

# What Benefits Does Inpatient Addiction And Mental Health Treatment Offer?

by Evolve Indy | Feb 16, 2023 | Blog



Addiction and mental health issues can be challenging and overwhelming, but seeking inpatient treatment offers the support, resources, and care needed to begin the journey toward recovery. Inpatient treatment has benefits, including a structured and safe environment, 24/7 medical and clinical supervision, and a comprehensive approach to addressing both the physical and psychological aspects of addiction and mental health. This article will explore the many benefits of inpatient addiction and mental health treatment and why it may be a necessary step for those seeking to overcome their struggles.



## Comprehensive and Structured Programs with Access to Clinical Professionals

Whether for a drug rehab or alcohol rehab, inpatient addiction and mental health treatment offers comprehensive and well-structured programs. And most of these programs have been designed to offer a more personalized approach to substance abuse and addiction treatment. And it's not surprising that these programs have a higher success rate, as a patient benefits from immersive techniques tailor-made to treat a patient's unique situation.

Seeking help from an addiction **treatment center** also offers an inpatient 24/7 access to medical professionals in the facility. A patient will benefit from group therapy sessions, individual therapy sessions, and classes that teach important life skills.

## More Effective for a Successful Detox

Various studies have shown that inpatient addiction and mental health treatment are more effective for a successful detox than outpatient programs. Even after undergoing drug treatment or alcohol treatment, an outpatient is more likely to return to their bad habits. That means returning to their substance of choice when they need something to help alleviate the strong and often painful withdrawal symptoms. And because such symptoms can last for weeks, **outpatients** can easily find themselves relapsing or drowning deeper into their addiction.

Inpatient treatment gives a patient full access to a professional medical detox that offers a higher chance of recovery, especially during the crucial stages when experiencing withdrawal symptoms. And because alcohol and drugs are eliminated, an inpatient does not fall back to their substance of choice.

## An Escape from the Distraction of Daily Life

Going through drug or alcohol treatment can easily come in the way of daily living. Juggling the responsibilities and distractions of daily life while going through treatment can be very challenging. And that's why inpatient treatment is very important, as it eliminates all outside distractions and obligations, allowing the patient to focus exclusively on their recovery and healing process.

## A Comprehensive Treatment Duration

There's no general treatment duration for **inpatient treatment**, as the severity of the addiction and improvement level will determine how long a treatment will last. However, an inpatient treatment stay can last from 30 days to a year, depending on the patient. Long-term patients can spend 6 to 12 months in a facility as they go through a residential inpatient treatment program. This long-term addiction treatment allows an inpatient to implement effective and lasting changes in their lives.

## A Better Chance of a Productive Life After Treatment

For most patients, the journey doesn't end after recovery. Even an **outpatient** will receive the necessary tools and structure they need while living in a facility. And these tools help them to recover their lives and go about their day-to-day tasks after leaving the addiction treatment center.

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