

What Level of Addiction Treatment is Right For Me?

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If you're asking yourself this question, it means that you've already made the courageous decision to attend [treatment](#), and that is something to be proud of. Finding the correct level of addiction treatment is based on several factors that can be determined in an intake assessment. At Evolve Indy, we work with clients who are ready to make a change for the better. [Contact us today](#) to see how we can support you through treatment.

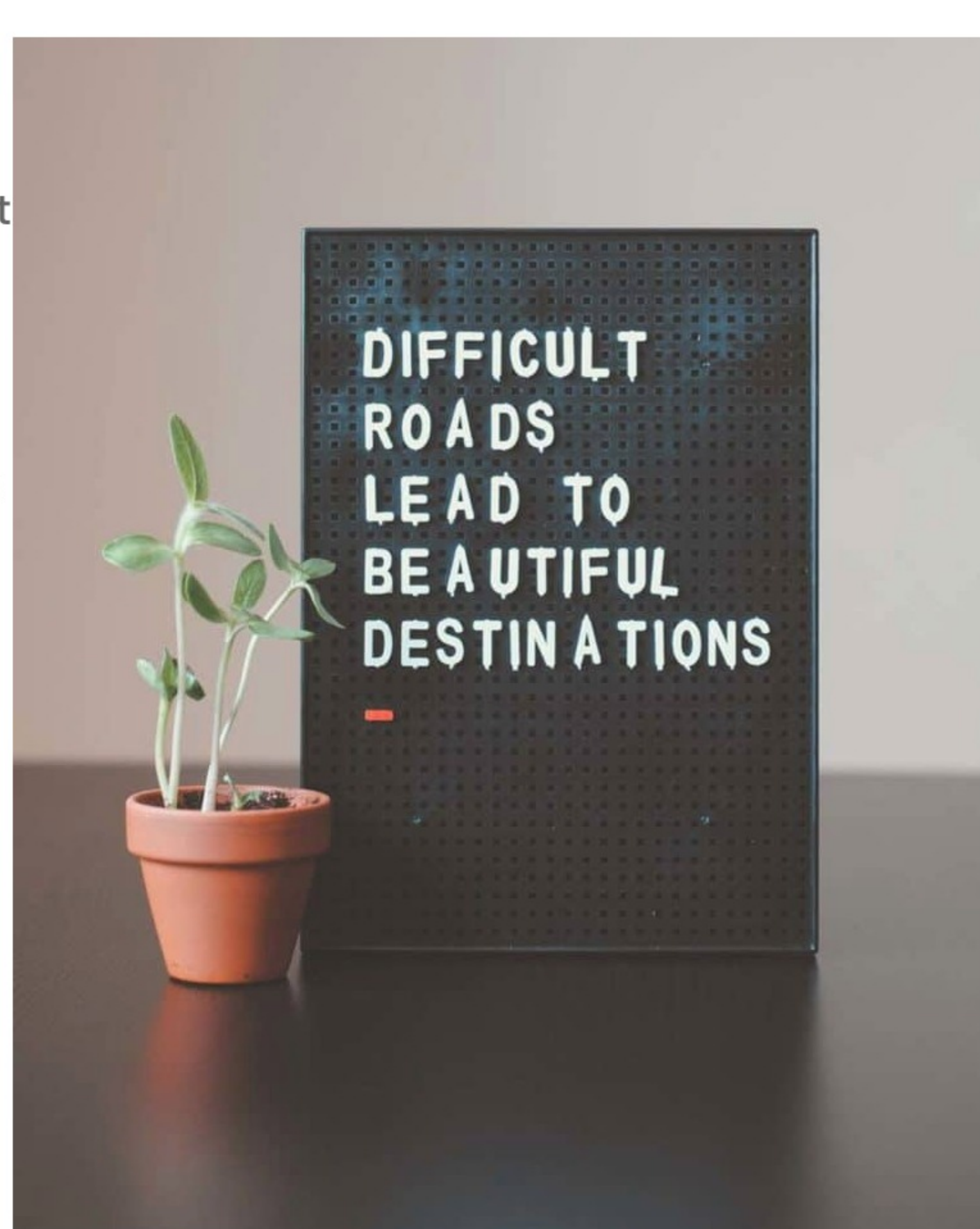


What are the Different Levels of Addiction Treatment?

