

What is Aftercare in Addiction Treatment?

by Evolve Indy | Jul 2, 2022 | Drug Treatment | 0 comments



The different levels of treatment available for addiction treatment can be overwhelming. The term aftercare has grown, in popularity, to describe treatment that occurs after inpatient treatment.

When an individual begins their addiction treatment journey from drugs or alcohol, typically, they will start with a detox program. Detox is considered an inpatient treatment program since you live at the treatment facility. You have access to medical professionals around the clock that will monitor you during the withdrawal process.

More often than not, after a detox program, you would go to an inpatient rehab program. There are different variations of an inpatient rehab program, but they all have the same main principle; to provide you with addiction education and therapy. When you are about to complete your inpatient rehab, someone from your clinical team will talk to you about aftercare programming.

Aftercare programming is designed to help support you at home. This can include sober living and various outpatient addiction treatment programs. Similar to inpatient rehabs, each provider will likely have their own twist on their aftercare programming.

Aftercare in Indiana will use similar treatment approaches as inpatient rehab programs. This can include group therapy, individual therapy, addiction education, and medication management.

Why is Aftercare Important in Recovery?

Addiction is a disease with no cure. Rather, it is a disease we can live with if we take the proper steps to care for ourselves. Addiction treatment begins in inpatient programs, however, it does not end there.

A common experience in inpatient rehab is that individuals leave feeling as though they can conquer the world. A part of this is the progress they have made in their recovery. The thing to remember is the progress made thus far has been in a controlled environment with significant differences from your home.

When you leave an inpatient program, you will have a plethora of skills to help you in your recovery. Even with those skills, you will likely still face challenges when you return home. Addiction tends to make our lives chaotic and messy. When you return home from inpatient treatment, you are walking back into the mess of working to put your life back together.

One of the main concerns this brings up is relapse. You are no longer in a controlled environment surrounded by staff members. You are at home, and you will need to use your skills to cope with the challenges you face. Unfortunately, a common experience is relapsing.

Relapsing does not necessarily mean that you need to return to inpatient treatment. However, if your relapse turns into regular use again, you may need to have a higher level of care. Relapse prevention focuses on identifying your potential triggers and developing a plan to cope with them. Additionally, you will identify healthy supports in your life that can help you in those challenging moments.

Individuals who attend aftercare treatment have access to treatment that can help them when they return home. **Outpatient treatment** can involve a variety of different levels of treatment. These include a partial hospitalization program, an intensive outpatient program, and other outpatient programs.

The main focus in early aftercare programs is relapse prevention education. This can occur in group therapy and individual therapy. You will have a space to come and talk about your challenges as well as things that you have done well at.

An effective relapse prevention strategy includes continued treatment of mental health concerns that you may be struggling with. It is not uncommon for individuals who struggle with addiction to have mental health concerns such as anxiety, depression, bipolar disorder, trauma, and PTSD. Aftercare programs are able to provide you with medication management and therapy for your mental health concerns.

What are Available Types of Aftercare in Indianapolis, IN?

There are a variety of aftercare programs in Indianapolis. The highest level of care, when it comes to aftercare, would be partial hospitalization programs. These programs are typically 6-8 hours a day for 4-5 days a week. You may have heard of this program as, an addiction day program. This program can be ideal for individuals who attend an inpatient rehab program and are still in need of intensive care.

An **intensive outpatient program** would be another option for aftercare treatment. These programs would include 15 to 25 hours of group therapy each week with an individual therapy session, as well. The amount of treatment required varies from person to person. These programs are not as intensive as a **partial hospitalization program**. However, they have a large addiction education component.

Outpatient treatment programs are where you will find some variations among the different addiction treatment providers. For most programs, outpatient treatment programs have a sequential order that reflects your progress in recovery. These programs typically require significantly fewer hours of therapy. Individuals can attend treatment around their work or school schedules since many providers offer morning and evening, treatment groups.

An additional option for aftercare includes sober living. While you do not participate in therapy with sober living as you do in outpatient treatment, you will be in a sober and supportive environment. Sober living can be a great resource for individuals who do not have a sober environment to return to after rehab and for those concerned about living alone. Sober homes typically have their own rules for living there, such as maintaining sobriety and engaging in treatment regularly.

How to Find Addiction Treatment Aftercare in Indiana

Aftercare treatment should be a topic of conversation before leaving a residential inpatient program. If for some reason, you do not receive referrals upon discharge, there are other resources that can help you locate treatment. This can include your primary care physician and your insurance provider.

Evolve Indy is an outpatient treatment provider in Indianapolis, IN, that can help you develop a relapse prevention strategy. We offer several different outpatient treatment programs. We can tailor treatment to your specific needs. We can also provide you with treatment for a variety of mental health concerns.

Evolve Indy can offer you sober living while you are engaged in our treatment program. We recognize the challenges that can occur if you return to a non-supportive home environment in early recovery. Because of this, we have comfortable sober houses that you could consider living in.

We recognize that early recovery has its challenges. At **Evolve Indy**, our main goal is to support you the best we can. We will work with you to develop a treatment schedule that meets your needs and respects your time. You will be treated with kindness and compassion throughout your time with us. To speak with a representative about our treatment options, we encourage you to call (833)999-1551, today.

Submit a Comment

You must be [logged in](#) to post a comment.

 Search

Recent Posts

[Prioritizing Self-Care While Fulfilling Family and Work Demands in Addiction Rehab](#)

[Maintaining Accountability and Responsibility in Addiction Recovery](#)

[How to Conquer Challenges Unique to Women's Treatment for Substance Abuse Disorders](#)

[Providing Guidance for Family Members in Drug Rehab's Codependency Context](#)

[Rediscovering Oneself in Alcohol and Drug Rehabilitation](#)

[Emotional Resurgence: Navigating Feelings in the Rehabilitation Journey](#)

[How Professionals Can Effectively Navigate Addiction Treatment](#)

[Battling Demons: Confronting Mental Health in Alcohol and Drug Rehabilitation](#)

[Finding Hope and Healing With an Adventure Program for Addiction Treatment](#)

[8 Steps to Long Term Sobriety and A Life Beyond Rehab for Opiates](#)



Call us at: 1-855-495-1063

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

Site Map

- [Home](#)
- [About](#)
- [Treatment](#)
- [Tour Facility](#)
- [Admissions](#)
- [Privacy Policy](#)



Get In Touch

Open 24 Hours a Day, 7 Days a Week

8770 Guion Rd SuiteB, Indianapolis, IN 46268



Our Facilities

[Clinical Campus](#)

[Men's Housing](#)

[Women's Housing](#)

About Us

[Media & More](#)

[Careers](#)

[Blogs](#)

What We Treat

[Alcohol](#)

[Opioids](#)

[Cocaine](#)

[Heroin](#)

Who We Help

[Men](#)

[Women](#)

[LGBTQ](#)

[Professionals](#)

[First Responders](#)

[College Students](#)

Areas We Serve

[Bloomington, IN](#)

[Jefferson, IN](#)

[Noblesville, IN](#)

[Terre Haute, IN](#)

[Layette, IN](#)

[Kokomo, IN](#)

[Evansville, IN](#)

[Cincinnati, OH](#)

[Louisville, KY](#)