

What is Long-Term Alcohol Rehab?

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For those struggling with [alcoholism](#), recovery is not as simple as stopping alcohol use. Alcoholism's effect on the body means that withdrawal from alcohol can not only be difficult and uncomfortable, but it can also be life-threatening. The body's dependence on alcohol can result in withdrawal symptoms ranging from mild (like anxiety, headaches, nausea, and insomnia) to severe (seizures, hallucinations, increased blood pressure, faster heart rate, and confusion or disorientation). To safely detox from alcohol and overcome the root causes of addiction and learn better-coping techniques, long-term alcohol rehab is often the best course of treatment. So what is long-term alcohol rehab?



What is long-term alcohol rehab?

Long-term alcohol rehab is a multi-step rehabilitation program that starts with more intensive care and steps down in intensity over time as you detox from alcohol and learn to manage your addiction and heal throughout the course of treatment. Because alcohol addiction arises out of a pattern of ongoing use and abuse, overcoming this type of addiction is not a quick fix. Long-term alcohol rehab is successful because it allows you to receive the help you need while also helping you integrate tools from rehab back into your everyday life.

Long-term alcohol rehab typically starts with a [partial hospitalization program](#). This allows those seeking treatment the opportunity to receive the intensive, hands-on care that they need, especially while likely experiencing withdrawal symptoms, without requiring an overnight stay at the facility. Partial hospitalization also involves incorporating group and individual therapy, designed to help address the negative thought patterns that led to addiction, instead of replacing them with coping methods.

[Intensive outpatient treatment](#) comes next, giving clients more freedom to resume their daily lives while still receiving the support and guidance needed to overcome their addiction. One of the primary elements of intensive outpatient treatment is group therapy, allowing clients to give and receive support from their peers and learn how to be in a social environment without relying on alcohol or other substances.

The final step of long-term rehab is [outpatient rehab](#). The structure of outpatient therapy allows clients the freedom to maintain their day-to-day routine while incorporating multiple therapy sessions per week, including both individual and group therapy. Outpatient rehab allows you to integrate what you've learned throughout long-term alcohol rehab into your day-to-day life, easing the transition out of treatment and into an alcohol-free lifestyle.

Who should go to long-term rehab?

If you or a loved one is struggling to live your everyday life without relying on alcohol to cope with your feelings, and emotions or get through the day, long-term alcohol rehab may be right for you. Regardless of how your reliance on alcohol began or how long you've been suffering from alcohol addiction, a rehabilitation program will enable you to safely detox and will arm you with the tools you need to live a healthier life free from addiction. Your course of treatment will be personalized to your individual needs, ensuring you the best possible chance at success in healing.

Alcohol Rehab at Evolve Indy

At Evolve Indy, we specialize in helping those struggling with alcohol addiction to detox safely in our premier recovery center in Indianapolis, with evidence-based treatment for substance abuse that results in our clients living healthier lives free from addiction. If you or a loved one is struggling with an addiction to alcohol, our long-term alcohol rehab program can help you get the start you need in your recovery. [Contact us today](#) to learn more about long-term alcohol rehab treatment and to get started.

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