8 Benefits Of Residential Rehab For Addiction Treatment

By Louisville Addiction Treatment Center | Oct 5, 2022

Addiction can be a challenging and isolating struggle, but it is important to remember that you are not alone. If you are seeking addiction treatment in Louisville, Kentucky, there is hope.

When going to rehab, you can either choose between residential or inpatient and outpatient rehab. Residential treatment is most suitable for those with severe addiction and it comes with several benefits. Here are 8 of them:

Residential Rehab provides a safe place to detox

Detoxification is the first step toward recovery and those undergoing drug or alcohol detox need a safe place to do so. Detoxing in a residential setting means that patients can go through withdrawal under medical supervision. Medical professionals are on hand to monitor vitals and give medication to ease any unpleasant symptoms and cravings.

There are minimal distractions and temptations

Several treatment centers limit calls and don't allow unmonitored visits for those in inpatient rehab. This means that patients can concentrate on treatment and focus on recovery without outside distractions.

The various therapies offered

Residential treatment uses different social and psychological therapies to help patients understand and manage their addiction. This includes talk therapy and cognitive behavioral therapy, among others.

The structured schedule and supervision

Addiction treatment centers often have strict schedules for those in residential treatment and patients are always under supervision. This gives them little free time to fixate on their addiction and it also reduces the chances of relapse.

There is ample staff support

Inpatient treatment offers patients 24-hour support which is crucial, especially in the early stages of recovery and addiction treatment. This way the patient's needs are adequately met and they receive the support they need to start recovery.

The length of treatment is ideal for recovery

Most residential treatment programs run for 30 days while others go for 60-90 days. Research shows that longer stays at treatment centers provide patients with enough time to internalize what they learn about their addiction and gain enough skills to rebuild their lives and avoid relapse.

Those in rehab become a community

This type of rehab gives individuals a chance to interact with peers who are undergoing the same experiences and have the same goal of living soberly. Peers can learn and gain support from each other while developing strong friendships.

It has a higher success rate

Residential treatment programs have a higher success rate than outpatient programs. This is because patients aren't exposed to triggers or temptations and can fully focus on their treatment during their stay at the treatment center.

We Can Help

If you are looking for addiction treatment, Impact Outpatient Program can help. We offer outpatient and intensive outpatient treatment programs as well as virtual telemedicine sessions for those unable to attend in-person therapy sessions. We have a simplified admissions process where we give a pre-assessment evaluation to see if we're a match and can have you join a treatment program within 24 hours. Get in touch with us to learn more about our addiction treatment programs and how we can help you.

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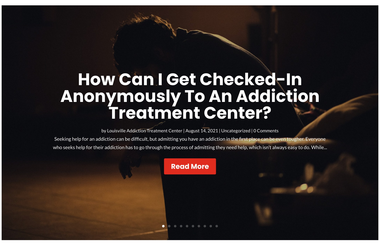

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