

- Home
- Drug Treatment
- The Different Types of Treatment for Addiction

As addiction has come out of the shadows and been the focus of more research, so has addiction treatment. The types of treatment for addiction have increased significantly. While that's good news, you'll want to make sure you understand what's available and what options are the best fit for you. Everyone has their own addiction story, and the path to recovery will be a little bit different for everyone. At Evolve Indy, we're here to help you navigate the available types of treatment for addiction that will help you get you on a path to sobriety.

## What Is Addiction Treatment?

When you talk about [addiction treatment](#), you might wonder just what it is. The treatment for addiction, like other disorders is filled with shades of grey. Unlike physical medical conditions, there isn't surgery or medication to remove your addiction. Addiction treatment is layered, and the layers will depend on your own addiction story. There are a lot of options and the combinations are endless.

Addiction treatment is based on the drugs used, the length of addiction, any co-occurring mental health disorders, physical health, and more. What's particularly interesting about addiction treatment is that it has no end. Many who break free from active addiction find success by being active in their recovery.

## Types of Treatment for Addiction

So what are the types of treatment for addiction and how do you know where to begin? While it is not absolute, nearly everyone will have to start with detox of some sort. Before you can begin the critical work of getting to the root of your addiction and building a life in sobriety, you have to rid your body of the drugs. Depending on what drugs you were using, your detox may need to be medically supervised. While most people do not realize this, the most deadly drug from which to detox is alcohol. During supervised detox, your symptoms will be monitored, and medications can be used to ease your symptoms and ensure your safety. Once you have completed detox, you are ready to move on to the rest of your treatment and the work that will keep you sober.

After you've cleared the toxins and poison from your body, it's time to dig into the rest of your treatment and the rest of your life. The types of treatment for addiction include inpatient treatment, partial hospitalization, intensive outpatient, traditional outpatient, and peer support recovery groups. Most people start with a higher intensity of treatment, such as inpatient, partial hospitalization, or intensive outpatient. You can then continue your treatment with traditional outpatient counseling and peer recovery support groups. Learning how to get and stay sober is a bit like riding a bike. Initially, your bike has training wheels and another person close by to help you steer. Later, the training wheels come off, the person steps back a bit, and you're cruising down the road happy. You will still hit bumps, and you may even fall off, but you'll have learned the tools you need to get back up and keep going. You will also have a community of support that you've developed in treatment.

## How Evolve Indy Helps With Treating Addiction

At [Evolve Indy](#), we have experience with all the types of treatment for addiction. We know what it takes to get free from drugs and alcohol. 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.

## Related Posts



### Benefits Of Going To An Addiction Rehab Near You

If you have an addiction of any kind, and you have come to realize that it is time to do...



### Alcohol Rehab Addiction Treatment Success Rates

Alcohol is one of the most widely used and abused drugs in the world. If you have a problem with...



### Dangers Of Mixing Benzodiazepines & Alcohol

Both alcohol and benzodiazepines are very harmful to the body, especially if taken in large quantities. But combined, they are...

## Our Videos

**Call us at: 1-855-495-1063**

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

### Navigation

- Home
- About
- Treatment
- Tour Facility
- Admissions
- Blog
- Contact

### Get In Touch

Open 24 Hours a Day, 7 Days a Week

**8770 Guion Rd SuiteB,**  
**Indianapolis, IN 46268**

