

How to Find the Right Addiction Rehab Center For Me

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The different kinds of rehab treatment relate to the different needs of each individual. Choosing the best addiction rehab center should be your top priority when selecting a center. It could be the difference between a sober life and a relapse.

At Evolve Indy, we work with individuals to determine the best level of rehabilitative support, then provide complex, evidence-based treatment to help each individual progress through their journey of recovery. [Contact a treatment coordinator today](#) to see which of our programs best fits your addiction treatment needs.

What are the Different Kinds of Addiction Rehab Centers?



Rehab treatment for addiction varies in levels of intensity based on the needs of the client. Each person should be matched with an appropriate level of addiction treatment, or the process may be unsuccessful.

The most intensive level of addiction treatment is inpatient rehabilitation. This is for individuals who have been diagnosed with a moderate or severe substance use disorder, those who have a co-occurring mental health disorder, and those who may have had a lapse or relapsed at lower levels of supportive addiction treatment. Residential inpatient treatment is designed to provide intensive supportive care for individuals in a safe, drug-free environment.

[Intensive outpatient programs](#) and [partial hospitalization](#) programs are designed to provide the intense treatment of a residential facility but rely on the individual and their home life to provide the safe, drug-free environment necessary for an individual to abstain from substances early in the addiction treatment process. This can be beneficial for individuals who have a support system at home and are motivated to make a change but need a structured routine to do so.

What is Outpatient Treatment?

[Outpatient treatment](#) is the least restrictive style of addiction treatment. Through this process, individuals work or maintain their home lives while attending addiction treatment throughout the week to receive the support and structure they need to remain substance-free. Through this process, individuals can work one-on-one with a counselor, through structured group therapy sessions, and attend planned social gatherings.

Outpatient rehabilitation helps clients maintain their independence and work through addiction treatment with a goal in mind. Through this process, individuals can learn to manage in real-world situations, unlike those who choose to attend residential rehab.

Is an Outpatient Rehab Center Right For Me?

When deciding if outpatient rehab is right for you, it is important to consider several factors like need, home life, and support. By taking into consideration these factors, individuals can choose the best option for their rehabilitation and mental health.

Choosing [outpatient rehab](#) is based on need. Individuals who are best suited for outpatient rehabilitation have been diagnosed with a mild substance use disorder or have identified problematic drinking traits that they themselves want to change. Additionally, outpatient rehabilitation may be beneficial for those who have already completed a residential program and are continuing outpatient treatment. The need is relevant to the severity of the addiction and the needs of the client.

Homelife should also play a considering factor in determining whether or not outpatient rehabilitation will be beneficial for you. If you believe that you can maintain a drug-free home life and work through possibly triggering situations early on in your treatment, then outpatient rehab may be for you. Individuals who work through outpatient treatment must be personally motivated to complete the treatment process because they will constantly be surrounded by a community and society dependent on substances.

Finally, an important consideration is the level of support available. Individuals who participate in outpatient treatment are often most successful with the support of their family and friends. Clients in outpatient rehab, who have support to rely on outside of treatment, may experience fewer lapses and relapses.

How to Find the Right Addiction Rehab Center For Me

When searching for the best addiction rehab center for me, it is essential to note what you find important to your journey and what you believe will help you the most. Finding a treatment center where you feel at home and can build a community is beneficial to finding the correct level of support for your addiction treatment.

At Evolve Indy, we offer [multiple addiction treatment programs](#), from partial hospitalization programs to intensive outpatient and outpatient treatment programs. Through these various program options, our clients are able to build a supportive community of individuals who can make outpatient treatment more successful for one another. [Contact us today](#) to see how our premier addiction treatment can support you on your journey.

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