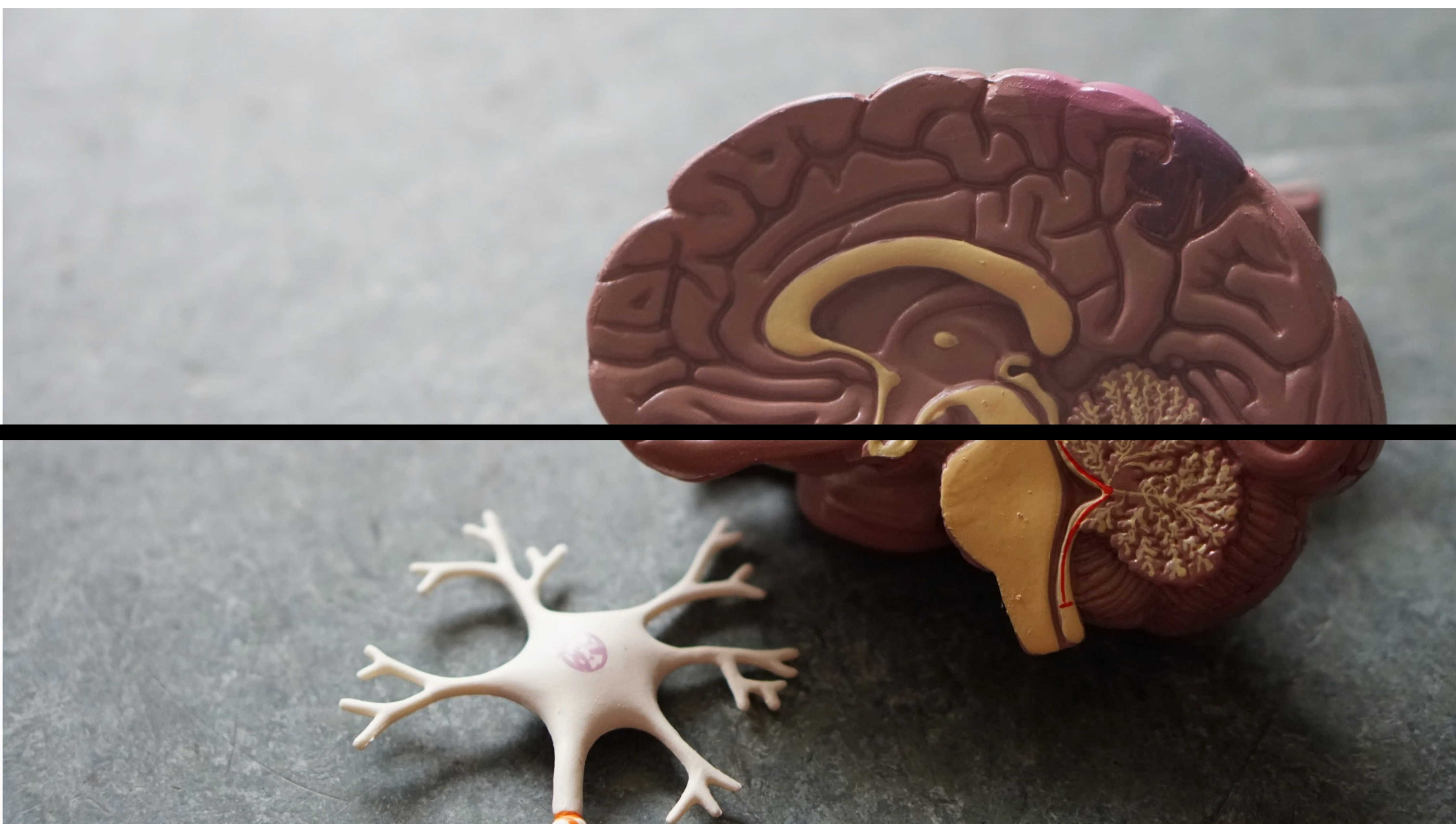
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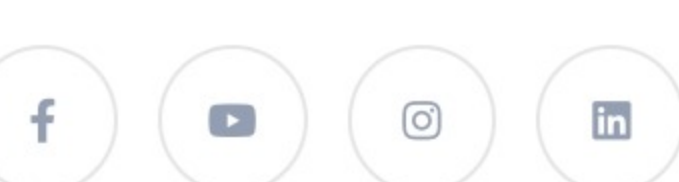
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Open 24 Hours a Day, 7 Days a Week

8770 Guion Rd SuiteB,  
Indianapolis, IN 46268

