By The Professionals At Evolve Indy

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5. Why You Should Go to a Southern Indiana Treatment Center

When you realize that you cannot stop using drugs or drinking on your own, it is time to ask for help. Maybe you've tried to stop and keep relapsing. Perhaps you haven't even tried to stop using it because the thought is terrifying. But, whether you are just getting started or are getting back on the road to recovery, getting treatment can get your journey started. A southern Indiana treatment center will offer you a safe and supportive environment to break free from alcohol and drugs. At Evolve Indy, we know how to leverage many treatment modalities to help you find your way to a life with long-term sobriety.

# What Are the Signs Someone Needs to Go to Rehab?

Addiction is a disease of isolation, with using drugs and alcohol at its core. If you or a loved one are solely focused on drugs and alcohol to the detriment of everything else in your life, it's time to go to a southern indiana treatment center. Because when experimentation or casual use becomes the overriding factor in all of your decisions, everything in your life will begin to suffer. While not everyone experiences immediate consequences from drug and alcohol use, the rubber eventually hits the road. Regular and continued drug use will lead to problems in your relationships, workplace, and home. You will also experience the physical effects of drug and alcohol use. It will often start as not feeling quite right after using or drinking. However, long-term use typically leads to using more drugs to get the same high and more frequent use. As your use ramps up, the times that you feel good will be less frequent. You will feel physically run down and, depending on how long your using continues, you may start to experience more long-term effects. When you reach the point that you and your body cannot function without taking more drugs or drinking, it is time to go to rehab.

# Why You Should Go to a Southern Indiana Treatment Center

Getting sober is hard work. But, doing this work under the guidance of professionally trained staff and within a community can help to make it more bearable. Finding your way to recovery at a southern indiana treatment center enables you to build a firm foundation for your life in long-term recovery. Attending rehab allows you to focus your time and energy on your sobriety in an environment that is safe and supportive. You'll learn how to build a life in sobriety that doesn't require an escape.

# The Different Types of Southern Indiana Treatment Centers Available

Southern Indiana treatment centers offer a wide range of programs and treatments. Most facilities offer a blend of treatment programs to meet your needs, including inpatient, partial hospitalization, and intensive outpatient. Within each treatment program, you will have access to individual and group therapy, skills groups, and more. Typically, your treatment will begin with detox to allow your body to rid itself of the drugs, alcohol, and toxins. Once you have completed detox, you will attend the treatment program identified as the most appropriate for you in your treatment plan. After that program, you will likely participate in an aftercare program that might include living at a sober living facility, attending traditional outpatient counseling, and participating in peer support recovery groups.

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

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

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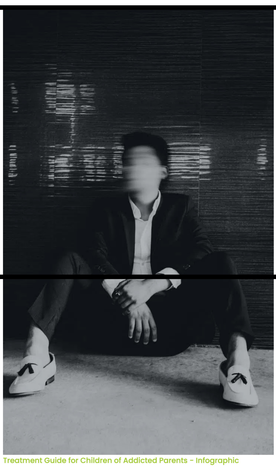

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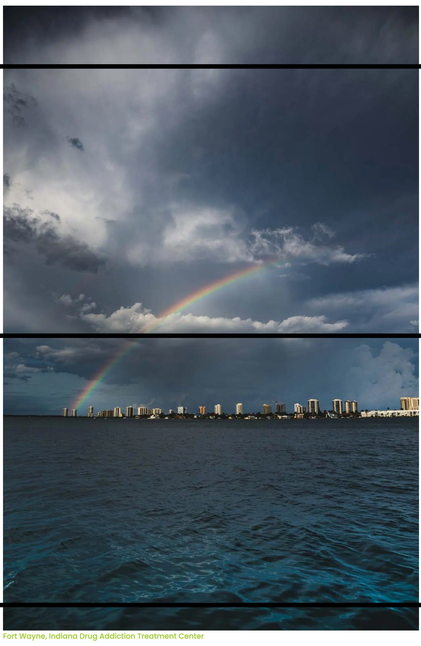

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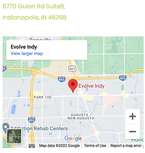
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