The levels of addiction treatment vary based on the needs of the client. There are environments that are very restrictive for clients who are just starting out and those that are less restrictive for clients with mild addictions or who have already completed more intensive treatment. Through this process, clients must be sure not to feel like the restrictions are working against them and use them as support on their recovery journey.

The most restrictive type of addiction treatment is inpatient residential treatment. This is because, during inpatient treatment, you live on a treatment campus and work through your addiction therapy there. You do not have access to phones or work for a number of weeks, and that causes the term "restrictive." This is beneficial for clients because it provides a safe space, prevents triggering interactions, and gives around-the-clock support to individuals in need of treatment.

The next level down in terms of restrictions are [intensive outpatient](#) and [partial hospitalization](#) programs. These treatment programs work to support individuals in an intensive manner like residential treatment but provide for things like sleeping at home and maintaining access to technology and friends. This can be challenging for those starting their addiction treatment journey when an individual does not have structured support at home.



The third level of addiction treatment is outpatient treatment. This consists of both individual and group therapy sessions. These may occur several nights a week and then reduce over the course of the program. This level of addiction treatment affords clients the least restrictive environment but also provides the most opportunity for a client to lapse or relapse.

The final level of addiction treatment is aftercare treatment. This can consist of community meetings like AA and NA or group outings as part of an alumni program. This is to help maintain sobriety and self-care, and provide sponsor support to individuals who have successfully maintained sobriety and are working on improving their sense of self.

What Level of Addiction Treatment is Right For Me?

This is one of the trickiest questions to answer and ultimately comes down to the needs of the client. The level of addiction treatment typically varies based on the severity of the addiction and the needs of the client.

Individuals who should consider inpatient residential treatment are those who have been diagnosed with a severe substance use disorder. This indicates that the client has many of the symptoms of a substance use disorder and that it is impacting every aspect of their life. Others who may benefit from residential inpatient treatment are individuals with comorbid mental health disorders. This indicates a need for more structure and possibly even longer-term treatment to help manage the symptoms of addiction and the comorbid disorder.



Clients who may find the most success in partial hospitalization or intensive outpatient treatments are those who have been diagnosed with a moderate substance use disorder, those who have already completed an inpatient program, or those who have experienced a lapse or relapse during an outpatient treatment program. This mid-level restriction provides clients with the structure of inpatient rehabilitation with some of the benefits of outpatient treatment.

Outpatient treatment is for individuals who have already completed a treatment program and those with mild substance use disorders, and people who feel that their use is problematic and bordering on abuse. The open structure of outpatient treatment places much responsibility on the individual and can be hard to maintain for those who are not motivated to make the change.

Lastly, aftercare treatment and community treatment are for individuals who have already completed treatment programs and even those who are looking to see if treatment is proper for them. AA, NA, and other Anonymous groups are open to all individuals struggling with addiction, from the person who has been clean for 20 years to those who got high that morning. Alumni groups are supportive events that can provide support and guide those who are in need.

How to Find the Best Addiction Treatment Programs Near Me

The best addiction treatment program near me is the one that provides the type of support you need. At Evolve Indy, we provide treatment designed to meet your needs. Our partial hospitalization, intensive outpatient, and outpatient treatment programs are designed with our clients' mental health in mind. We design all treatments around the client's specific needs and provide supportive care through each step of the treatment process.

At Evolve Indy, we believe that no client should go through addiction treatment alone. To this end, we have developed family therapy options for those who wish and choose to work through their relationships with family counselors. [Contact us today](#) to see how we can provide you with premier addiction treatment in Indiana.

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Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.

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