

By The Professionals At Evolve Indy

1. Home
2. Alcohol Treatment
3. Blog
4. ...
5. What Are the Different Treatment Modalities for Substance Abuse?

When you decide to get sober, you don't instantly know all of the options for getting sober. You may have heard about people going to rehab without really knowing what that entails. Likewise, maybe you have heard of others going to detox, an IOP, or a PHP without knowing what those terms mean. There is a language within sobriety and recovery treatment that can seem confusing in the beginning but will make perfect sense as you get through early sobriety. You'll learn that inpatient, partial hospitalization programs (PHP), and intensive outpatient programs (IOP) are all levels of intensity of treatment. You'll also learn that there are different treatment modalities for substance abuse embedded within each of those treatment levels. At [Evolve Indy](#), we are here to help you understand all of the options available to you. We know how to leverage the different modalities to help people find their way out of addiction and into recovery.

What Are the Different Treatment Modalities for Substance Abuse?

While treatment for substance abuse previously focused on helping individuals have greater willpower, today's treatment includes a wide range of options that treat addiction from multiple perspectives. Most treatment facilities incorporate different treatment modalities for substance abuse within their programs. While an inpatient program may offer these options at a higher level of intensity, you may still find the different modalities in partial hospitalization and intensive outpatient programs. Inpatient programs and partial hospitalization programs, by their very nature, are able to offer more treatment options. With more hours spent in treatment, you will spend more time in therapy, counseling and skills groups. Intensive outpatient programs will offer a wide range of therapies in a more condensed version because of the decreased number of hours in those programs.

All facilities will offer or refer you to detox prior to beginning the rest of your treatment (if needed). Detox rids your body of the toxins and prepares you for the remainder of your treatment. Once you have completed detox, you can expect a mix of group, individual, and/or family counseling. Group counseling can be divided into many ways. Group counseling may be tailored to a gender, a drug of choice, a history of trauma, or other common issues. Individual therapy can be done in a multitude of ways including cognitive behavioral therapy, dialectical behavior therapy, motivational interviewing, and more. In addition to more traditional forms of therapy, many facilities incorporate alternative therapies and experiences such as yoga, meditations, breathwork, art therapy, music therapy, and more. Both the traditional and alternative therapies are there to help you explore what brought you to your addiction and what you need to change to stay sober. Skills groups focused on how you can better care for yourself and your body will teach you about nutrition, movement, and more. All of the treatment modalities combined will help you to tear down your life in active addiction and build a new life sober.

How Evolve Indy Can Help You or Your Loved One Get Sober

At [Evolve Indy](#), we know the tragedy that is addiction. We understand how challenging it can be to break free. Our compassionate and professional staff can help you or your loved one find the way out of the darkness of addiction. We care about your success, and we know how to help you or your loved one find long-term sobriety. Our programs range from residential to outpatient and incorporate a multi-faceted therapeutic and holistic approach. We will create an individualized treatment plan that blends traditional and holistic therapies to best support you or your loved one. [Contact us](#) today to see how we can best help you and your loved one in the journey to sobriety.

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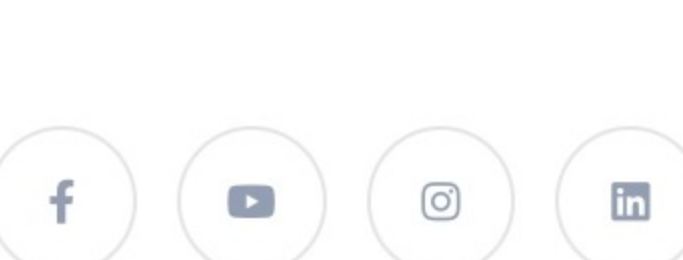
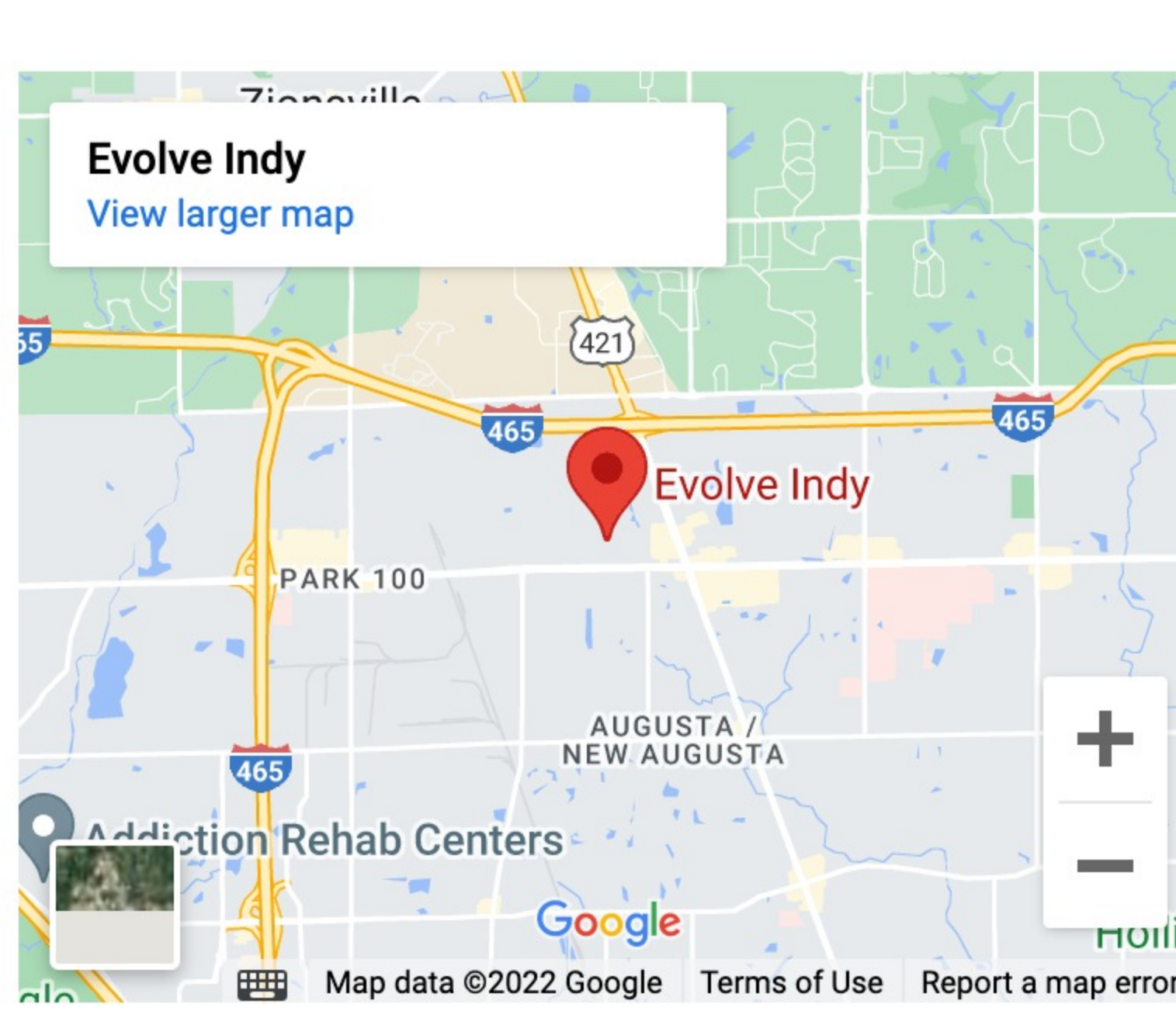
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