

What Is A Partial Day Program In Addiction Rehab Recovery?

by Evolve Indy | Nov 21, 2022 | Blog



If you are reading this, then you or someone you love are struggling with addiction. You may be wondering what the next step should be. The good news is that many different treatment programs are available, and Evolve Indy can help you find the right one. This blog post will discuss the [partial day](#) program in addiction rehab recovery.

Being addicted to drugs or alcohol is a difficult thing to overcome. It takes a toll on your body, mind, and spirit. It can be hard to imagine life without substances, but it is possible. With the right treatment program, you can begin to heal and build a foundation for a sober life.



Why is it important to get help from a treatment program? Because addiction is a disease. It changes the way your brain works and makes it difficult to stop using substances. A treatment program will provide you with the tools and support you need to recover.

What Is A Partial Day Program In Addiction Rehab Recovery?

A partial day program is a type of treatment program that allows patients to receive therapy and other services during the day but then go home at night. This can be a good option for those who need more structure than an outpatient program but who do not need 24-hour care.

When treating addiction, it is important to address the underlying causes. This may include trauma, mental health issues, and other factors. A partial-day program will provide you with the opportunity to work on these issues in a safe and supportive environment.

What Are The Benefits Of A Partial Day Program?

There are many benefits to a partial-day program. These programs can provide you with the chance to:

- Get out of your home environment and into a treatment setting: This can be helpful if your home life is not supportive of your recovery.
- Focus on your treatment: When you are in a partial day program, you will be surrounded by others who are also working on their sobriety. This can provide a sense of camaraderie and help you stay focused on your goals.
- Build a support system of staff and peers: The staff at a partial-day program can provide you with the guidance and support you need to recover. You will also build relationships with your peers, which can be helpful after you leave treatment.



What Happens In A Partial Day Program?

A partial-day program typically lasts for six to eight hours per day. During this time, you will participate in different types of therapy. This may include individual therapy, group therapy, and family therapy. You will also have the opportunity to participate in activities that promote healing and recovery.

Some of the topics that may be addressed in therapy include:

Trauma

If you have experienced trauma, you will work on healing the wounds from the past. This can be a difficult process, but it is an important step in recovery.

Sobriety

You will learn about the tools and strategies that can help you stay sober. This may include coping skills, stress management, and relapse prevention.

Outpatient programs

If you are attending a partial day program, you may also participate in an [outpatient program](#). This can provide additional support and structure during treatment. Outpatient programs typically meet for a few hours each week.

During this time, you will participate in therapy and other activities. After you complete a partial day program, you may transition to an outpatient program. This can help you maintain your sobriety after treatment.



Intensive Outpatient programs

An [intensive outpatient program](#) (IOP) is a type of treatment that provides more structure than an outpatient program. IOPs typically meet for three to five hours per day, three to five days per week. During this time, you will participate in therapy and other activities.

Partial Hospitalization

A [partial hospitalization program](#) (PHP) is a type of treatment that provides more structure than an outpatient program. PHPs typically meet for six to eight hours per day, five to seven days per week.

Think about the children

If you have children, you may be wondering what will happen to them while you are in treatment. There are a few options available to you. Follow a [guide](#) to help you figure out what is best for your family.

If you are struggling with addiction, a partial day program can be an effective treatment option. This type of program provides expert care and support while you work on your recovery.

If you have children, there are options available to help them while you are in treatment. After you complete a partial day program, you may transition to an outpatient program. This can help you maintain your sobriety after treatment.

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