

By The Professionals At Evolve Indy

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- Steps To Make Sure Your Loved One Goes To Long Term Drug Rehab

When a loved one becomes involved with drugs such as marijuana or cocaine, it can have a huge impact on their lives and their wellbeing. It is so important for you to help your loved one seek **treatment** if they are having issues with drugs, and this can be easier said than done.

Today we want to talk through some of the ways that you can help a loved one go to long term rehab and stay there. Rehab can be a daunting and stressful thing, and many patients will relapse if not given the proper support. Here are some of the steps you can take to make sure that your loved one goes to long term rehab this year.

## Learn with them

The main issue that can scare off a patient from rehab is the anticipation of what's to come. Many people will see the portrayal of rehab on the tv and they won't necessarily know what to expect at the clinic. It can be overwhelming and scary if you don't know what is to come and this is why many people simply don't try. One effective way to help your loved one go to rehab is to sit down and do some research on treatments with them. The more you both learn about the types of rehab and what they do, the better it will be for both of you and that fear of the unknown will be gone.

There are a few different types of long term treatment you can try such as:

- Partial hospitalization
- Intensive outpatient
- Outpatient program

By researching different treatments and their benefits, you can quell any fear and hopefully encourage your loved one to take action.

## Give your support

When you have a loved one who is suffering from drug issues, it is so important not to judge them or make them feel small. If you are to encourage a loved one to seek help; positive reinforcement is what you need and you can do this in many ways. By showing your love and support to someone you care about, they will feel as if they are better equipped to tackle their problem and they won't feel so isolated. It is important as a family member or friend to be the rock for them at this time, and perhaps take on some of tasks or responsibilities in order to lighten the load on their shoulders.

## Talk to them

You can never force someone into rehab. A person has to be willing to change and want to be the best they can be, and the only thing you can really do is encourage this. Consider talking to your loved ones to find out the root of their problem and where their stress lies. Stress, depression, and life events often are a catalyst for drug problems and if you can identify this with them, they might become willing to go and make a change.

Use these tips to support your loved one and make sure that they seek long term drug help this year.

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